

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

