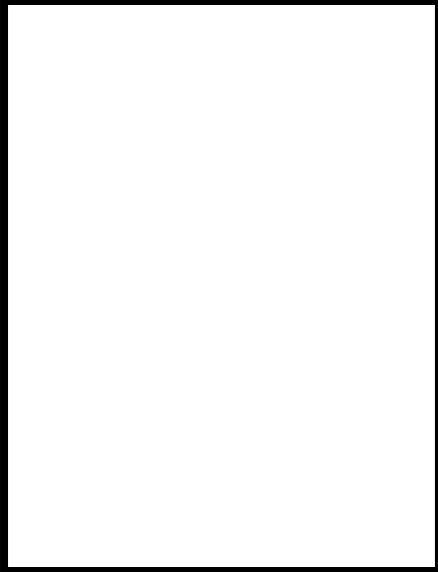


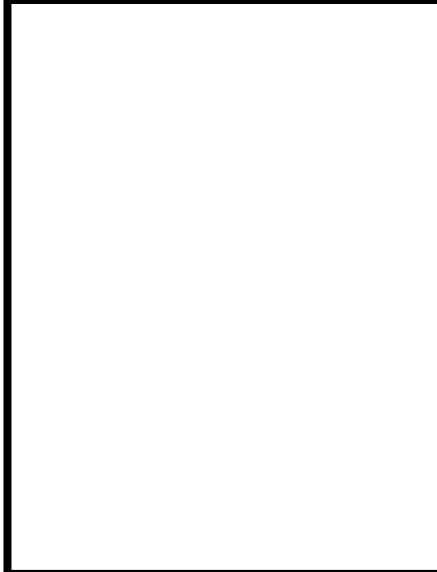
You must have long term goals to keep you from being frustrated by short term failures. - Charles C. Noble

GOAL SETTING

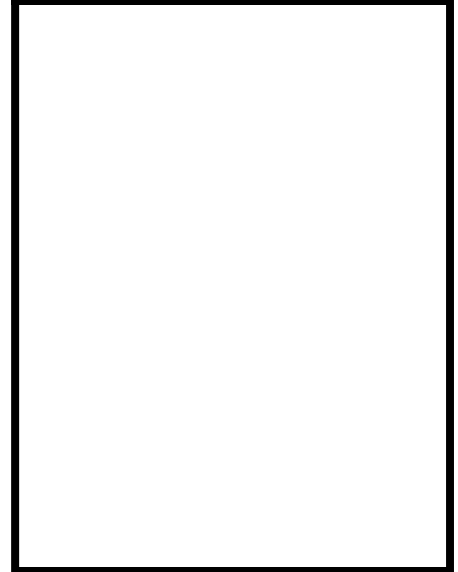
MORNING HABITS

A large, empty rectangular box with a black border, intended for writing morning habits.

EVENING HABITS

A large, empty rectangular box with a black border, intended for writing evening habits.

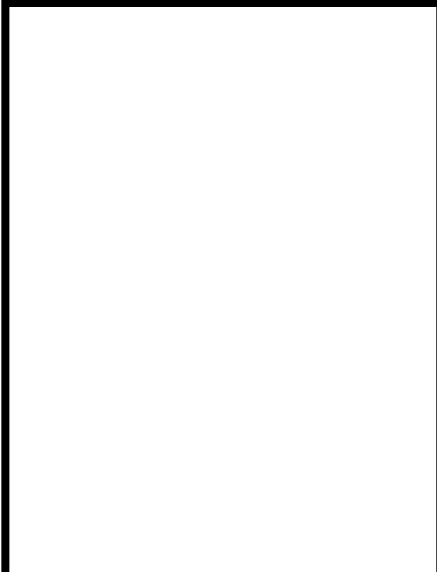
ELIMINATE THIS

A large, empty rectangular box with a black border, intended for writing habits to be eliminated.

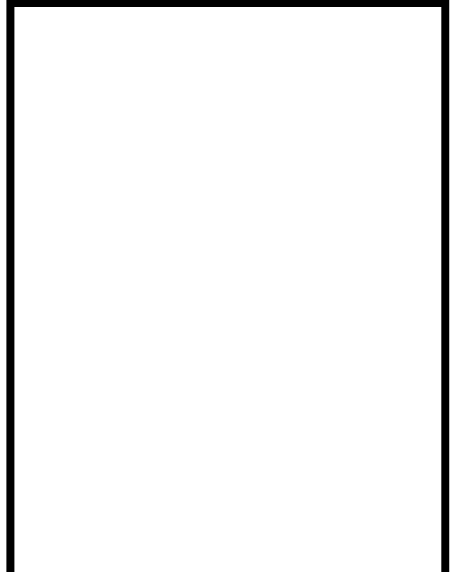
DAILY GOALS

A large, empty rectangular box with a black border, intended for writing daily goals.

WEEKLY GOALS

A large, empty rectangular box with a black border, intended for writing weekly goals.

MONTHLY GOALS

A large, empty rectangular box with a black border, intended for writing monthly goals.