



## CONDITION      CONSEQUENCE

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<ul style="list-style-type: none"> <li>• he exercises</li> <li>• he watches TV during his spare time</li> <li>• he balanced his diet</li> <li>• he drinks water</li> <li>• his friends continue drinking much alcohol every night</li> <li>• he hadn't eaten so much junk food</li> <li>• he meditated more</li> <li>• he hadn't spent the whole day checking news and social media</li> <li>• he doesn't procrastinate his work</li> <li>• he reads more</li> </ul>	<ul style="list-style-type: none"> <li>➤ he stays hydrated.</li> <li>➤ they will feel sick soon.</li> <li>➤ he will feel strong, happy and relaxed.</li> <li>➤ he wouldn't have incorporated carbohydrates.</li> <li>➤ he would incorporate vitamins and eat what he likes too.</li> <li>➤ he would get more relaxed and concentrated.</li> <li>➤ he won't probably get stressed.</li> <li>➤ he will damage his vision.</li> <li>➤ he will get more inspired.</li> <li>➤ he wouldn't have felt stressed</li> </ul>