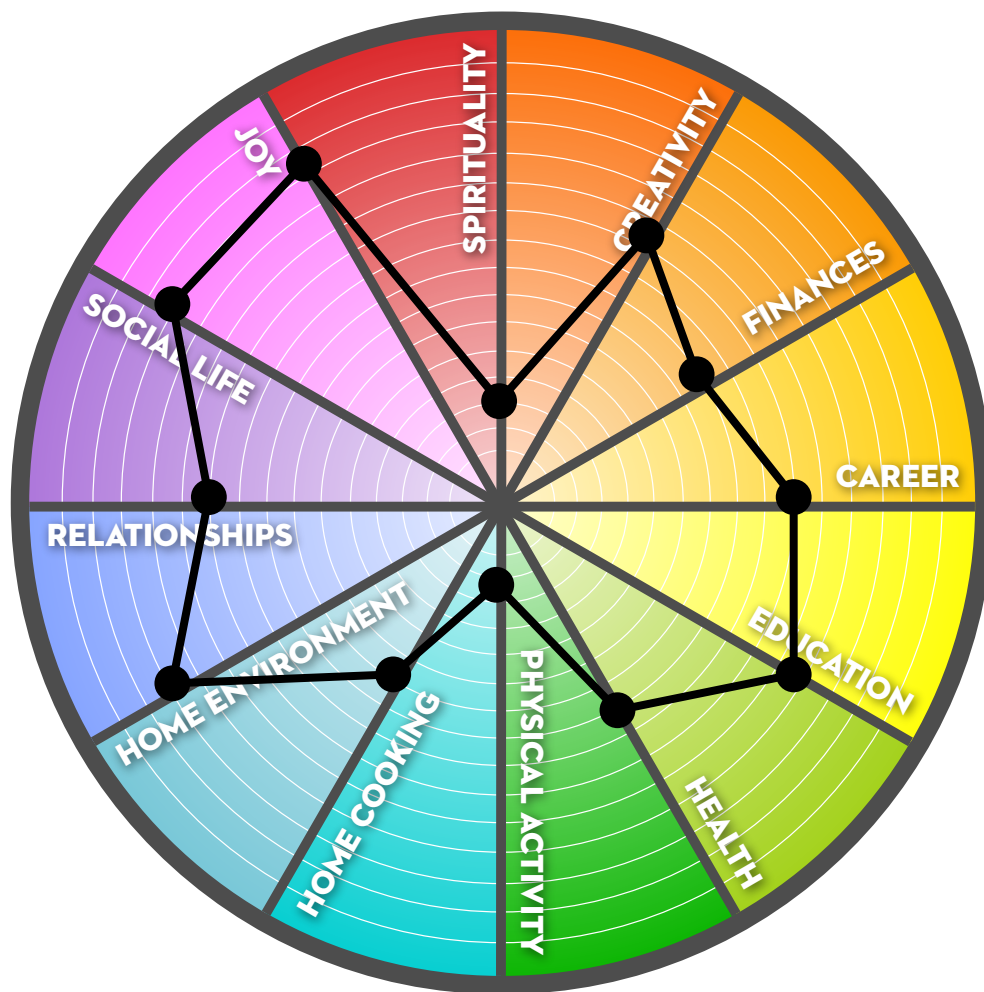


cassie sobelton



Area #1 to Improve: Physical activity

Plan: This Week: Get up from my desk 3x per day

This Month: Go to a yoga class 1x per week

This Year: Lose 15 lbs

Area #2 to Improve: Spirituality

Plan: This Week: Try to be grateful for the little things

This Month: Meditate once a month

This Year: Go on a retreat