



Getting from "I Won't" to "I Did"

MANIFESTATION

WHAT NEXT...?

I did

Take a step.
Make it small.

I will

Create a goal.

AFFIRMATION

I might

Picture the actions.

I could

Imagine the benefits.

INTENTION

"INTERNAL"

I won't

Look for opposing evidence.

WHAT IF...?

I can't

"EXTERNAL"

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