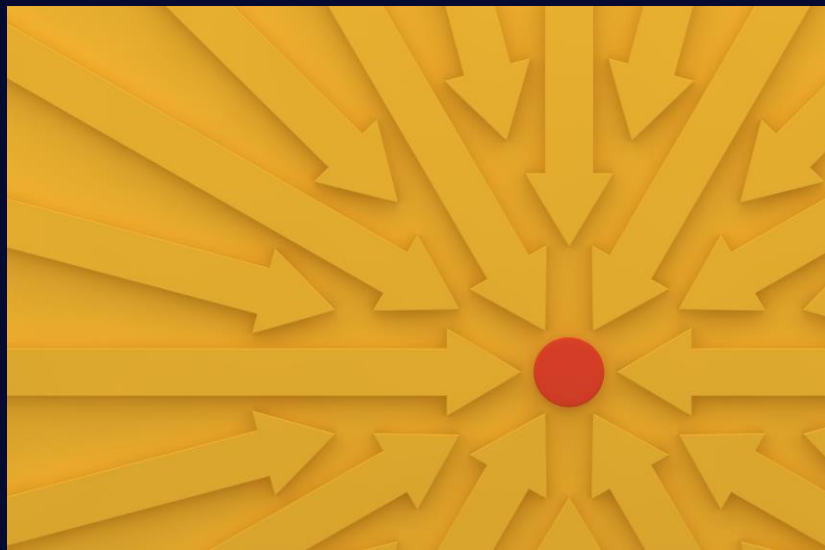


Setting Goals

1. **Self reflect**– Go over what went well and what didn't. Track your habits, feelings and outcomes. Watch the results change over time.
2. **Acknowledge your role**– What are you in control of? Do you take responsibility for your actions?
3. **Learn to become disciplined**– You will won't rise to the level of your challenge, you will fall to the habits.



For more resources go to: www.artofkickinit.com



Art of Kickin' It