CONTROLLING MY LIFE BY USING MY PAIN AND PLEASURE

"Everything you and I do, we do either out of our need to avoid pain or our desire to gain pleasure. The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you. When we link enough pain to a current behavior and enough pleasure to changing that behavior we can change that behavior instantly."

Tony Robbins

What action do I want to take?	
Life controls me: What PAIN do I link to taking this action?	**I am in control of my life:** What PAIN do I link to not taking this action? (think deeply about the costs in terms of health, finances, relationships, emotions, etc.)
What PLEASURE do I link to not taking this action?	What PLEASURE do I link to taking this action? (think deeply about the benefits in terms of health, finances, relationships, emotions, etc.)

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