

WHAT I WANT MORE OF IN MY DAY



*My
pledge to
myself*

What goal do I want to set for myself?
Is it laugh more? Eat healthier? Be more
active? Read more books? Get a job?

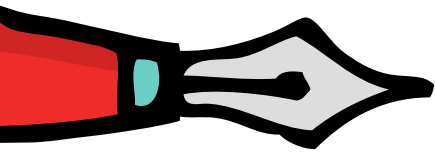
You will know...

Remember this is a personal thing, there
isn't a RIGHT or WRONG answer.

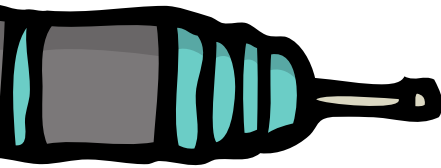
Give YOUR goal a name - write it down



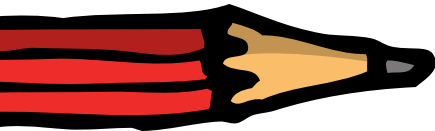
Why is it important to you ?



What do you want to be different? How will you
know it's changing? How will it feel?



What one radical thing can you do right now
to support yourself with it?



Who do you choose as your buddy to keep you
on track ? When and how will you get support
from them?

