

Intensions

Instant Gratification
Intention = Visualized Outcome
“The Lottery In The Future Mentality”
No Work Means No Outcomes
Realized & Victim State

vs

Accomplishment = Feel Goods
Delayed Gratification For
Actual Outcomes

Outcome Felt Via
Thoughts of It

No Action Taken

Feel Good About
Intentions

Feel Bad When
Outcome Doesn't
Occur

Establish Goals
To Reach Desired
Outcome

Identify Steps
Needed To Reach
Outcome

Work Identified
Steps

Outcome
Realized