

Training Card 5.1

Engaging With Your New Narrative

1

Immerse Daily

Set aside time daily read or listen to your narrative.

2

Visualize

Vividly visualize the narrative, engaging your senses.

3

Act "As If"

Suspend disbelief and act "as if" it is real.

4

Maintain the Proper Attitude

Engage with the narrative on its own terms, avoiding comparisons.

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