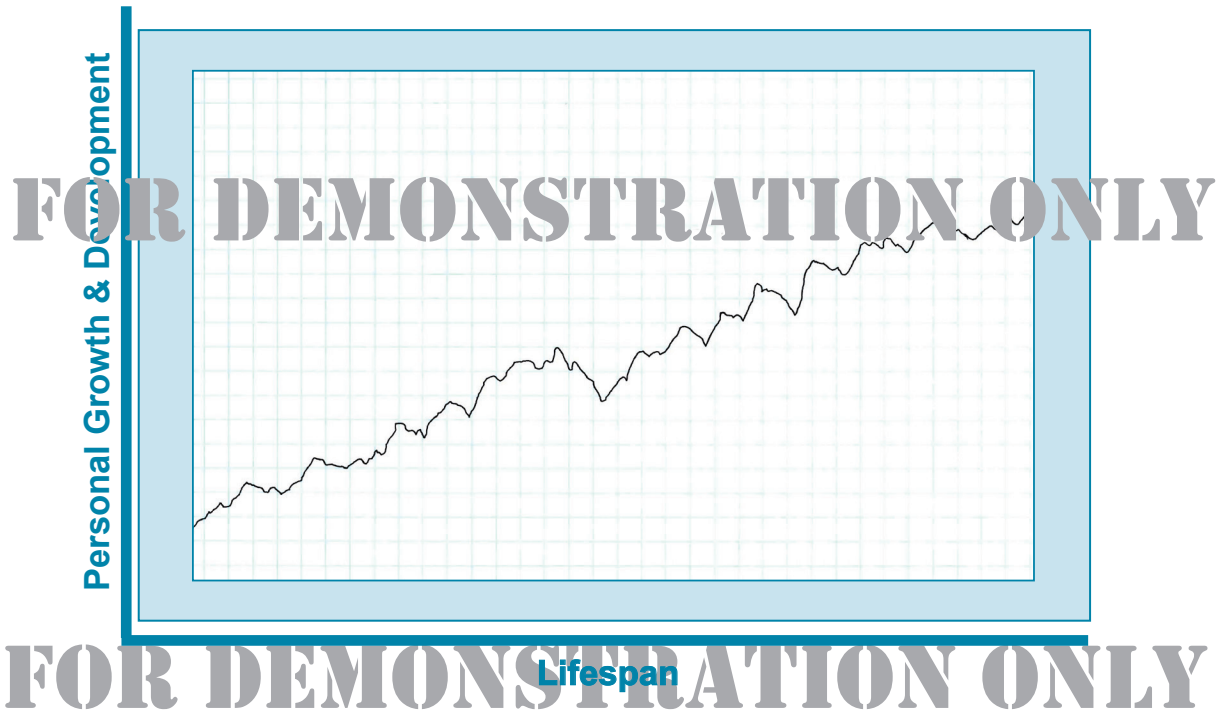


CREATING SUSTAINABLE PERSONAL GROWTH: A SAMPLE



THE SIX MAIN IDEAS TO SUPPORT
SUSTAINABLE GROWTH BRIEFLY STATED:

- Gradually rising curve with ups and downs along the way is normal
- Have vision/know where you are going
- Don't freak out over failure
- Enjoy the process!
- Use intelligent short term goals to get you toward your vision
- Persist over time

FOR DEMONSTRATION ONLY