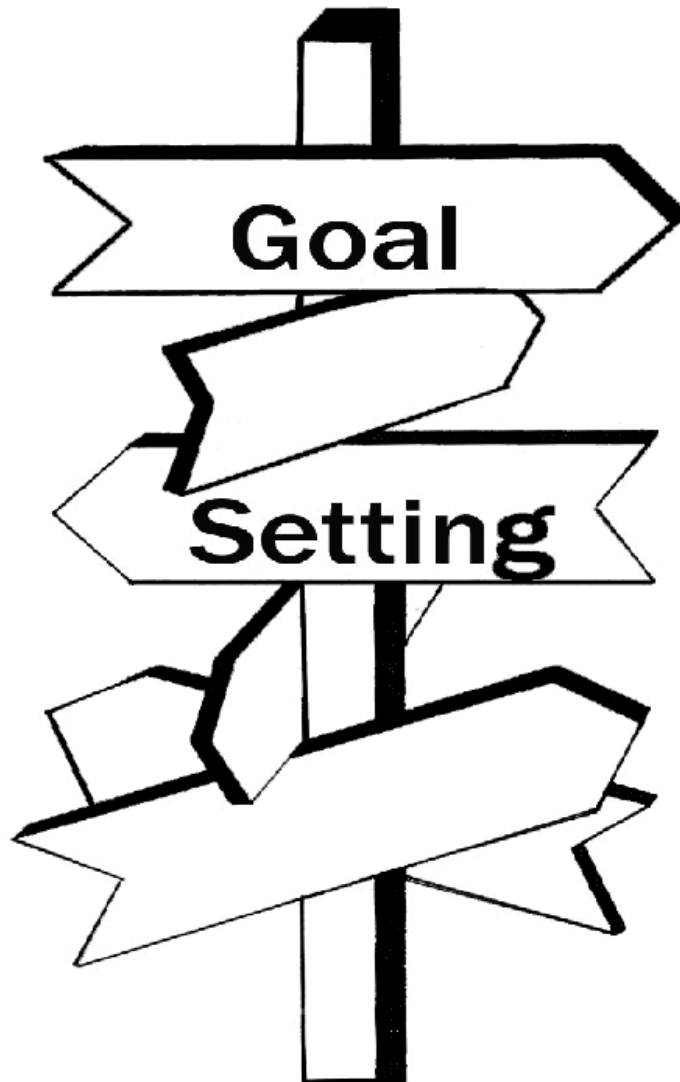

Goal Setting

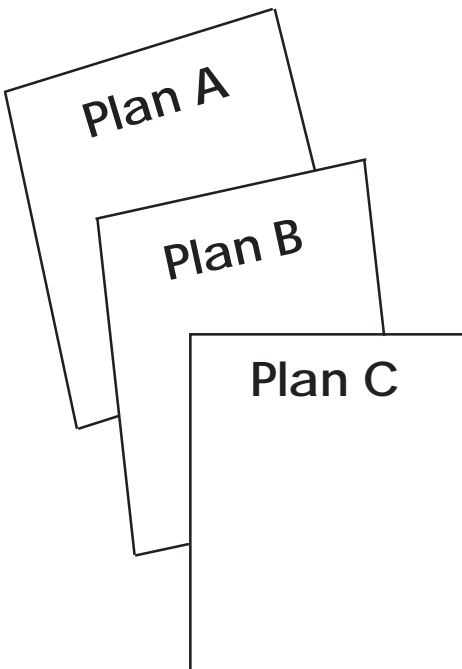


What do I need or want? (list desires)

When will I do this?
(set a time limit)



How will I do this?
(make a measurable plan)



Be reasonable; can this be done?

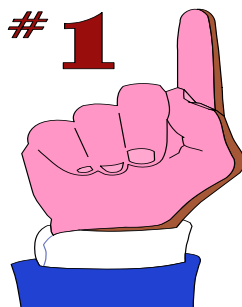
Who is involved?
What will each person do?



Get information:

How much does it cost?
How much time will it take?
What options do I have?

Am I willing to make sacrifices?



Looking at all your goals,
now rank their importance.

Write your plan.

What?

When?



How?

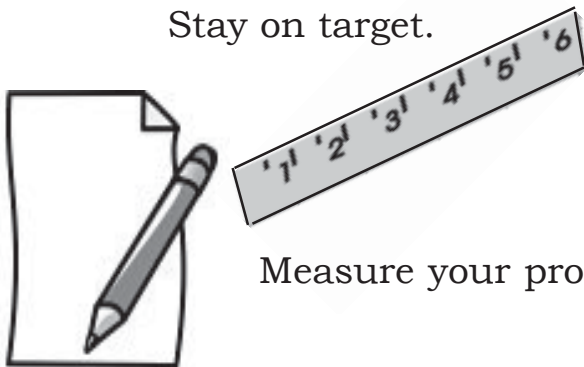
Who?

Start with a short term goal. It's something you know you can do within a few months to a year.

For example: At the end of May (when) I (who) have saved \$4.00 (what) by following my meal planner and purchasing only sale items (how).

Break up the plan into manageable parts--go step by step.

Stay on target.



Measure your progress.

- Year
- Month
- Week
- Day



Decide if you should continue on this path or seek alternate roadways.