

5. **“Courage is not simply one of the virtues, but the form of every virtue at its testing point.”**
C.S. Lewis - What virtue is being tested from the above pressures and what truth do you need to believe and stand upon? Where is your place of victory?

***SMART GOALS:**

- a. Specific - Can you state specifically what you are doing?
- b. Measurable - How can we measure this goal so we will know when you have reached it?
- c. Attainable - Is it within your capabilities and does it depend on you?
- d. Relevant - Do you care enough about this goal to make it a priority?
- e. Time Specific - It has a deadline.