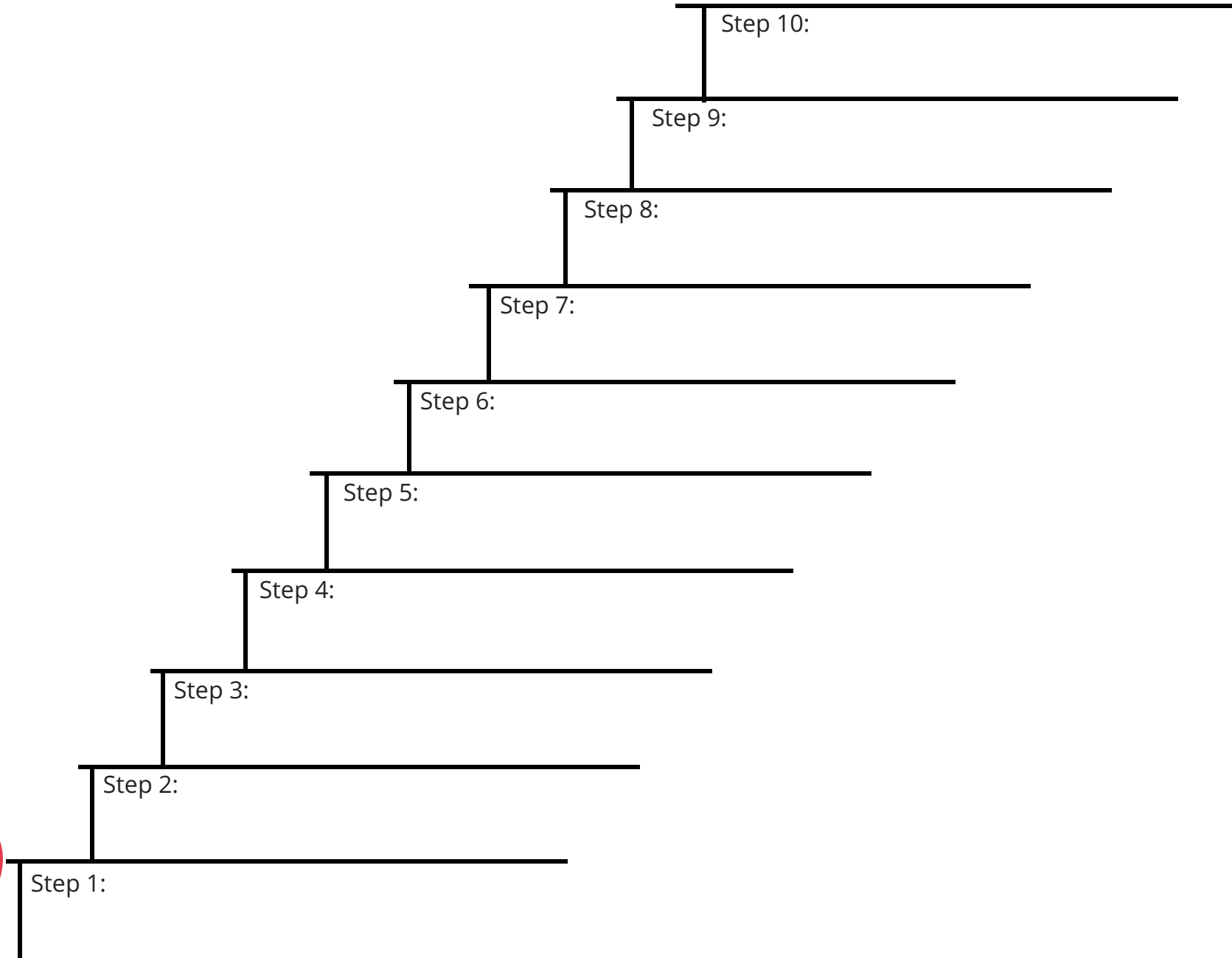


"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps." - Confucius

★ My goal is:



Date:
Notes:



Me and My Heart
are the Start

"Focus on what you CAN do" - Lottie Ryan