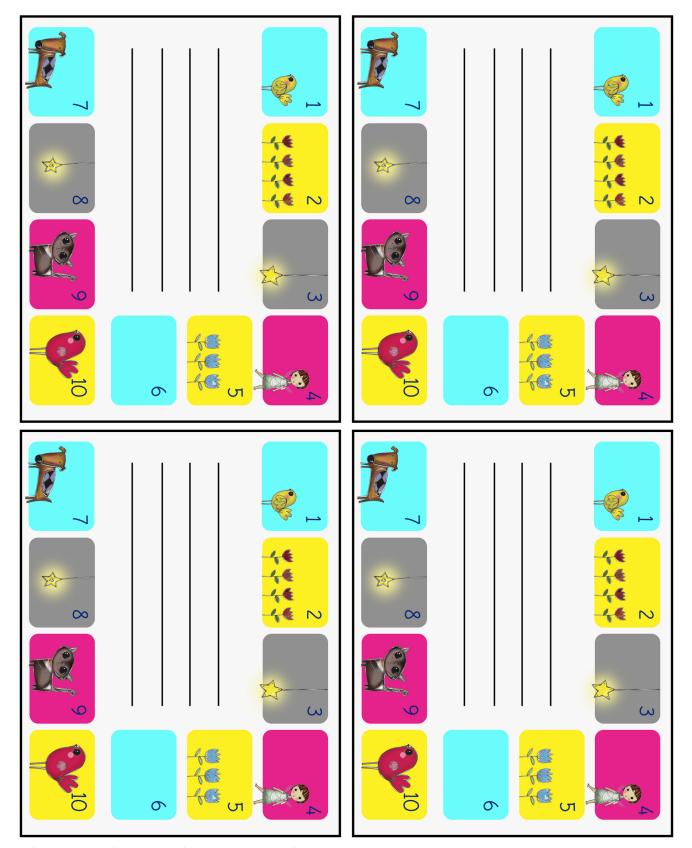
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Punch cards, to use as encouragement.



Write your goal in the middle and punch a hole every time an effort has been made in the direction of your goal.

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