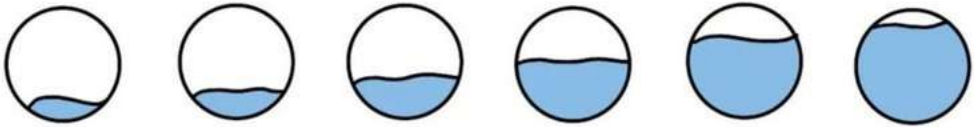
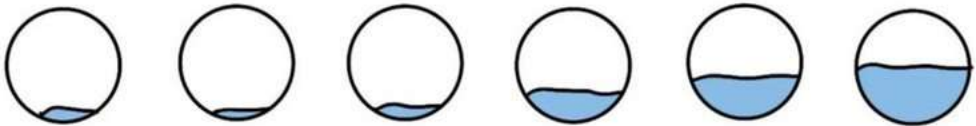


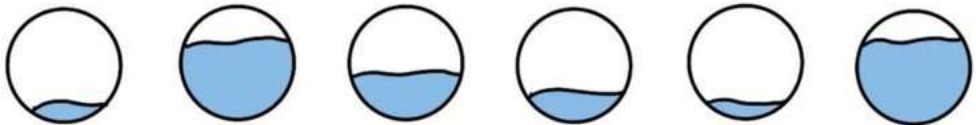
This is progress

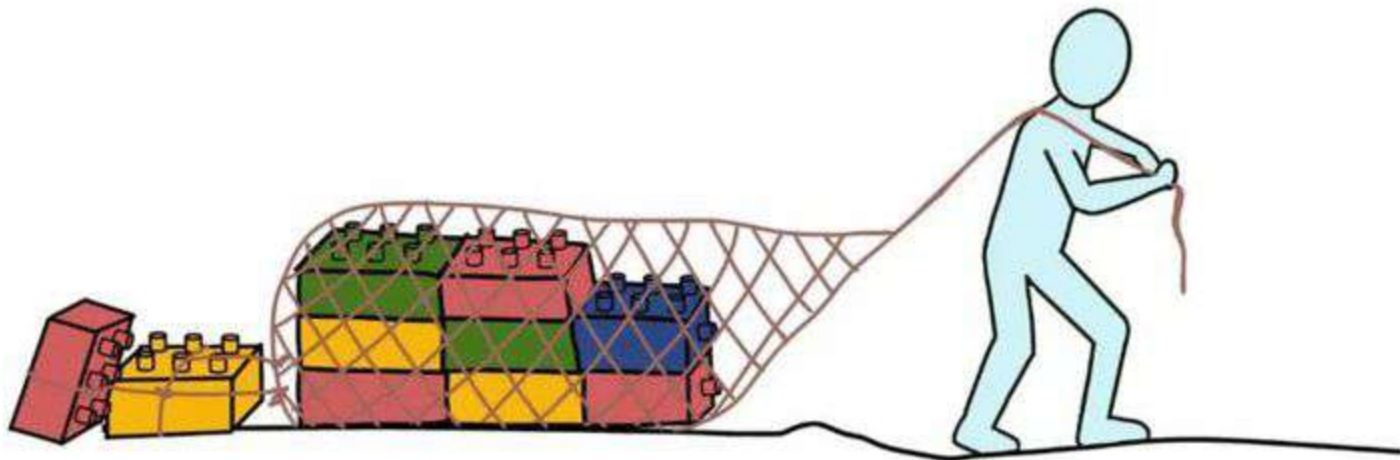


This is also progress

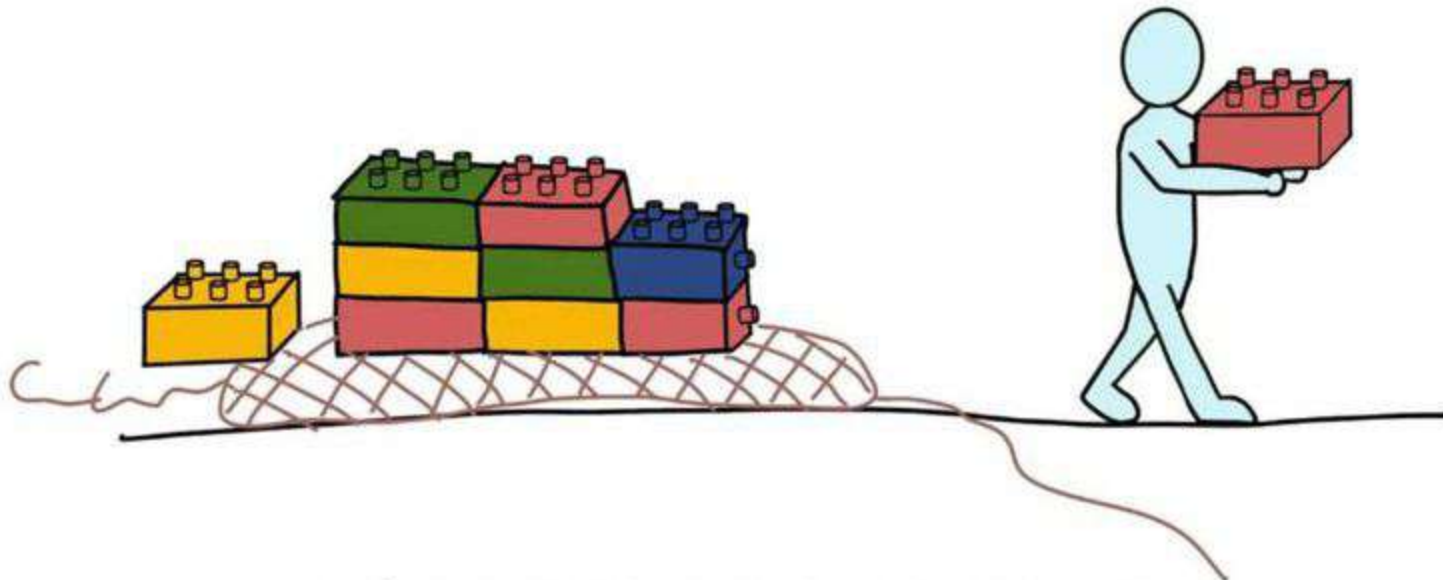


And so is this

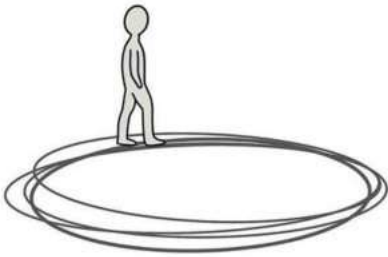




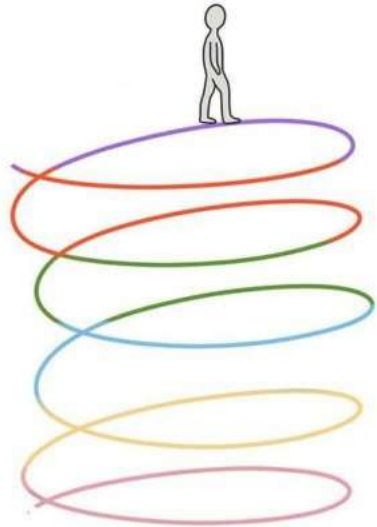
**IF YOU CAN'T DO IT ALTOGETHER**



**IT'S OKAY TO DO ONE STEP AT A TIME**

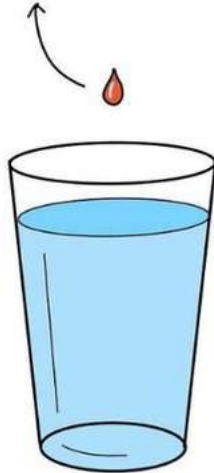


What we think our  
progress looks like



How it actually is

Drop of self doubt



Your confidence

A drop of ink falls into a clear glass of water and clouds the whole thing.



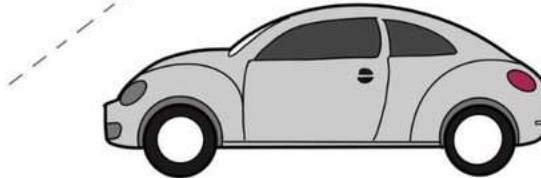
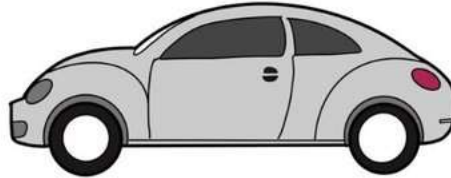
The flame that burns twice as bright burns half as long.



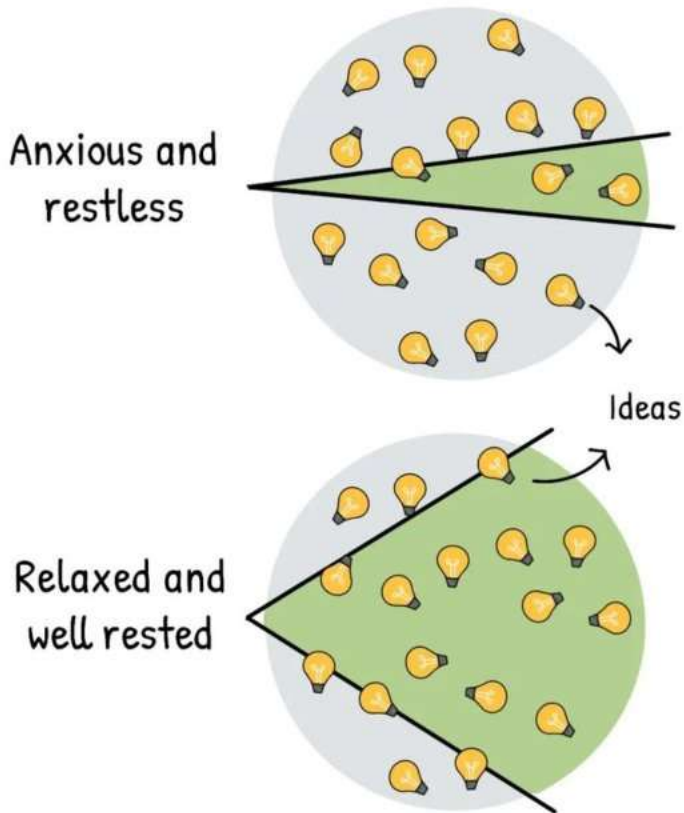
Failure



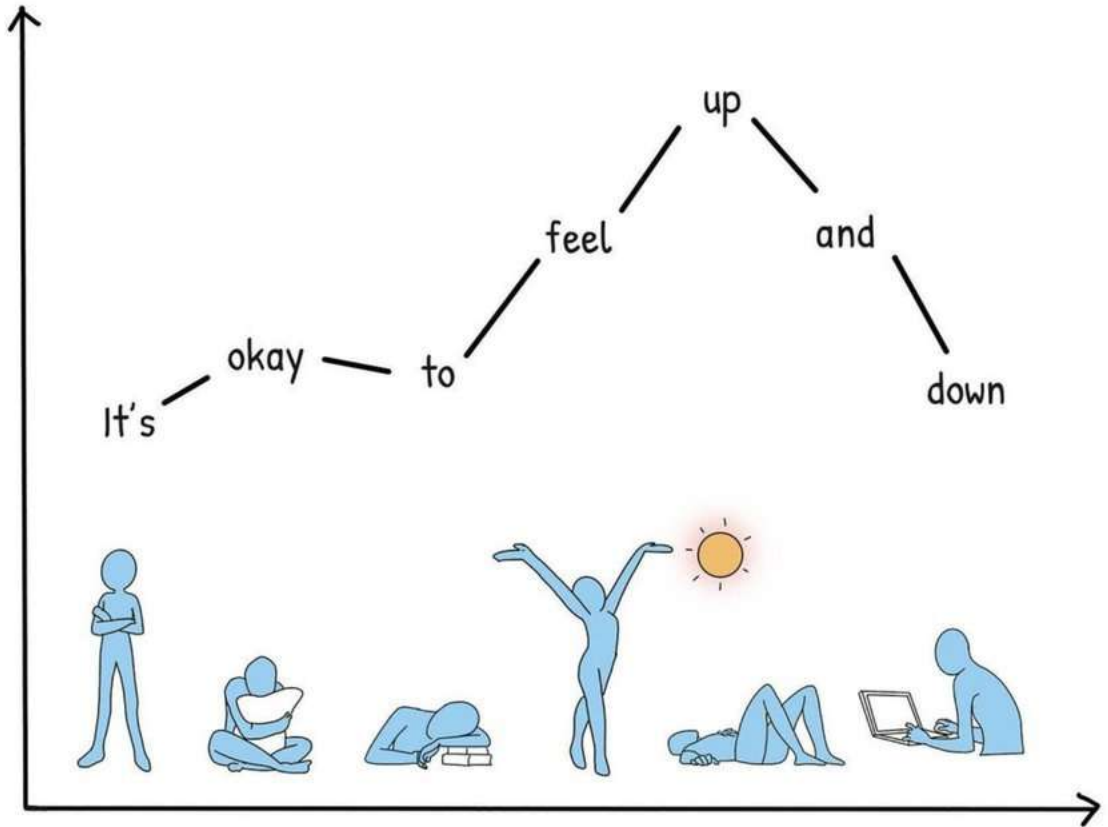
Experienced



Comparison is the thief of joy







## Willpower



Morning



Afternoon



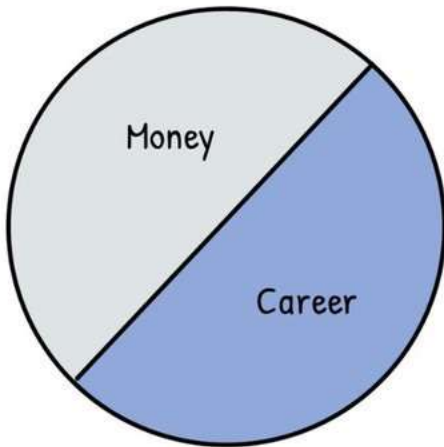
Evening



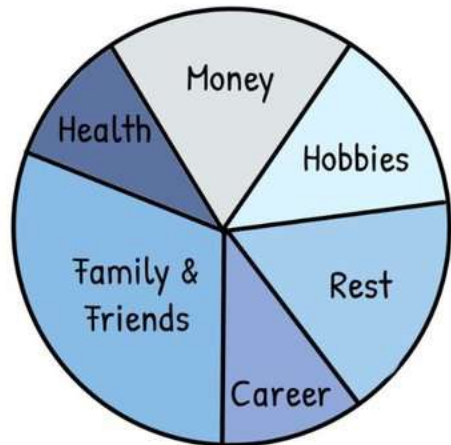
Night

Plan to complete difficult tasks during early hours of the day and save the easiest ones for the end.

What we think would  
make us happy



What actually does

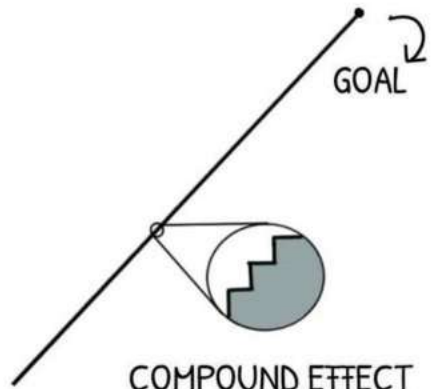


EVERYDAY



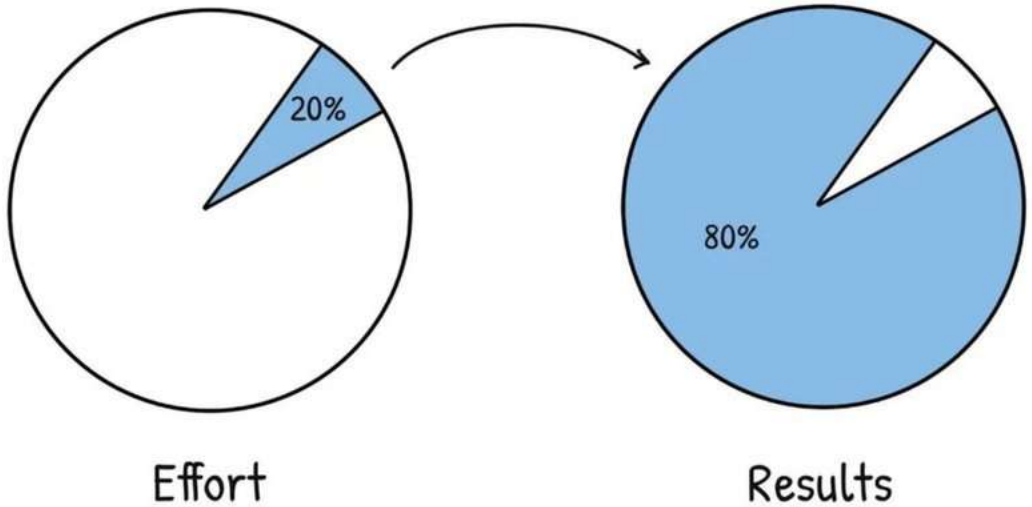
CONSISTENT EFFORT

AFTER 1 YEAR



COMPOUND EFFECT

## PARETO'S LAW



80% of results stem from 20% of actions,  
Prioritise and focus on what's important.



