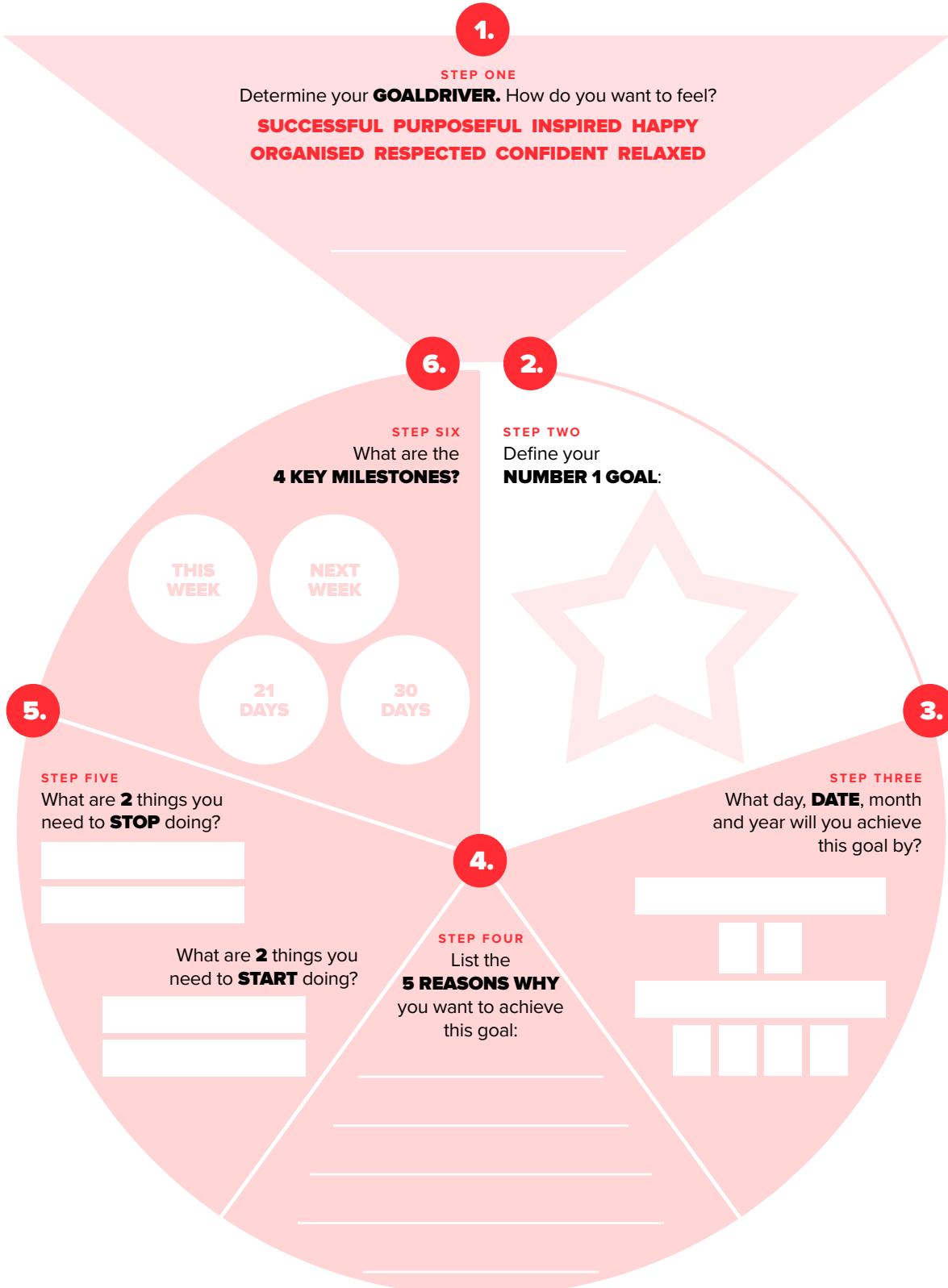


# 6 step goal setting process.



**You don't need to be motivated, you just need to have MOMENTUM.**

