

<b>Step 1.</b> <b>My Categories</b>						
<b>Step 2.</b> <b>Rating Today</b> <b>( 1 - 10)</b>						
<b>Step 3.</b> <b>What they are</b> <b>like Today?</b>						
<b>Step 4.</b> <b>Vision or Desire</b> <b>of what they</b> <b>will become</b>						
<b>Step 5.</b> <b>Reason(s) to</b> <b>Make Vision or</b> <b>Desire Reality</b>						