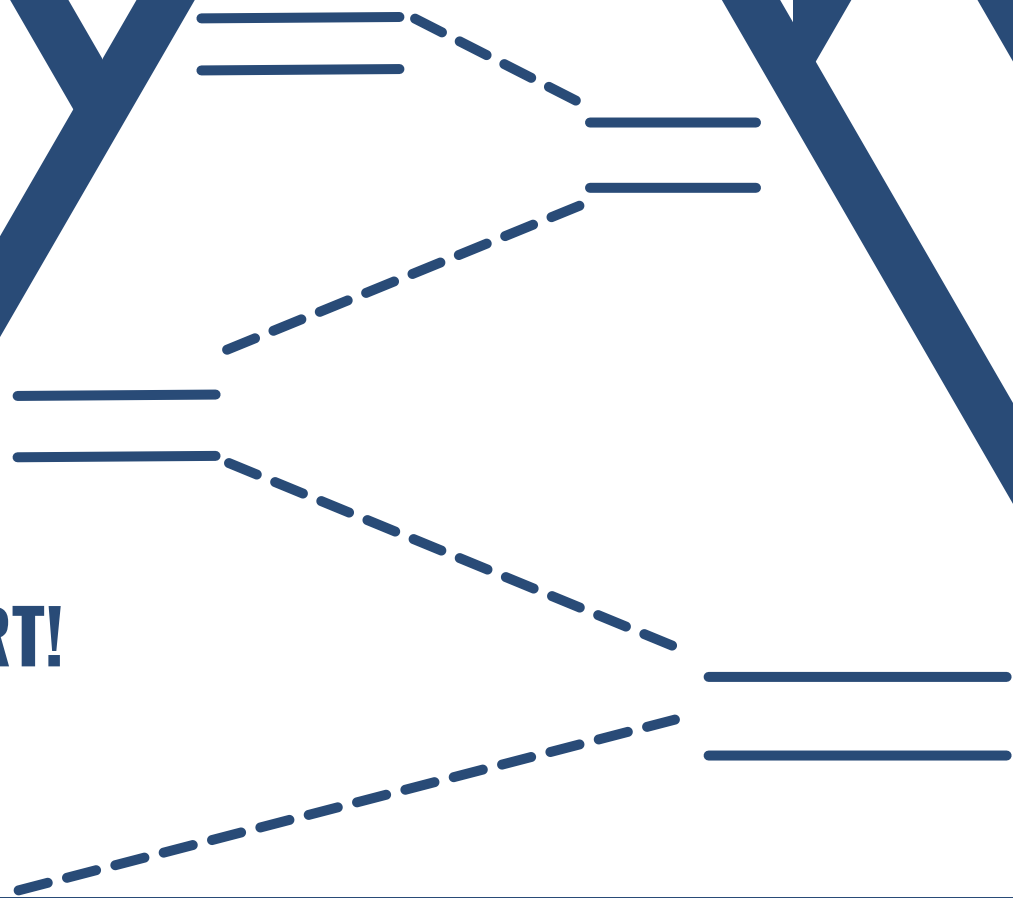


LONG TERM GOAL:

START!

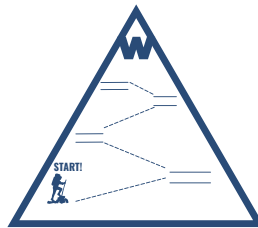


THE LONG TERM GOAL MOUNTAIN INSTRUCTIONS

1. WRITE DOWN YOUR LONG TERM GOAL



2. BREAK DOWN YOUR LONG TERM GOALS INTO CHECKPOINTS YOU CAN REACH. WRITE DOWN THE SHORT TERM GOAL AND GIVE YOURSELF A TARGET DATE FOR ACHIEVING IT



3. CROSS OFF EVERY CHECKPOINT AS YOU REACH IT AND WATCH YOURSELF PROGRESS!

