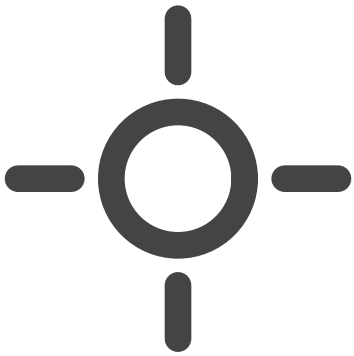


CHOOSE A REACHABLE GOAL

Pick something small enough to practice once today.