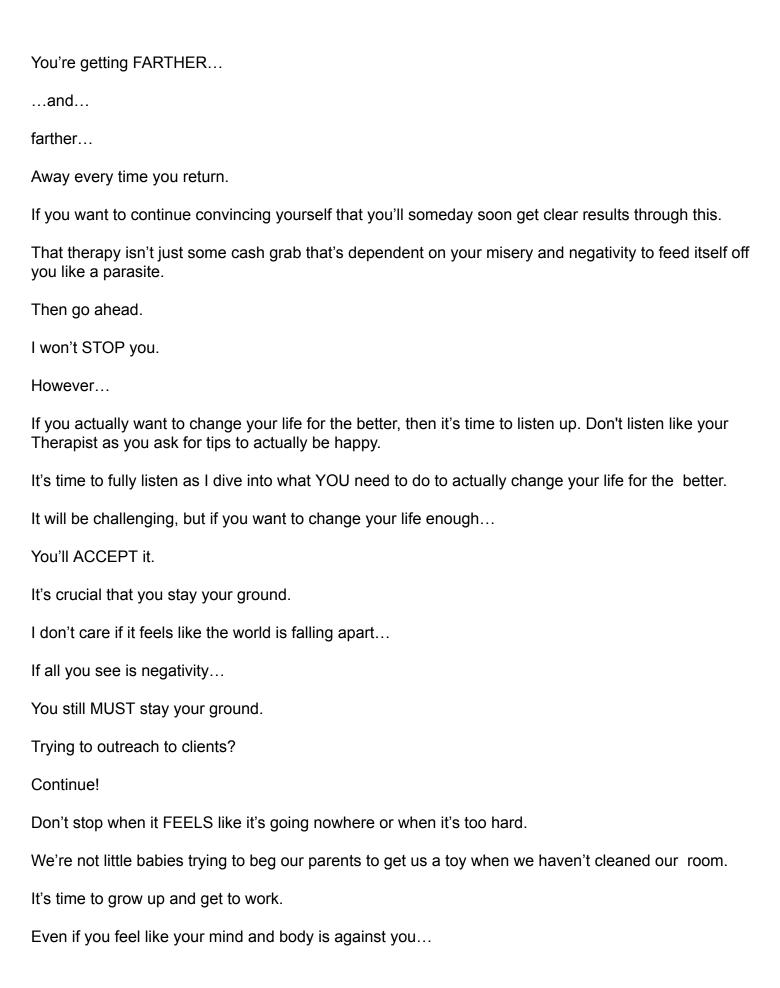
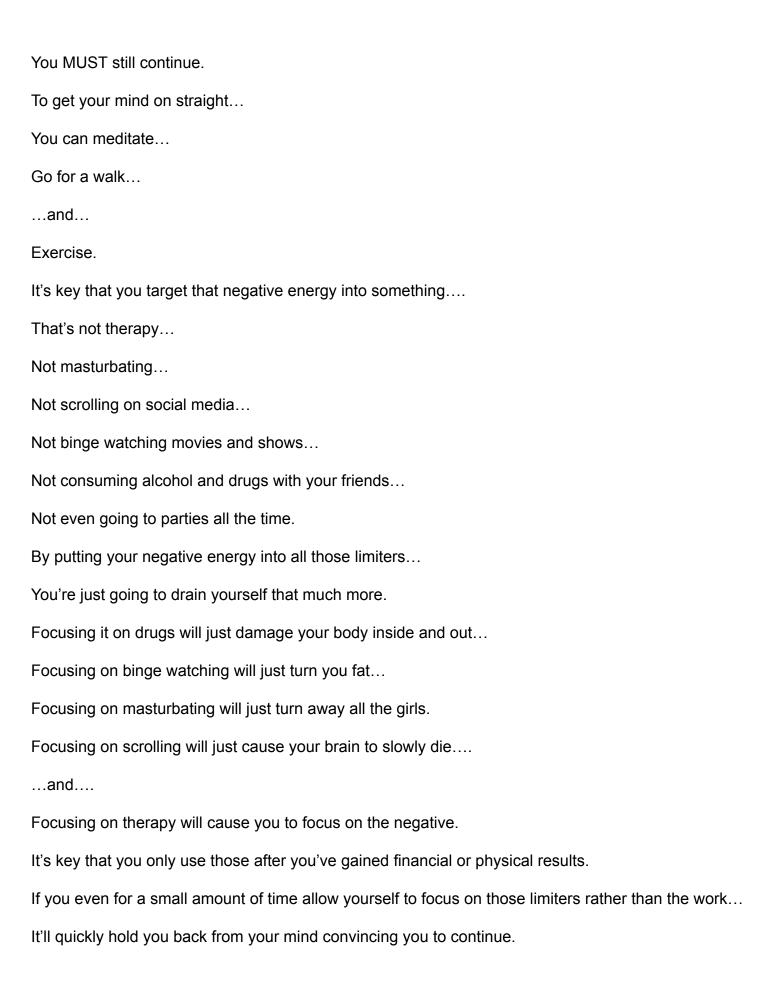
Boohoo!
You just lost your house.
No!!!
You're homeless and starving on the streets.
Bam!
You wake up.
It was just a dream.
You feel unnerved.
Your hair on end.
Your body shivering yet your mind wandering.
You decide
It's time to go to therapy.
You tell them about your dream.
About your nightmare
About your weaknesses
Look here
Look there
Your therapist gives you pills and schedules you for next week.
Now
You were trying to outreach.
You continuously called to no avail.
Yet again you return.
Get told to let your feelings out, take some more pills, and return next week. What next?
Are you going to continue this cycle of misery and self sabotage?

No!
Let's start to think positively.
Now you return.
Finally in great spirits.
Yet
Your therapist reminds you of your failures.
Asking you how you turned things around.
It almost feels like they're rubbing your failures down your throat considering how much ego they seem to shoot off.
What are you going to do next?
Return?
Why?
Just to go through another cycle of negativity and downfall.
As your world splinters around you.
You now check your wallet.
You've been spending \$10,000 in total just to focus on your failures with another person. Has this experience lifted your spirits?
Have you used that spirit uplifting to go out and make cold hard cash?
Have you gone to the gym and started putting in a hard day's work to finally get a step closer to your dreams?
or
Have you continuously fallen deeper and deeper into a world of doubt and limiting beliefs that keeps you returning for more?
Tell me.
What do you hope to gain with this?
If you're trying to think more positively or even find joy





That won't just cause you to take longer to achieve your goals... It'll also UNDO all the progress you've made with memorizing any techniques... ...and... Getting your mind and body prepared for the tough work. Don't go backwards! Rather you should ignore and challenge those urges. That way you won't feel as desperate to overdo it with drugs, binge watching, masturbating, etc. The results will make you feel confident enough to not overindulge too much. Afterwards... It's time to return. By exercising and meditating, you won't just feel more motivated. But... You'll now be more clear headed and ready to go to get to work. Exercising and meditating are like the cheat code. You'll immediately feel renewed once you put in a hard day's work. You will still find it challenging to stay away from the limiters. However... As long as you remind yourself that those won't help you... ...and... Anything else that you use to convince yourself otherwise is a LIE. You'll slowly get back on track. You can even increase your odds by riding your world of anything that makes the given limiter easy. You do drugs, then THROW them out. You watch too much social media?

Delete and / or hide any social media apps on your phone.
You watch porn?
Delete / hide any browser apps or even damage the device if it gets that serious [if you have another device available that you only allow for work]
You go to therapy too much?
Hide your keys.
In the end
As long as you make it more challenging to do the given thing, you'll be in the right direction.
The best thing you can do is to throw out / damage the given item, since it'll require you to buy another one.
As long as you do that every time you have a CLEAR mind after exercising
You'll slowly hate doing the given limiter, since it requires you to continuously pay
and
It's getting expensive.
It's getting expensive. As long as you do all that and remember to focus on being grateful and focus on your goals / plan
As long as you do all that and remember to focus on being grateful and focus on your goals / plan…
As long as you do all that and remember to focus on being grateful and focus on your goals / plan You'll slowly head in the right direction.
As long as you do all that and remember to focus on being grateful and focus on your goals / plan You'll slowly head in the right direction. Not only that By growing into a more positive and self reliant person, you'll also surround yourself with more friends
As long as you do all that and remember to focus on being grateful and focus on your goals / plan You'll slowly head in the right direction. Not only that By growing into a more positive and self reliant person, you'll also surround yourself with more friends and company.
As long as you do all that and remember to focus on being grateful and focus on your goals / plan You'll slowly head in the right direction. Not only that By growing into a more positive and self reliant person, you'll also surround yourself with more friends and company. That will come naturally just from people enjoying your energy and lack of need for help.
As long as you do all that and remember to focus on being grateful and focus on your goals / plan You'll slowly head in the right direction. Not only that By growing into a more positive and self reliant person, you'll also surround yourself with more friends and company. That will come naturally just from people enjoying your energy and lack of need for help. Do all that, Gs, and I know you'll change for the better and rid yourself of all negativity.