

## LESS

- Talking
- Planning
- Soda
- Junk Foods
- Complaining
- Worrying
- Doubting
- Lazing Around
- Frowning
- Insecurity
- Weakness

## MORE

- Listen
- Doing
- Tea
- Salads
- Encouraging
- Hoping
- Believing
- Working out
- Smiling
- Trust
- Confidence