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Express Yourself!
Sunday at 3 PM Pacific
January 05th 2016: The Gift of Goals

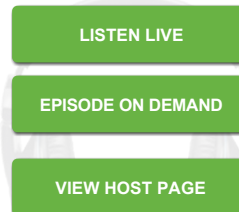
Have a dream and follow it. Have a plan and stick to it. Have a goal and achieve it. Every January, people make resolutions to lose weight, earn more money, sleep more hours, travel to distant lands, and spend more time with loved ones. By the beginning of April, most of those great intentions have been long forgotten. Hosts Asya Gonzalez and Brigitte Jia show us how to create goals and make them achievable, whether it be in business, art, school, or relationships. Book Smart reporter, Maria Wong discusses the book, Willow, whose main character has the goal of stopping self-harm. Make a goal

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Featured Guest



Katie Lyons

Katie Lyons is a freshman in high school in California. She loves sports and coaching and is a competitive swimmer and water polo player as well as a swim coach for the Special Olympics.

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