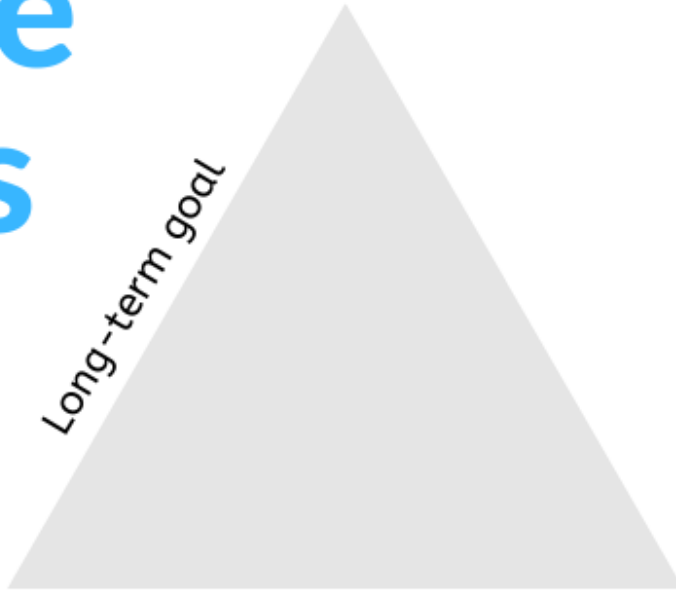


# Simple Goals

By Lydia Senn



Intermediate goals

Short-range goals

Daily maintenance