

#21 – THE A + B = C LIFE EQUATION SHEET

Five questions to reveal why your choices create the outcomes they do.

Life isn't random.

It's an equation:

A = what you believe the choice will give you

B = why you think you need it

A + B = C, the consequence

When something in your life isn't working,
it's because A and B were chosen from your emotional state —
and C is simply reporting the math.

This sheet helps you break down that equation with clarity.

1. What is “A” — why you want to make this choice:

Will it:

- Distract me?
- Fill a need?
- Mask a pain?
- Make something easier or feel better?

Your thoughts: _____

2. What is “B” — the desire, pattern, or emotional state driving this choice?

B is the real engine underneath the decision.

It explains *why* you're drawn to A — and whether it actually supports you.

B determines how clearly you can see the truth of A.

Your thoughts: _____

3. What “C” — the outcome — is this A + B producing in real life?

The equation never lies.

C is the honest report card of your choices.

Your thoughts: _____

4. If I want a different C, do I need to change A, B, or both?

Most people can come up with a different “why” (A)...
but keep the motive (B)...
and then wonder why nothing changes.

Your thoughts: _____

5. What A + B combination would logically produce the C I actually want?

No fantasy.
No wishful thinking.
Just math.

What inputs naturally equal the future you want?

Your thoughts: _____

FINAL REMINDER:

Your life isn't happening *to* you –
it's happening *through* the equations you run every day.

Change the equation,
and you change the outcome.