

# FUTURE FOCUS

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*ONE OF THE MAIN ISSUES THE BRAIN HAS IS BEING PAST FOCUSED.  
YOU RELY ON YOUR PAST SUCCESS IN DECREASING YOUR BUFFERING FOR  
BELIEF, WHICH ALWAYS FAILS.*

*YOU DEFINE YOURSELF BY WHERE YOU HAVE BEEN.  
MY GOAL IS TO TEACH YOU TO DEFINE YOURSELF BY YOUR FUTURE.*

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HOW MUCH TO WANT TO BUFFER?

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HOW DO YOU WANT TO DECIDE ABOUT BUFFERING?

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HOW DO YOU WANT TO THINK AND FEEL ABOUT {INSERT BUFFER}?

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HOW DO YOU WANT TO THINK AND FEEL ABOUT YOUR BUFFERING?

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WHAT DO YOU HAVE TO CHANGE TO BECOME THIS PERSON?

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ARE YOU COMMITTED TO MAKING THESE CHANGES?

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*WHEN YOU CAN DO THIS, YOU CREATE CHANGES THAT HELP YOU TO BECOME  
THE PERSON YOU MOST WANT TO BECOME.*

*VISUALIZE AND EVEN TALK TO YOUR FUTURE SELF WHO IS ALREADY LIVING  
THE LIFE YOU DESERVE.*

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