

2. Now, think about the things that keep you from achieving that goal. What constraints—internal or external—set the speed at which you accomplish this goal? Where are the choke points?

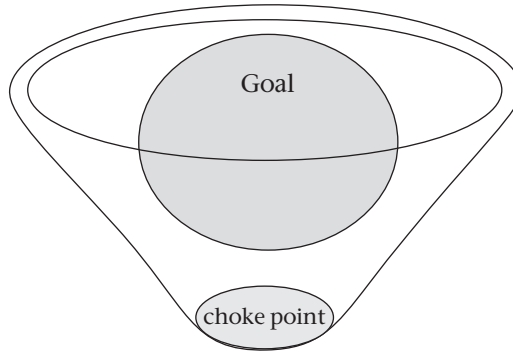
Goal:

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Choke points:

1. 

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2. 

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3. 

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