

THE NIGHTMARE-DREAM PLANNER

KILLER INSTINCT

Date: ___/___/___	NIGHTMARE	TO DO	DREAM
<i>Body</i>	Sick, stuck in bed. Laughed at for my body. Don't feel confident around women. REMEMBER WHEN I WAS SICK - NEVER AGAIN!	*Do hot yoga tonight *No CARBS!	Ripped. Powerful. Lean. Tons of energy. Skin looks good. Can keep up with young guys. Strong. Flexible. Great for my age. FEEL THIS NOW! SEE IT NOW!
<i>Passion</i>			
<i>Spirit</i>			
<i>Relations</i>			
<i>Mind</i>			
<i>Career</i>			