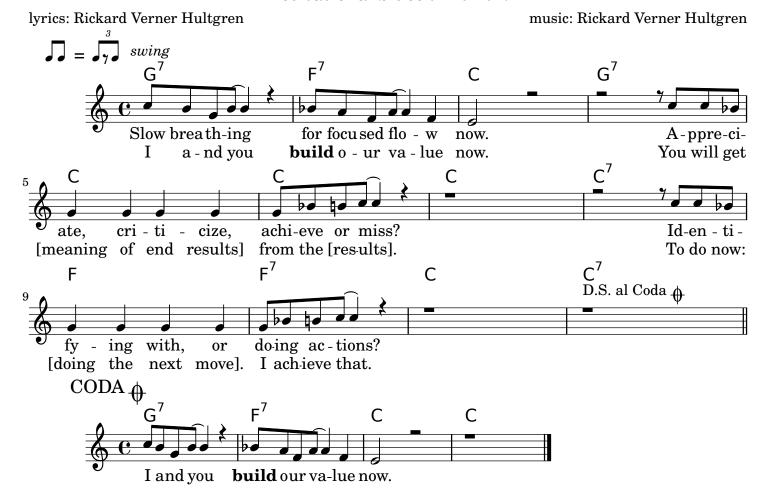
## motivational blues

motivational blues 01-10-2017



## **COMMENTS**

Imagine an interaction with another person or a future you.

I and you **build** our value now.

We build the value of our interaction. This correlates to oxytocine.

I will get [meaning of end results]

What will I gain from the end result? This correlates to testosterone.

from the [end results]

Specify the end results. This correlates to serotonine.

To do now [doing the next move]

This ensures you of the momentum towards the end result. This correlates to acetylocholine.

I achieve that

Focus on the next marker. This correlates to dopamine.