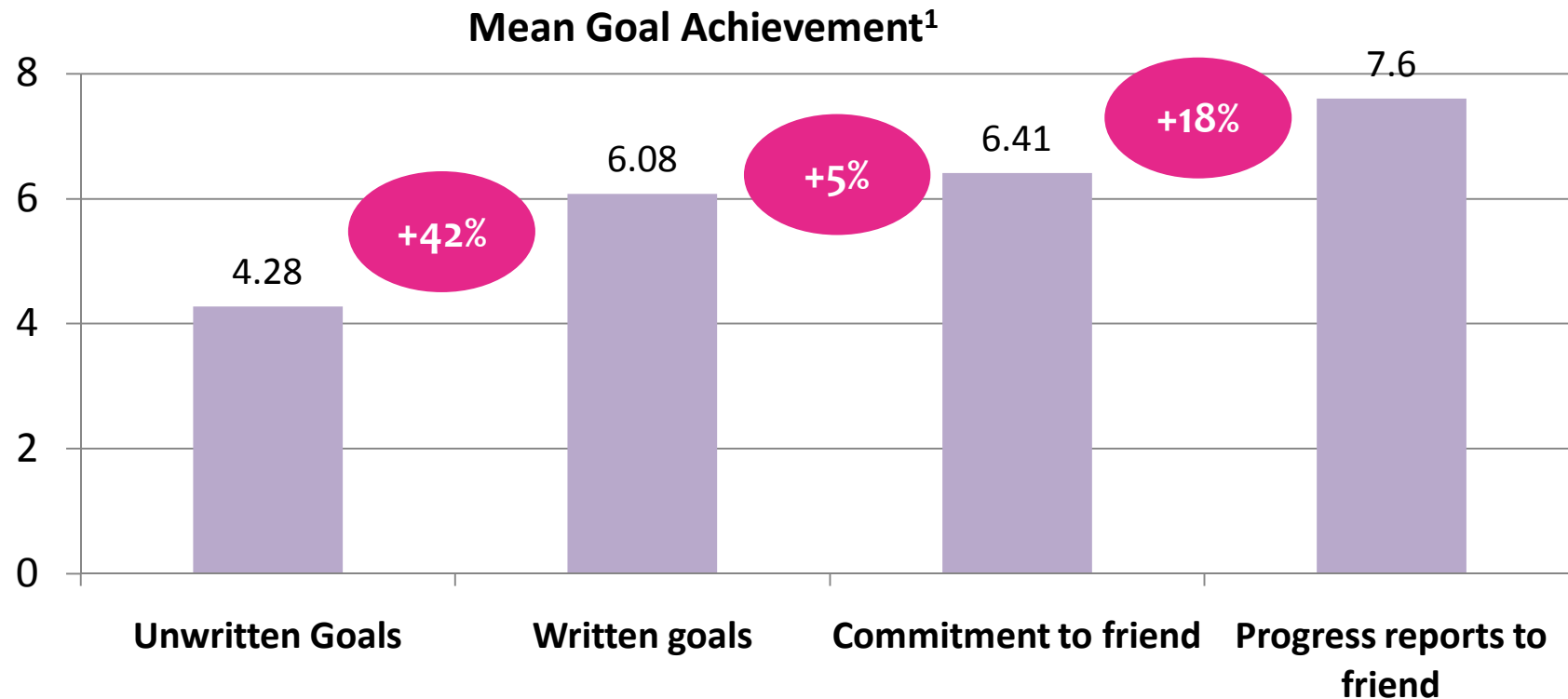


What science says about achieving a goal



Live a Life You Love



Even just writing your goal down will help! 😊

¹ Research by Psychology Professor Dr. Gail Matthews, Dominican University of California

