

“The 365 Effect”

January 1, 2018 – December 31, 2018

My Body is my Home

- My Home is my Temple

“Fortitude is the guard and support of the other virtues” – John Locke

Each choice I make to meet my commitment is a victory

Each Victory strengthens my Resolve to meet my commitments

My Four Commitments for 2018:

- ✓ I commit to not drinking any alcohol (The only possible exclusions - All Inclusive Family Holiday or super special occasions).
- ✓ I commit to exercise a minimum of 5 days a week (Be Strong and Smart to be Useful)
- ✓ I commit to eating food that’s good for my body. This being said I will follow the principles of the Mediterranean Diet. I will bring into this diet as many anti-inflammatory and “power foods” as I can. To maintain a constant cycle of eating habits I will do my best to not eat after 9:00pm. I will also stay away from eating anything containing sugar.
- ✓ I commit to reducing the amount of swearing that I do. If I swear I will do a push-up.

Alan Bishop

January 1, 2018
