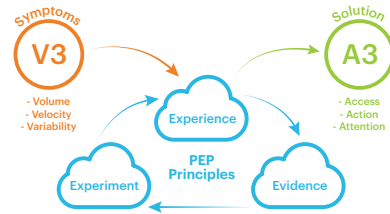


Maintain Momentum



My Change Goal

- 1 The most important change I need to work on this coming month is:
- 2 I want to achieve the following **specific** result/s
- 3 To do this I will (Action Goals)
- 4 This is meaningful to me because:
- 5 This will contribute to the corporate objectives in the following ways:
- 6 The consequences of achieving it/not achieving it are:
- 7 The obstacle/s that I see affecting the ease with which I can achieve the result and/or the quality of the result are:
- 8 If any of these things happen I will: