

SPITE AND MALICE MAP

Spite: petty ill will or hatred with the disposition to irritate, annoy, or thwart (merriam webster)

Malice: desire to cause pain, injury, or distress to another (merriam webster)

IOW: JEALOUSY AND ENVY BKA: RESENTMENTS

Who or what am I feeling jealous or envious of?	Why am I jealous or envious?	What is the first action step I can take towards creating my own dreams or goals?