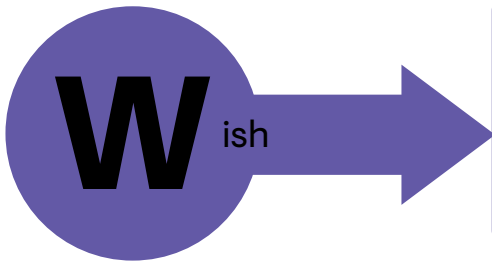
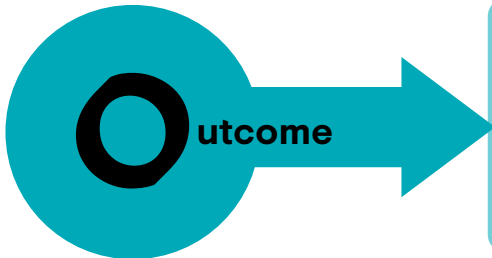


# What is your...

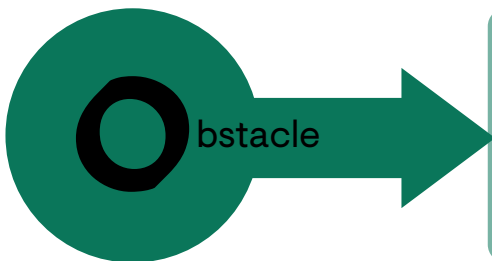
# W O O P ?



What is a meaningful, realistic goal you want to achieve?



How will you feel if you achieve this? What will happen?



What are the possible barriers to achieving this goal?



What can you do to overcome these obstacles?