

Fitness From the Inside Out  
Presented by: Rebecca Blackwell  
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# Get What You Want

**Think of Something You Want**

**Write Down in Here**



**What are You doing to get that?**

**What are you doing to get in your way?**

**How are you when you get what you want?**

**How are you when you don't get what you want?**

**What did you get that doesn't make you happy and is causing you to want what you are wanting now?**

**The four causes of Suffering...**