Everyday this month, I will experiment with

6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

At the beginning of the 30 days, write down your hypothesis - what might change due to this experiment?	At the end of the 30 days, what changes did you see and what didn't change?	Ok, so learning from this experiment, what are the things you could try in the next 30 days?