What do you want

Exercise.			
Complete in	the morning, just after waking or within your firs	st 4 hours.	
I.	What do you want to have?		
2.	What do you want to do?		
3.	What do you want to be?		
Complete in	the evening, within the hour before bed.		
I.	What do you want to know?		
2.	What do you want to feel?		
Signature		Date	