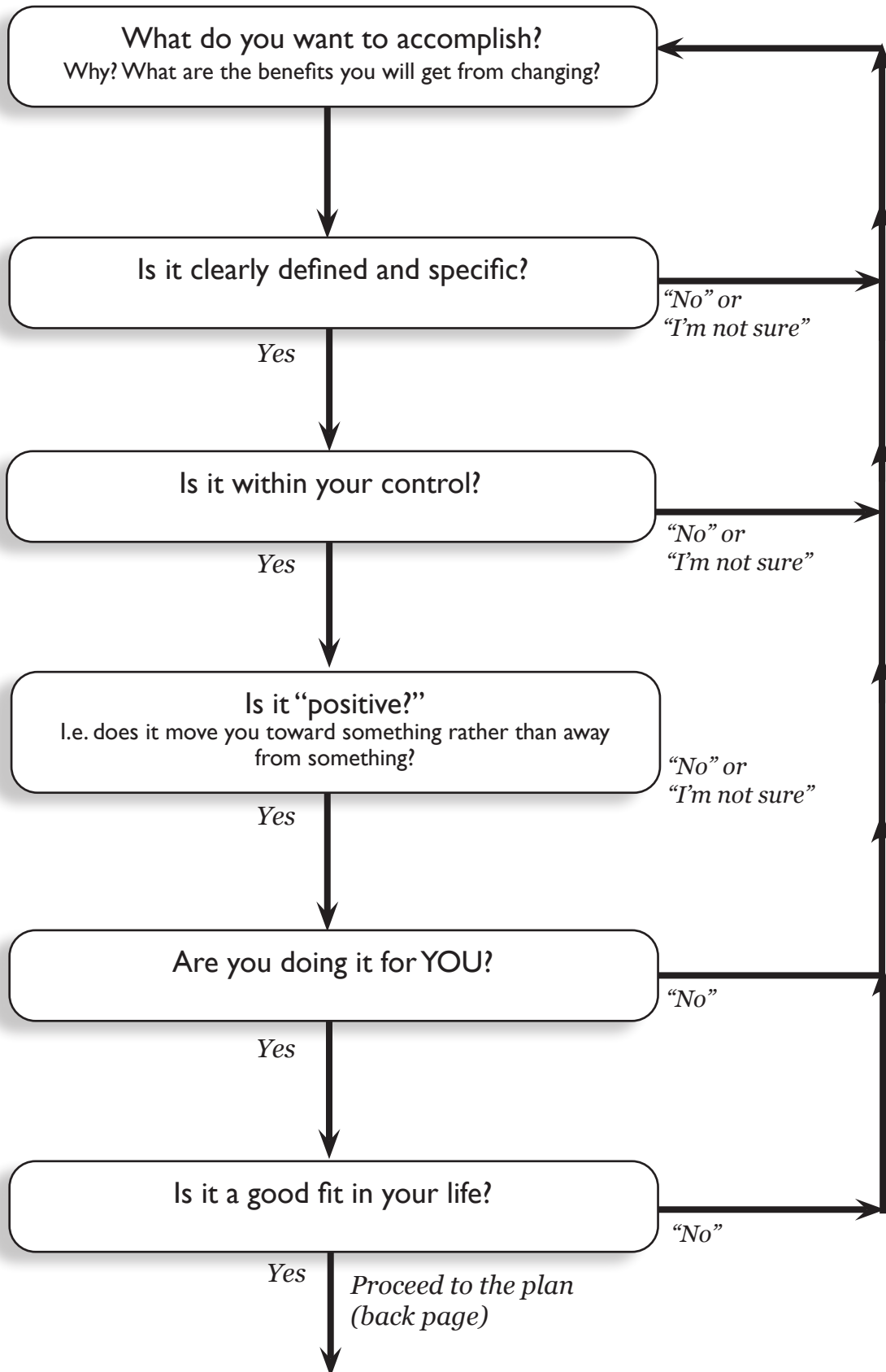


Step 1:

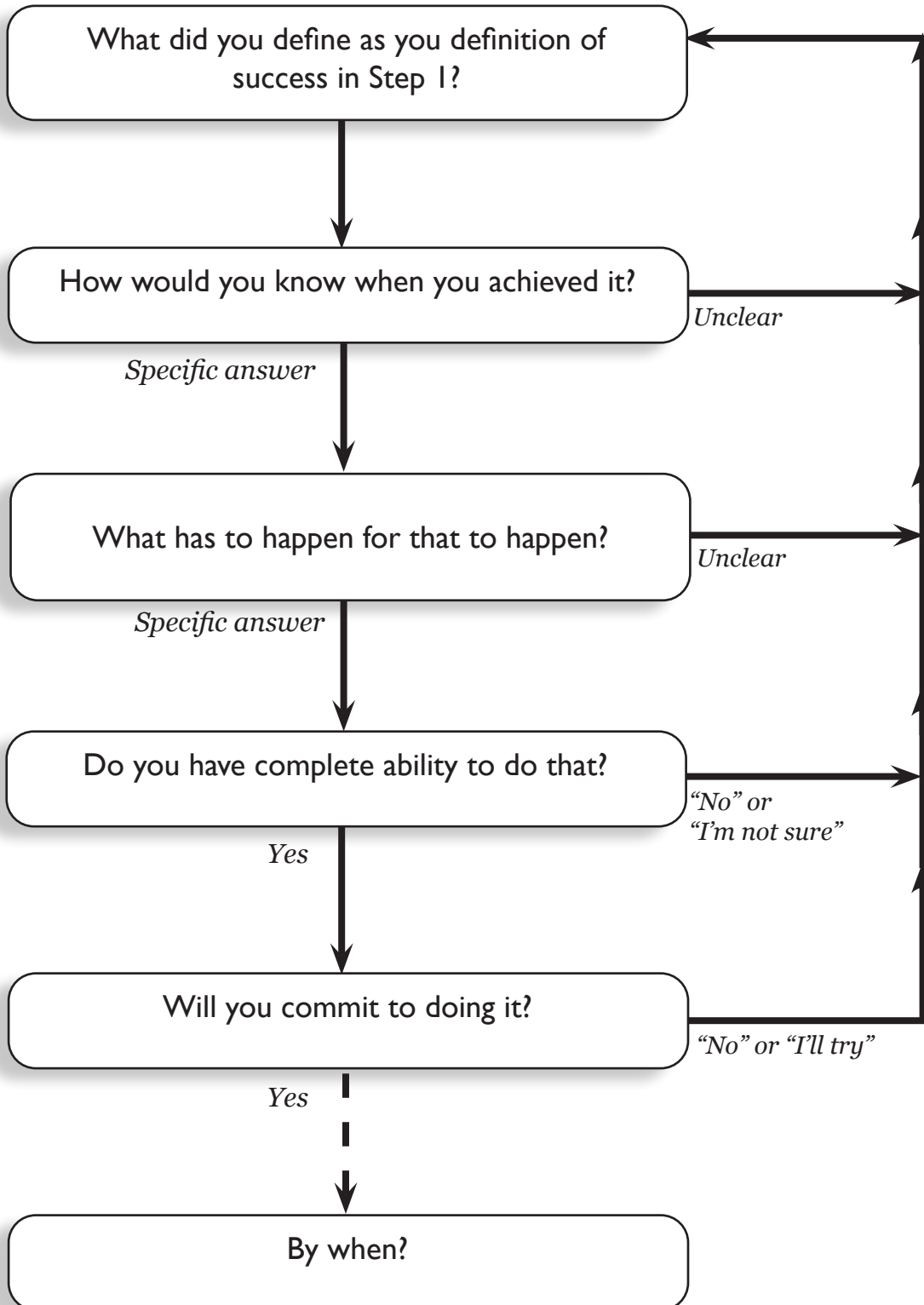
Determining Viability of Goals



Step 2:

Setting up the Activity Plan

Do step 1 before you do this!



Want help dealing with stress, change, and attitude?



I conduct regular workshops on line several times per month. All are welcome regardless of ability to pay.

Find out more at facebook.com/groups/intentions.affirmations.manifestations or sign up for my mailing list at <http://eepurl.com/LsSIX>

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