



Make a commitment to yourself to write down a few items under each category that you want to try, accomplish, and make happen. It can be for 3 months, a year, or 5 years.

DATE:

<p>Indoor Setup</p>	<p>Things to Make</p>
<p>Cooking / Eating</p>	<p>Health</p>
<p>Outdoor changes</p>	<p>Friendships / Family</p>
<p>Attitude adjustments</p>	