



## 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>