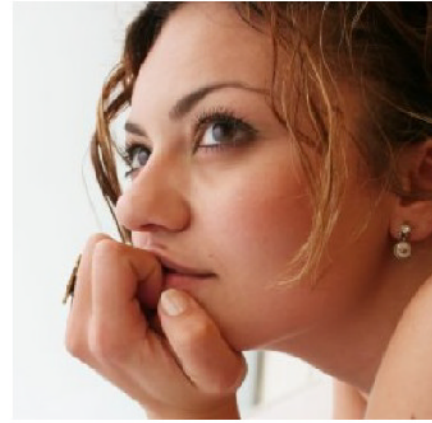


What do I need to Like?

Reprogramming yourself takes getting yourself pumped up emotionally to really feel good about liking the new thing. The more reasons you have the more impactful your thinking will be. Furthermore, the more emotional the reasons, the more powerful your thinking will be.



Thing _____

Reasons why I want to Like this:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Be sure to brain storm your reasons. The more reasons, the greater your chance of success. Think of each reason adding 10% to your chance of success. So with only 4 reasons, you only have a 40% chance of success. Keep in mind that emotional reasons are far more powerful than non-emotional reasons, find as many emotional reasons as you can!

