

ENVY RECIPE CARD

Ingredients

- COMPARISON (BETWEEN SELF AND ANOTHER)
- DESIRE (SOMETHING SOMEONE ELSE HAS)
 - STATUS
 - MONEY/WEALTH
 - POWER
 - SUCCESS
 - FAMILY TIES
 - INTELLIGENCE

Directions

Journal Note

SHOPPING LIST

COVET

CRAVE

ENVY

BEGRUDGE

RESENT

DESIRE

LONG FOR

WANT

YEARN

IDEALISE

JEALOUSY

BITTER

GREED