

Incredible Isla was eager to improve her ice skating skills. She envisioned herself skating in international competitions. If she wanted to achieve her dream, she knew she needed to set achievable goals. Isla identified her weaknesses and practiced intently, ignoring any interruptions. It wasn't easy, but she persevered and improved her skills. With her determination and

focused attitude, Isla was on her way to reaching

her ultimate goal. She realized that goal-setting was

the key to success.