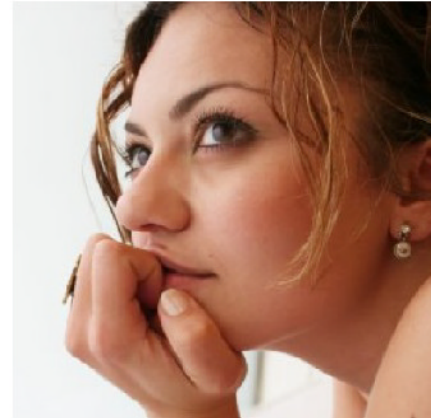


# What do I need to Like?

I have a friend who likes eating healthy foods and loves to go for a bike ride every evening. What are the things that people who have the body and health I want do that I currently dislike or don't do? What do I need to start liking?



<u>Item</u>	<u>Comments</u>
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List the things you want to start liking to change your life and then check them off as you successfully reprogram yourself and start liking each item.