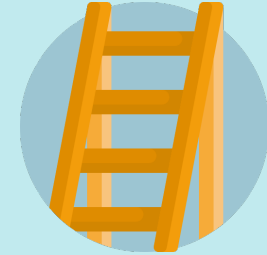




Choose Your Big Goal



Have a Purpose



Break into Smaller Steps



Prepare for Obstacles



Write it Down



Track Your Progress