



Your Next Step Toward the Life You Want

Step 1. What do I want?

Name one thing clearly. E.g. my house, my car, my career, my loving relationship

Then ask yourself:

Step 2. What is the worst thing about having what I want?

...trust the first thing that comes to mind. Not the ego response "nothing"

REPEAT

What is the worst thing about that?

What is the worst thing about that?

What is the worst thing about that?

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What is the worst thing about that?

Continue until you feel emotion rising, or until your mind starts repeating itself.