



CONDITION CONSEQUENCE

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• he exercises • he watches TV during his spare time • he balanced his diet • he drinks water • his friends continue drinking much alcohol every night • he hadn't eaten so much junk food • he meditated more • he hadn't spent the whole day checking news and social media • he doesn't procrastinate his work • he reads more	➤ he stays hydrated. ➤ they will feel sick soon. ➤ he will feel strong, happy and relaxed. ➤ he wouldn't have incorporated carbohydrates. ➤ he would incorporate vitamins and eat what he likes too. ➤ he would get more relaxed and concentrated. ➤ he won't probably get stressed. ➤ he will damage his vision. ➤ he will get more inspired. ➤ he wouldn't have felt stressed