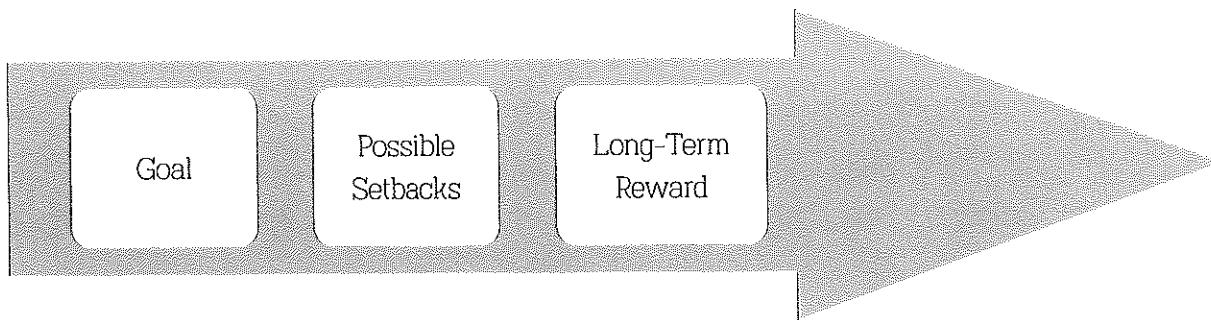


Visualization of Distant Rewards



What is your long-term goal? _____

What steps need to be taken? _____

What setbacks may occur (e.g., mental, physical)? _____

What support do you need to be successful? _____

What are the long-term rewards? _____

