GOAL PLANNING

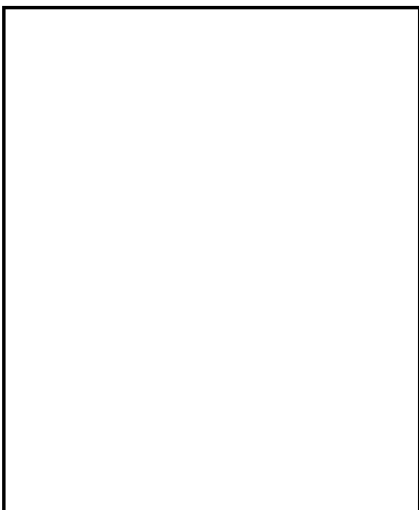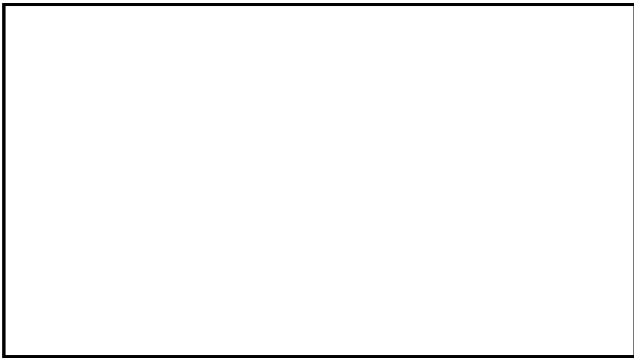## *What is a Goal?*

What is Your Goal Timeline?