

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# STEPS

C T C O G N I T I V E D I S S O N A N C E R I F  
M H Q Y T E I D N O I T A S I L U S I V B O H A  
L H N O C X S V W G G R E Y D B F G L R A T M Z  
O O C L A M C U K G N C Z O J W G D L V X N I K  
C B K U C O U B O V D I S V S C F Y S R Y E E G  
U E G L W G L Y Y I X J T R S C F X N Z U M B J  
S C P T A P A K R D C I X T B E L I E F N A X B  
O A Y H H T D R B O A S L R E Y V Q X Y O P J Q  
F L G H D S F O B B D H N O W S H S U F I L G Y  
C P M L Y T D L Y A S R W O A S L A U R T X C D  
O E A X W R L Y E X G U A Q C K U A P S A Z J Q  
N G L L B Y B R S S T E B Z M X M Y O C M M D Z  
T Q I T F L F W C V P H I C I N S Z G G R E S V  
R C O O B C G D S Y P J G N O W M P S M I D F C  
O C N T R L J O Y R E K O U G N I D T N F X T Y  
L F K W W E T R Z P W J R K O A S S R J F M F J  
L O C K O N L O C K O U T E S N R C V D A X G V  
V H C O M F O R T Z O N E A I L E B I C T C L Z  
F E K R J U C B R D N I G M C M K E A O F W L D  
U S Q Y F M D O C Y L H D O R D N P R G U D X N  
R M T U O X D K B Q Q A Y T T R U T H U E S B A  
C A W G K E X O O V M X C O N L Y M T C S O C C  
O V G N I N O I T I D N O C Q A A R G V I A U Q  
P X O X S X I D K L O G X S E A B R S U P H O T

GARBAGE IN GARBAGE OUT  
LOCK ON LOCK OUT  
SUBCONSCIOUS  
SURE ENOUGH  
PYGMALION  
SCOTOMA  
WIZARD

COGNITIVE DISSONANCE  
COMFORT ZONE  
VISULISATION  
AFFIRMATION  
CONSCIOUS  
MENTOR  
TRUTH

LOCUS OF CONTROL  
GOAL SETTING  
CONDITIONING  
SELF TALK  
PLACEBO  
BELIEF