

# "Trading-up" my life! Goals



1. Exercise daily.
2. Eat more frequently and smaller
3. Drink water all day long
4. Go to bed hungry during the week
5. Allow some pleasure eating on weekends
6. Eat with a purpose during the week
7. Eat fruit daily
8. Eat vegetables daily
9. Buy and prepare healthy foods
10. Be flexible with parties and other social events
11. Feed my brain its "nutrition" by reading daily
12. Determine my calling and start pursuing it
13. Teach and help others
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- 15.
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- 20.