

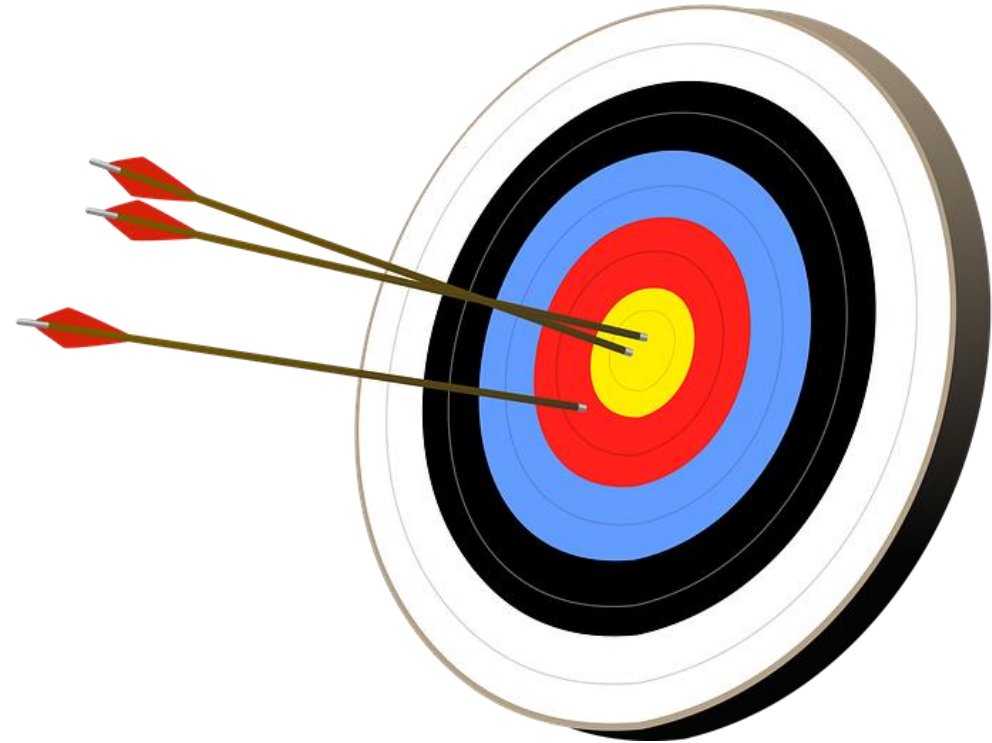
Making changes

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4 Goals

Write down your number 1 goal. Read it every morning and every night. Do this for a month, and watch if something happens.

GOAL SETTING



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5 Changing my diet

I want to improve my diet. I sometimes skip breakfast and I eat a lot of snacks at night. I want to eat more red meat and vegetables.



6 Travel

I want to travel to 2 places in Japan for the first time. Niseko in Hokkaido and Okinawa islands. I want to snowboard and also go surfing there.

