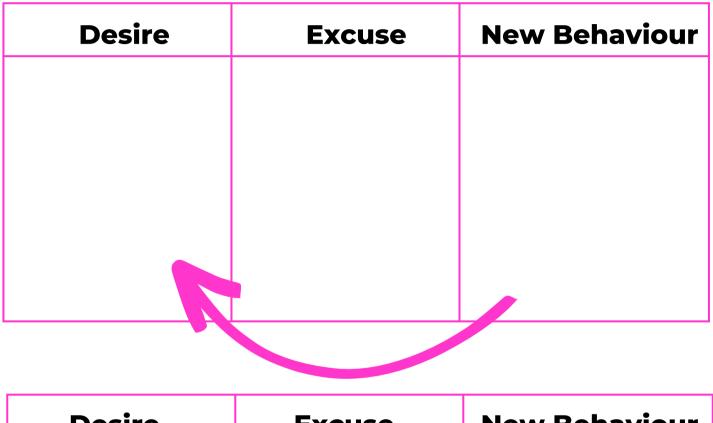


The Congruent Living Focus Sheet

Focus on the ends rather than the excuse



Desire	Excuse	New Behaviour

