

## 7 "Paint-By-Numbers" Steps

1. **Conflicting beliefs will cancel each other out.**
2. **Repetition creates a vibrant vision and life.**
3. **Expectation and realization go hand-in-hand.**
4. **What you focus on expands; what you dwell upon determines your destiny.**
5. **We live in the present tense.**
6. **Your mind reflects your thoughts back to you like a mirror.**
7. **Use exact words like "now", NOT "someday".**