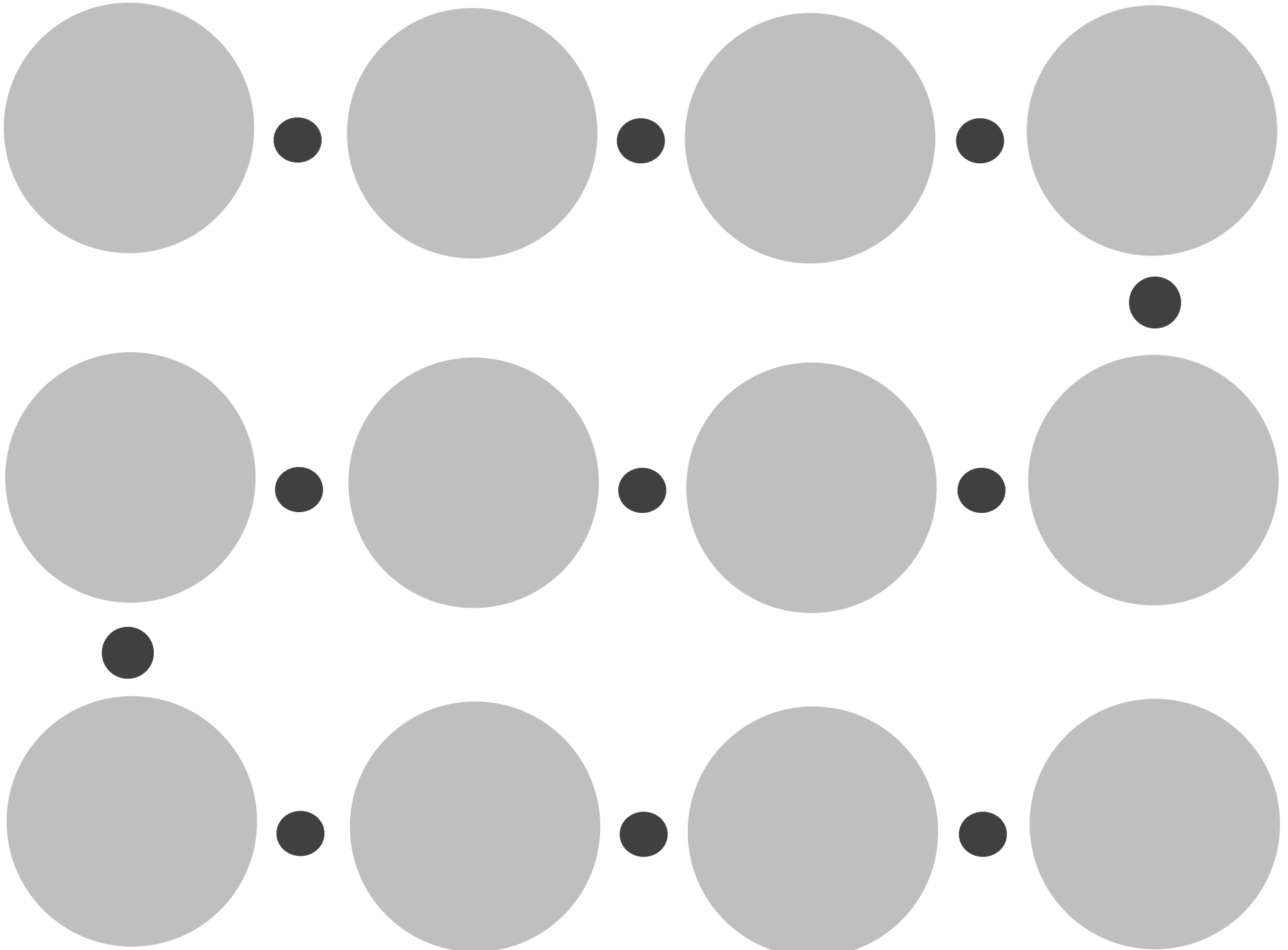


<b><u>Goal Setting</u></b>	<b>Health</b>	<b>Performance</b>	<b>Longevity</b>
<b>Work</b>			
<b>Play</b>			
<b>Rest</b>			
<b>Pray</b>			

Instructions: Create one behavior goal\* for each intersecting box. Give yourself some time to think of some. If you can't fill all the boxes, don't worry about it! Just take what you have and move on to the stepping stones.

Place each behavior goal on a stepping stone below. Once you have "mastered" that habit, move on to the next one until your reach the end!

Start here!



Congratulations on your success!