



Day Five

Your Contrast List

The contrast list below is a sample. On the following page you'll find a contrast list that provides you with space to fill in your information.

PROBLEM		SOLUTION		
↓	X	5	I AM (Hold the Vision – Expect it – Receive it)	
↓		4	WILL (My will – join my vision with God's and see it healed)	
↓		3	CAN (take me from my little EGO self to "What would God do? – Could God suffer from this?")	
↓		2	WANT (next level of improvement would be...)	
↙	CURRENT SITUATION (as EGO can see it now)	↔	1	WISH (relief from pain/symptoms)



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