

wish & dis list

Keep this piece of paper with you each day. Fold it up, throw it in your wallet, pocket, purse or glove box – where ever you have quick access to it each day! As you think of something you want (wish) what limiting beliefs or actions are preventing you from having it (dis). Make sure that for every WISH you write what to DIS so you can get rid of whatever is keeping you from reaching that GOAL!

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