

Coming up with the goals....

1. What are your main difficulties?

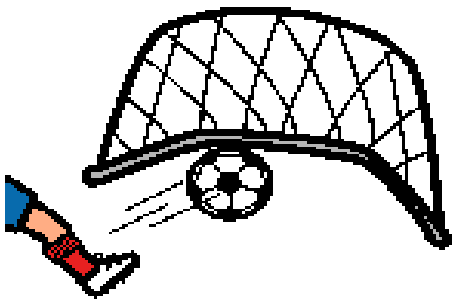
"This is where I'm at just now"



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2. What are your specific goals?

"This is where I'd like to get to"



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