

# A TREE OF GOALS

**1** Start at the bottom layer with three simple goals. Be specific!

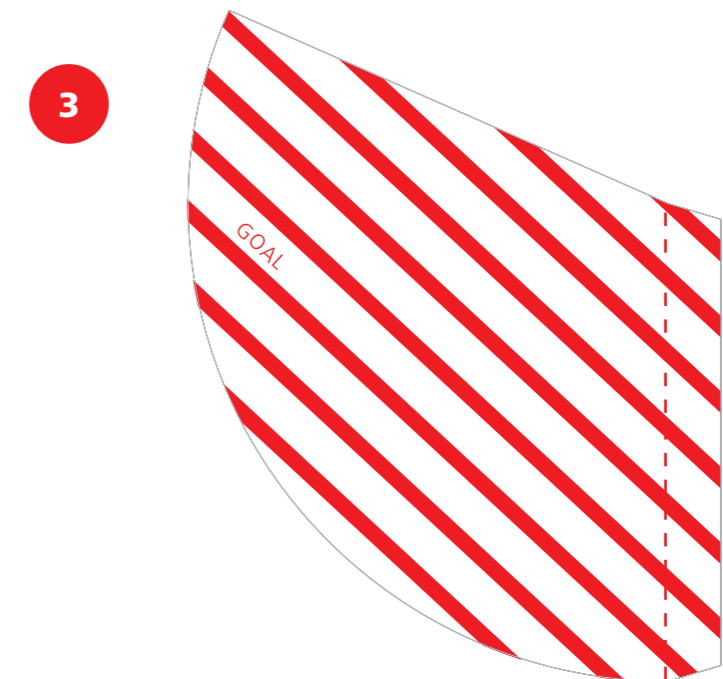
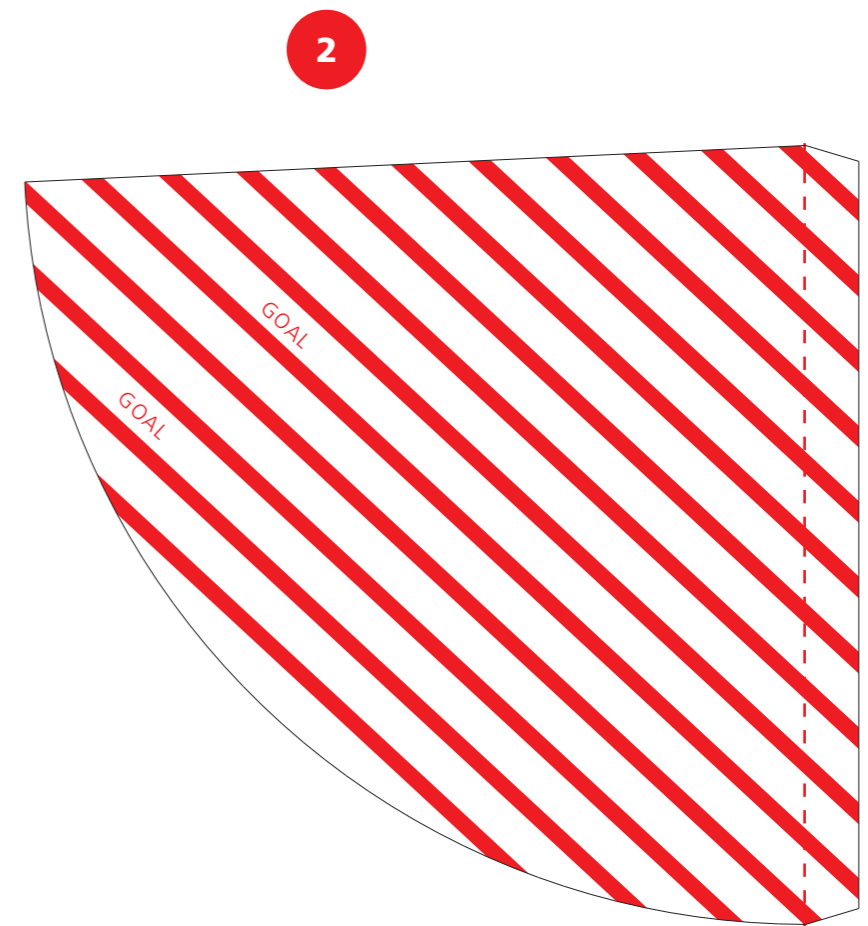
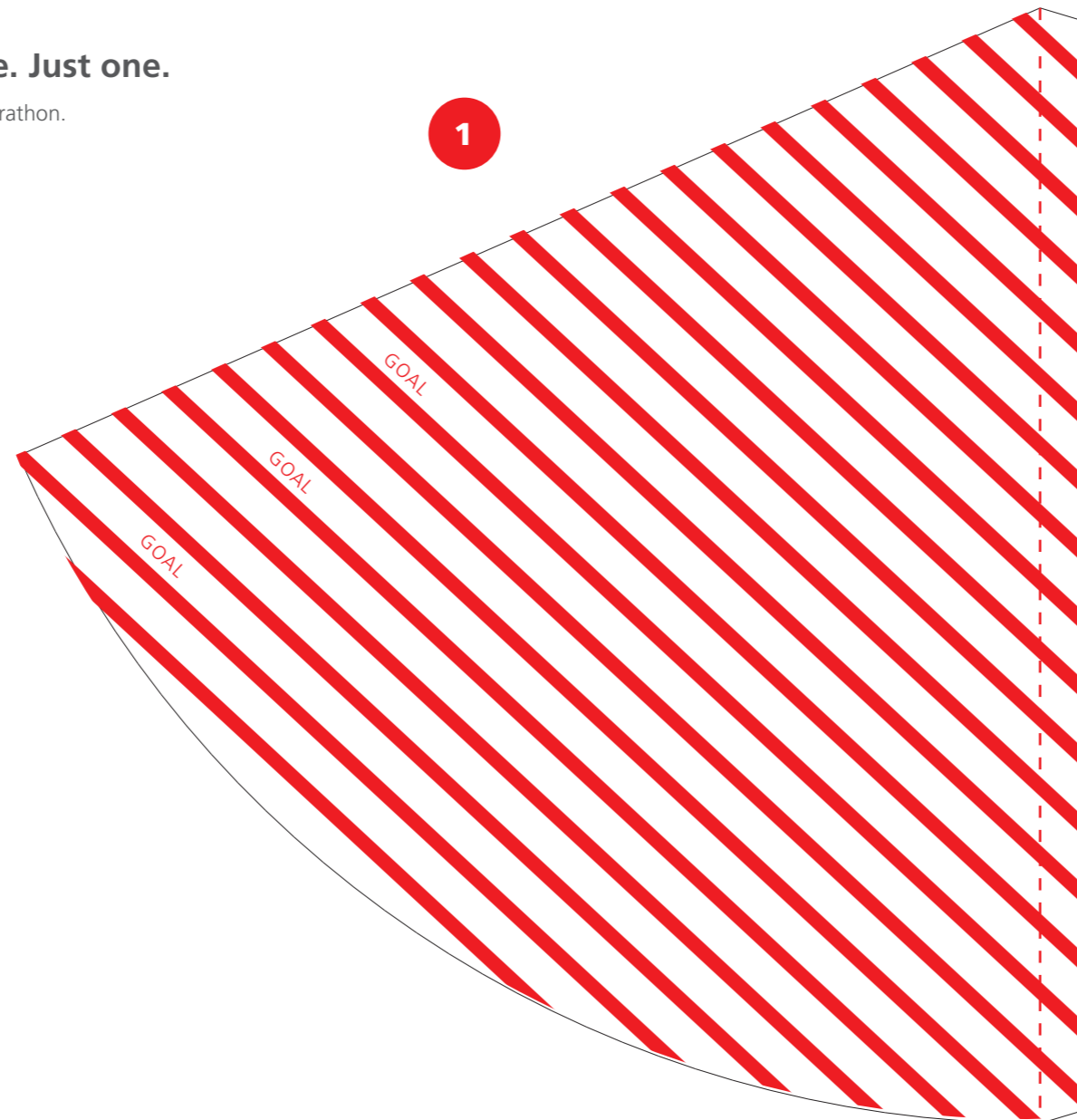
- E.g. • Eat one more serving of vegetables everyday.  
• Greet colleagues when I step into the office.  
• Take a 5-minute walk instead of driving.

**2** Now raise it up a notch with two moderately challenging goals.

- E.g. • Contribute an article to a magazine.  
• Learn how to dive.

**3** Let's do a tough one here. Just one.

- E.g. • Train for and participate in a half marathon.



## INSTRUCTIONS

1. Cut along solid line | 2. Score the dotted line to fold | 3. Stick edges together