

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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