SMALL steppers

FIRST TASK

INSTRUCTIONS:

If you were living your ideal life, what would it look like? Describe it below! It is crucial that you write it as if it is happening already. Not "I will eventually be at a healthy weight," but rather "I am at a healthy weight and easily maintain it." Not "I will eventually take up running" but rather "I run 3 miles a few times a week and love it." You will see how important this task is for the rest of your work/life as a Small Stepper, but for now, have fun with it! You can always edit it, change it, update it.