

## Reverse Engineer Your Input and Output

Track your inner experiences that lead to either input or output and work backwards to see what led to them. Do more of the things that increase your input and find ways to change the things that lead to output.

<b>Leading Events- where you were, what you were doing, who was around.</b>	<b>Thoughts/Feelings/Urges/behaviours</b>	<b>Outcome: Input or Output</b>	<b>Short term impact Long term impact</b>