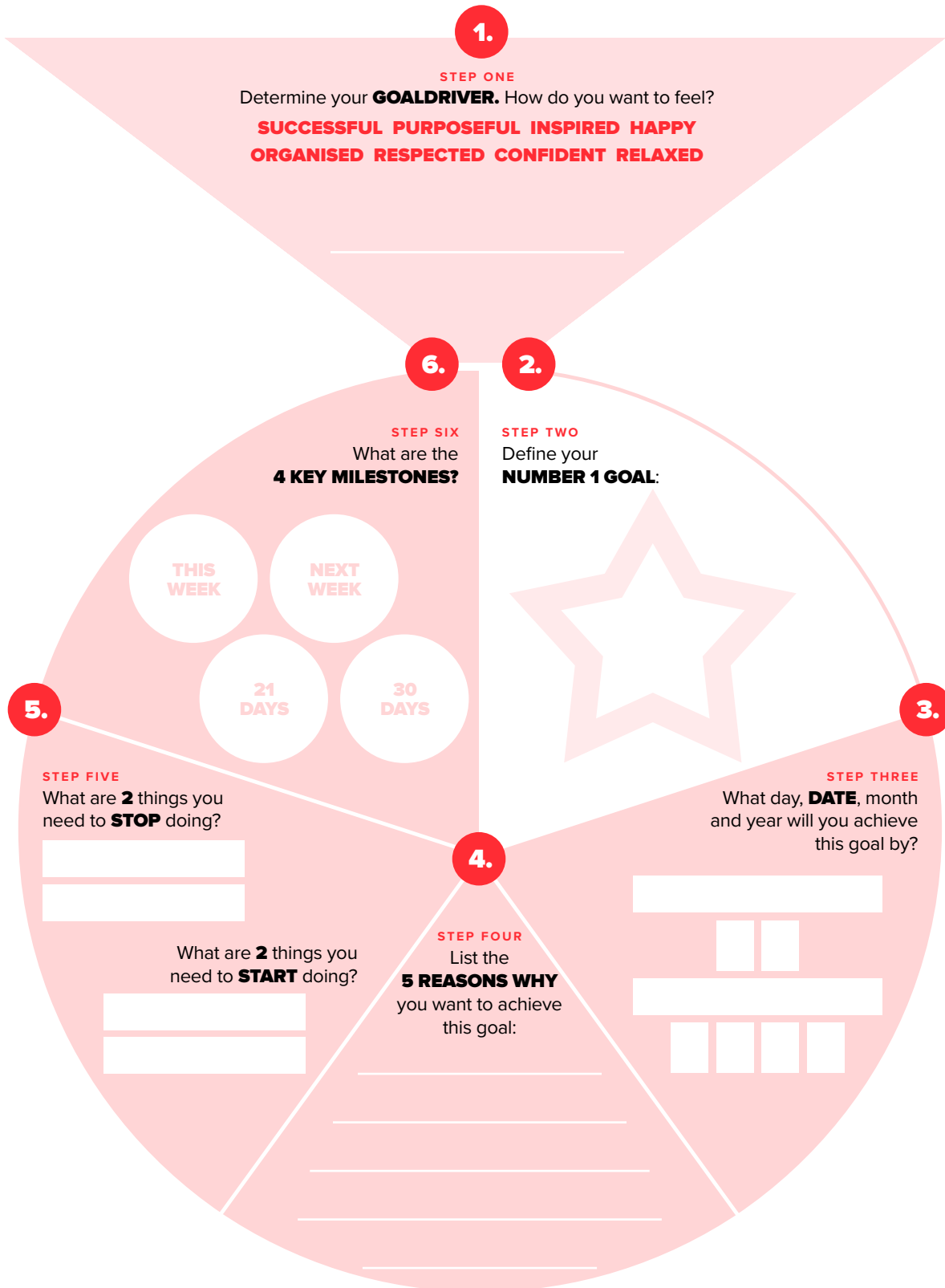


6 step goal setting process.



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

