

| <b>B</b>                     | <b>I</b>                       | <b>N</b>                                     | <b>G</b>                          | <b>O</b>                        |
|------------------------------|--------------------------------|----------------------------------------------|-----------------------------------|---------------------------------|
| save minimum 20% every month | bake 1 dessert a month         | do not get take away coffee in a plastic cup | host brunch/dinner 6 times        | go on a trip w friend(s)        |
| do internal CPDs             | meet marlene and saja          | go to 6 jazz/blues live music events         | be happy when at home             | go to the theatre 4 times       |
| learn french on my own       | start going to a spanish class | <b>FREE</b>                                  | compete in a badminton tournament | get clear skin                  |
| get ripped as shit           | join an acting class           | go on 1 hike every other a month             | get back into playing the piano   | go to 2 concerts                |
| do yoga at least once a week | cook 1 indian meal a month     | go to the cinema 6 times                     | volunteer at an orphanage         | do not get (certain) fast foods |

|                                              |                                   |                              |                                 |                                      |
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