

	Marriage	Take a bike ride with my wife.
	Son	Call my son at college and ask how he's doing.
	Friends	Call James and Tony
	Home	Spend 30 minutes cleaning garage
	Magic	Practice the dollar bill trick
	Health	Do 50 push-ups
	Career	Record webinar and upload
	Business	Offer eBooks at reduced price in blast
	Website	Upload 50 testimonials
	Spanish	Learn the word "La naturaleza" and use in two sentences.