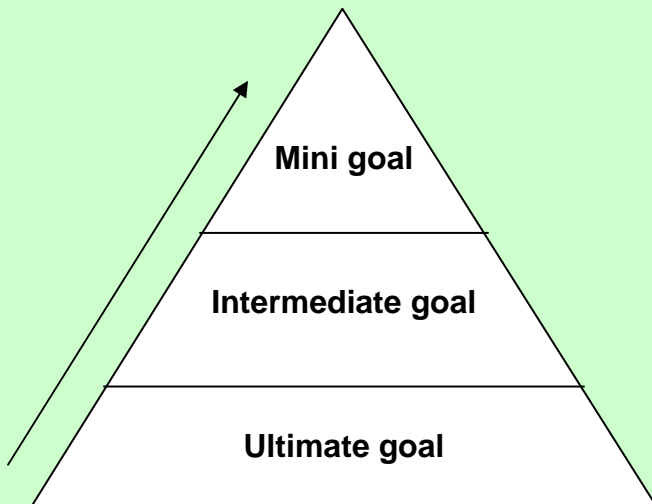
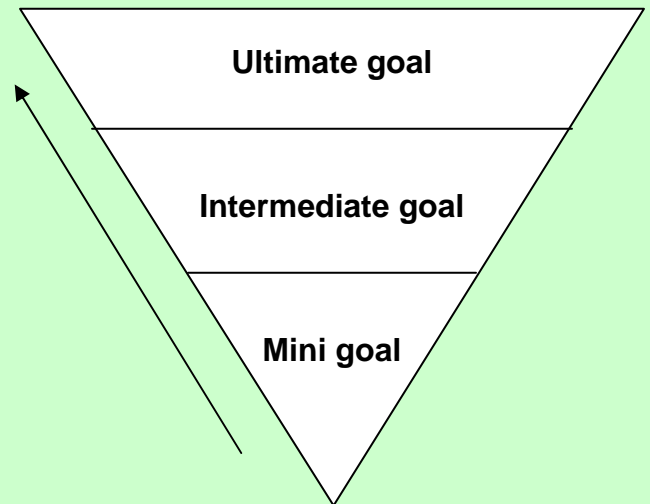


Planning a goal



When planning a goal, it is best to first think of what it is that you want to achieve: your ultimate goal. Then, think of a smaller goal, the intermediate goal that can help you achieve your ultimate goal. Finally, break it down to a mini goal that will help you achieve the intermediate goal.

Practicing a goal



Practicing a set goal should be done in the reversed order that it was planned. It is best to start with the mini goal, then move on to the intermediate goal, and finally, work on the ultimate goal.

Planning Example



Practicing Example

