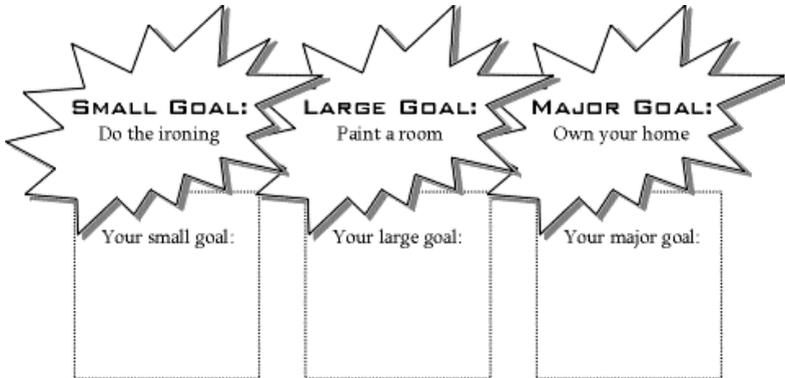


the mountain of ironing that has accumulated. We might have a goal to paint a room that is badly in need of renovation. We might also have a goal to own our own home. By looking at the four goals mentioned here, you can see that goals come in a number of different sizes and the size will reflect the commitment to get to the goal.



We need to identify the size and the importance of the goals. We cannot reach our goals if we don't have a plan for how to get to them. When we are on the path to financial recovery we need to start with smaller goals and take smaller steps. If the goal is too big it will intimidate and overpower us and we can easily slip back into our old bad habits that are not going to positively benefit our life.

