

A man wearing a green jacket, a grey beanie, and grey gloves is looking down at his watch in a forest. The background is a soft-focus forest with sunlight filtering through the trees.

Chart a course

Mental Health Moment

“A goal without a plan is just a wish.”

This quote by Antoine de Saint-Exupery sums up an important idea. Having a plan can make it easier for you stay organized, focused and on track toward the goal you want to achieve.

Resources *for* Living®