**Resources**

|  |  |  |
| --- | --- | --- |
|  | **Online/Software:** | Goal Setting Guide. (2012). *Personal goal setting: Why set goals?* Retrieved June 21, 2012, from <http://www.goal-setting-guide.com/personal-goal-setting>  Mind Tools. (1996-2012). *Golden rules for goal setting: Five rules to set yourself up for success*. Retrieved June 21, 2012, from <http://www.mindtools.com/pages/article/newHTE_90.htm>  Mind Tools. (1996-2012). *Personal goal setting*. Retrieved June 12, 2012, from <http://www.mindtools.com/page6.html> |