

# Goal Setting



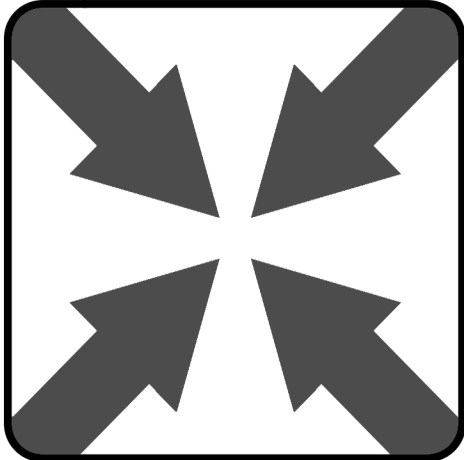
Set a goal that is...

meaningful to **you**



focused on **personal improvement**

(don't compare yourself to others)



based on **data / input**

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