

GOAL SETTING

ON THE PATH TO YOUR DREAMS, DON'T FORGET YOUR **G.P.S.**

GOAL

PROPERLY SET GOALS SHOULD CHALLENGE YOUR CURRENT ABILITY LEVELS AND FORCE YOU TO REACH JUST OUTSIDE OF YOUR COMFORT ZONE.

PROCESS

FOLLOW THE-TURN BY-TURN DIRECTIONS AND YOU WILL EVENTUALLY ARRIVE AT THE DESTINATION.

SCHEDULE

SET A TIMELINE FOR YOUR GOALS AND TAKE ACTION ON THEM NOW!