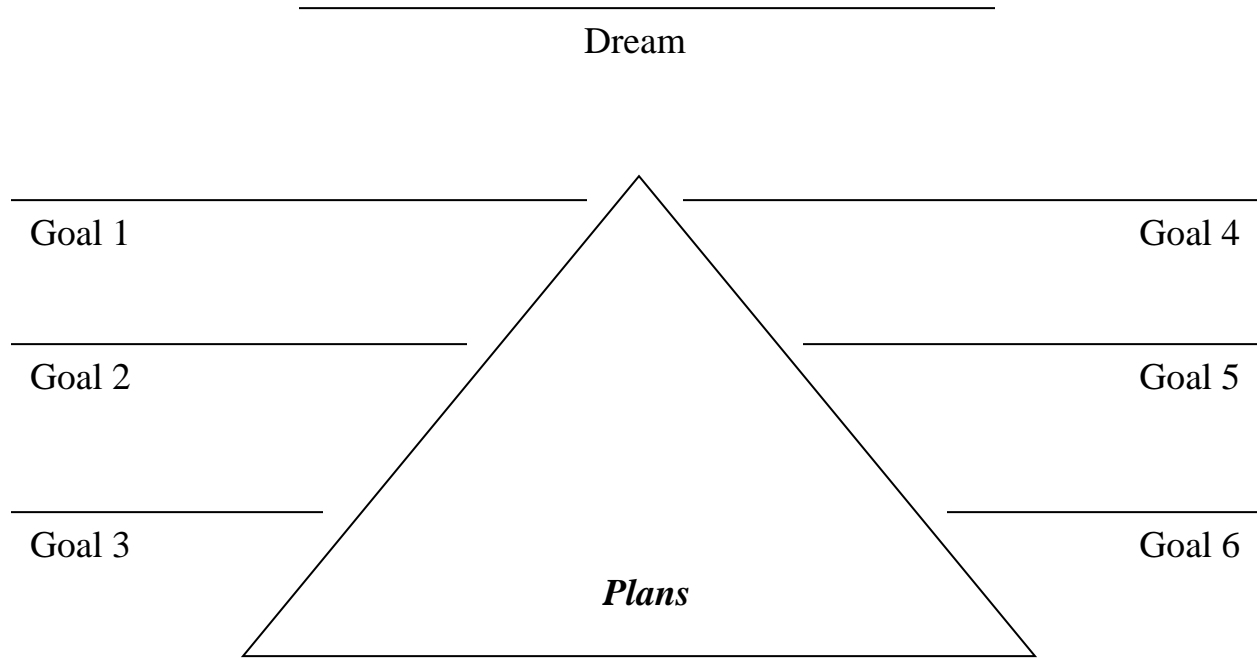


Exhibit 1: Goal Setting Pyramid

Transfer your dream statement, goals and plans to this pyramid to give you a visual guide to your program. Post it somewhere that you will see it everyday.



Plans:

Goal 1

Goal 2

Goal 3

Goal 4

Goal 5

Goal 6
