

# A Style of Living

How to set and achieve realistic goals using the SMARTPLAN System

<i>Simple Goal</i>	
<i>Measurable</i>	
<i>Achievable</i>	
<i>Realistic</i>	
<i>Tense</i>	
<i>Positive Feeling</i>	
<i>Love</i>	
<i>Action</i>	
<i>No Excuses</i>	