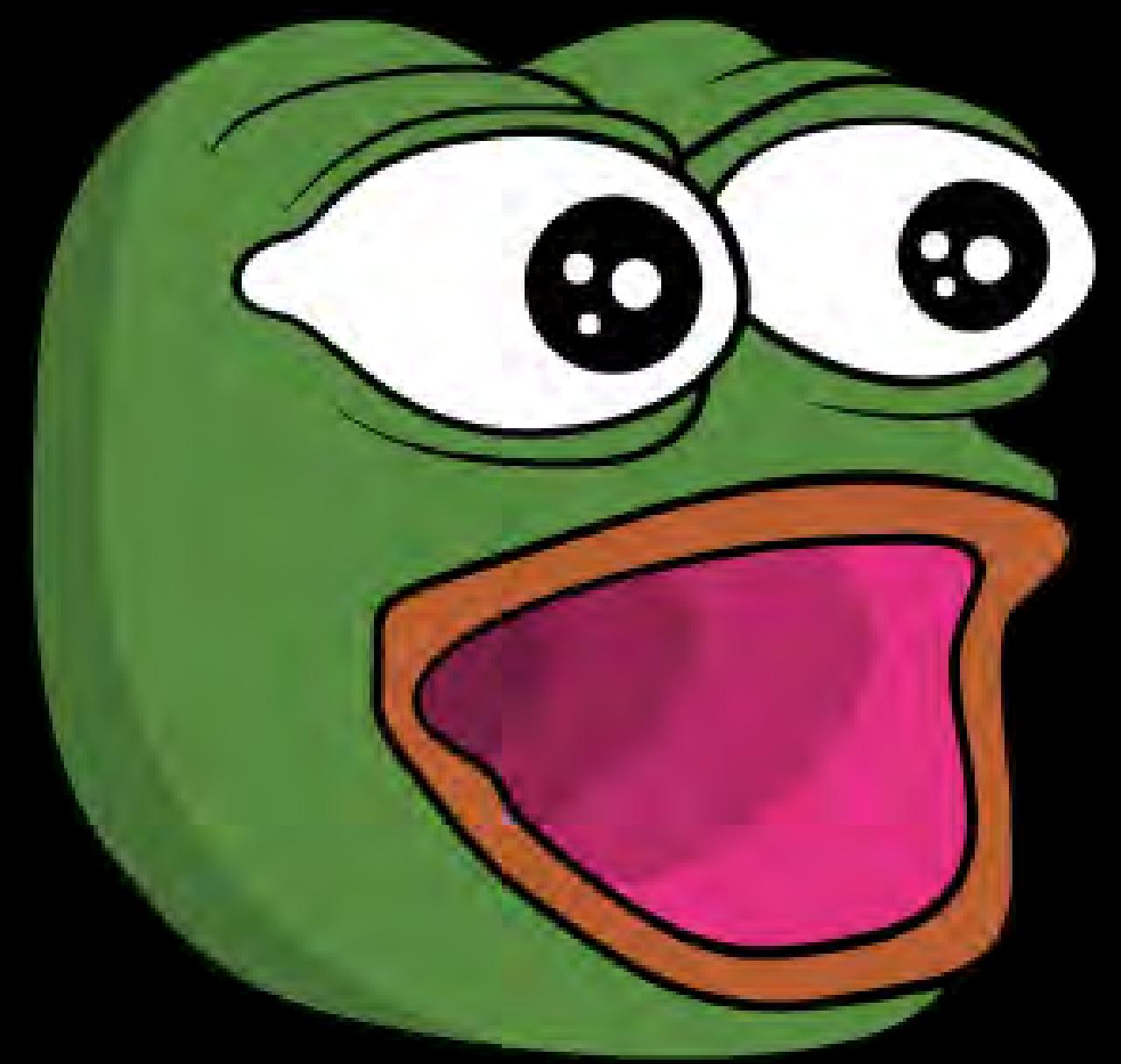


SELF-CRITIQUE
VS
SELF-DESTRUCTION

















The background of the image is a dense, dark forest of red ferns. The fern fronds are numerous, overlapping, and have a distinct red color. They are set against a dark, almost black, background which creates a strong contrast. The lighting is dramatic, highlighting the texture and shape of the individual fronds.

Self-critique



Self-critique



Goblin
Douche

Self-critique

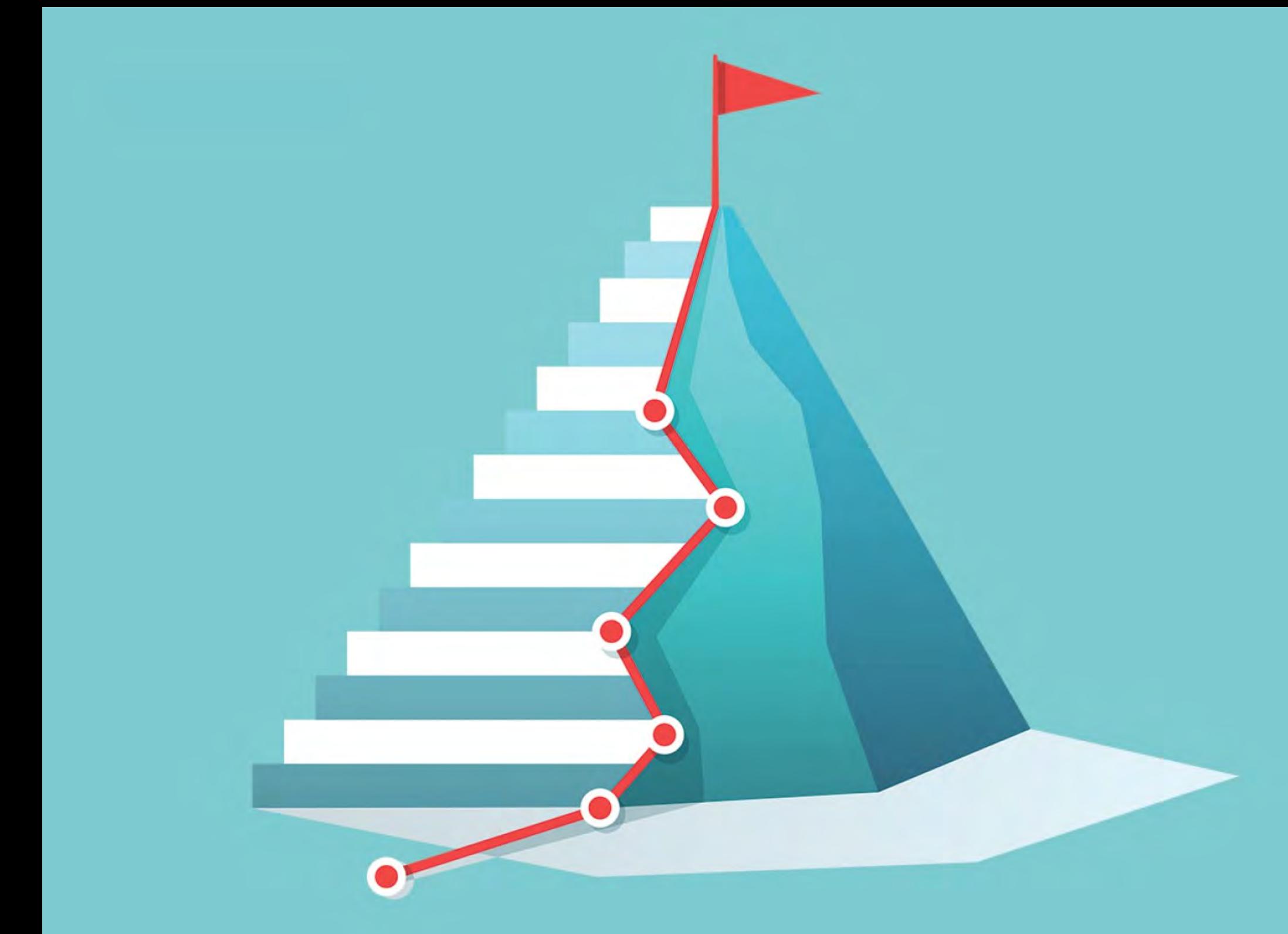
- Lack of confidence
- Lack of appreciation
- Time press
- Overall psyche
- Impostor syndrome



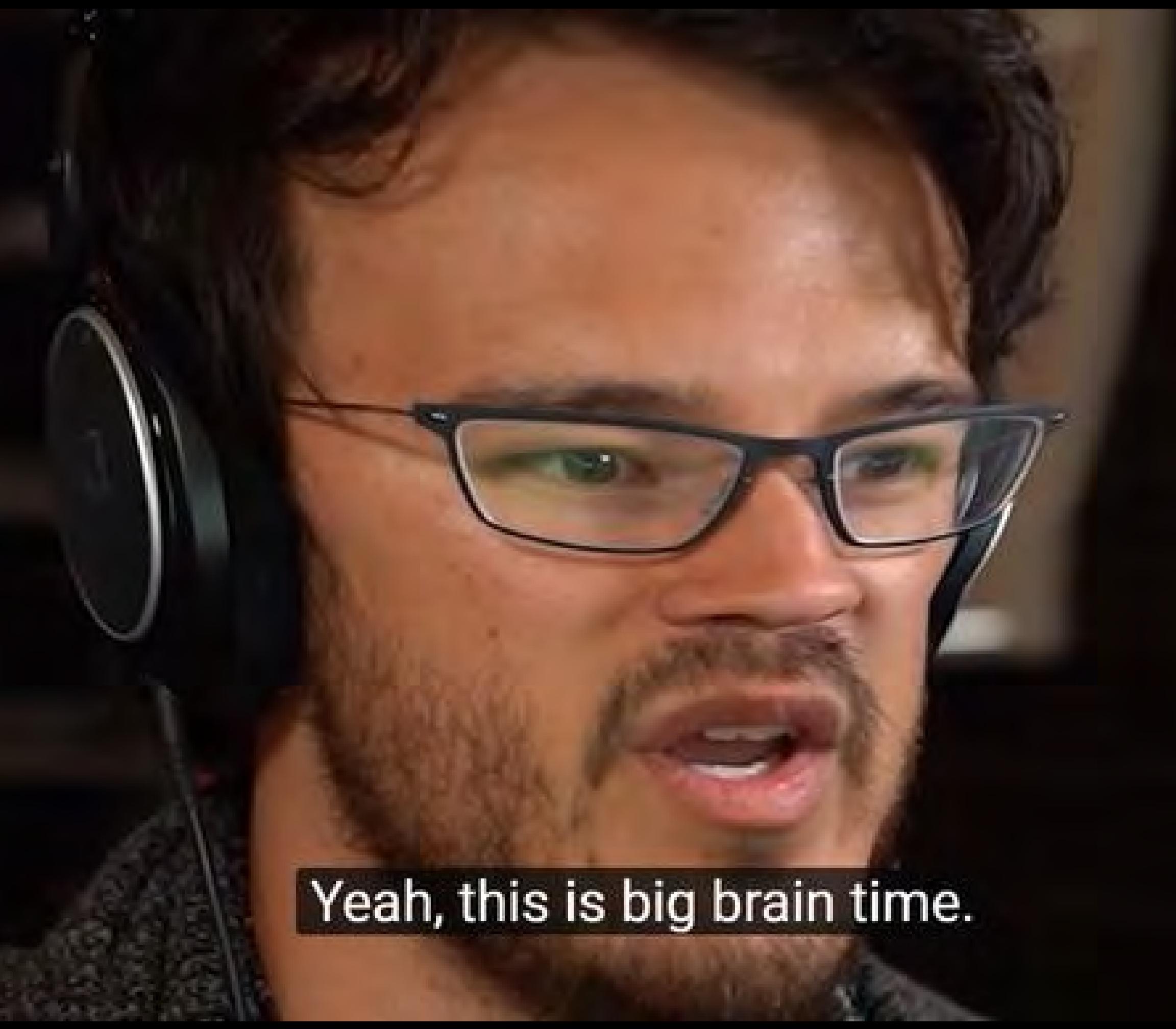
Lack of confidence



Good work will come



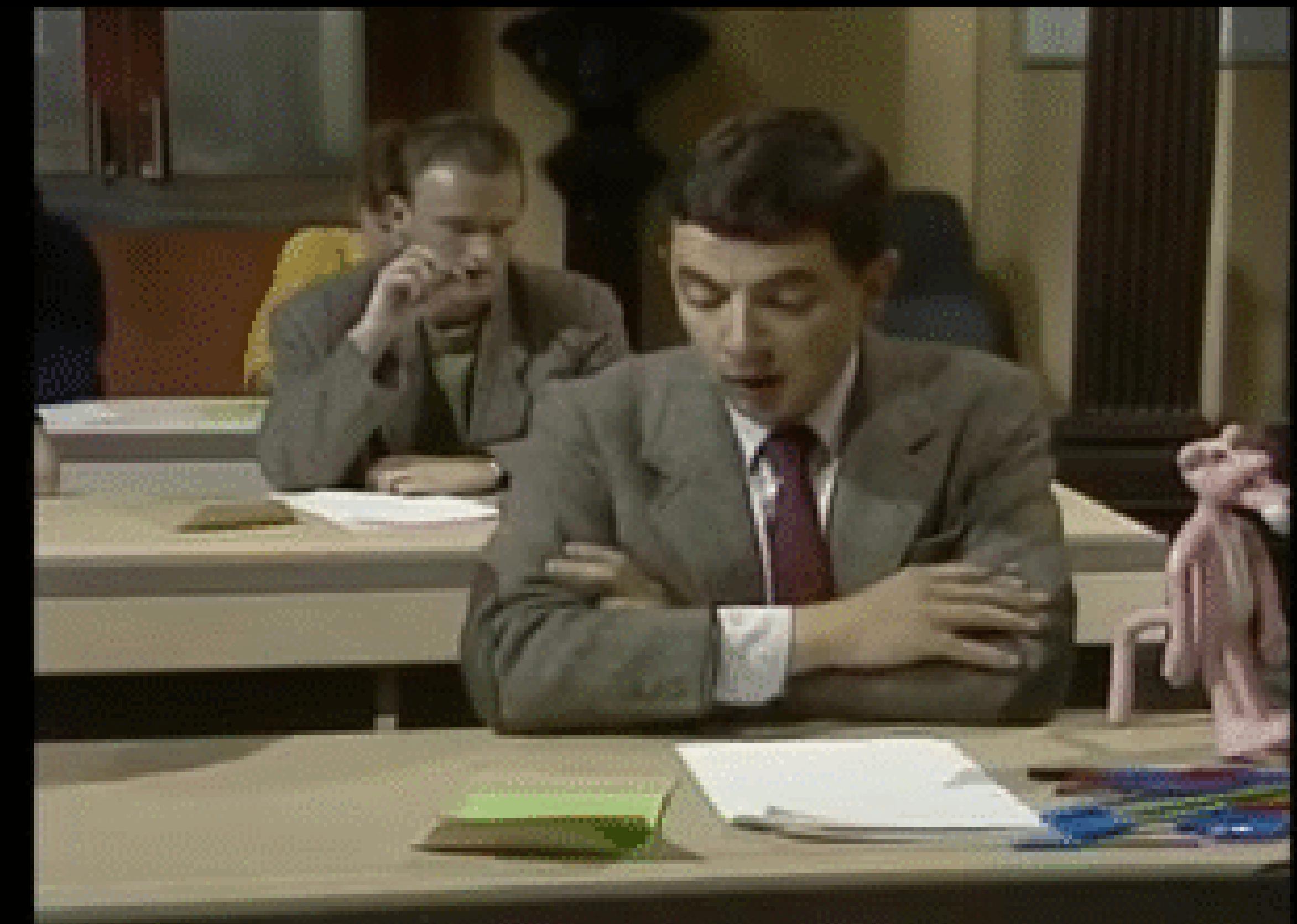
Improvise adapt overcome



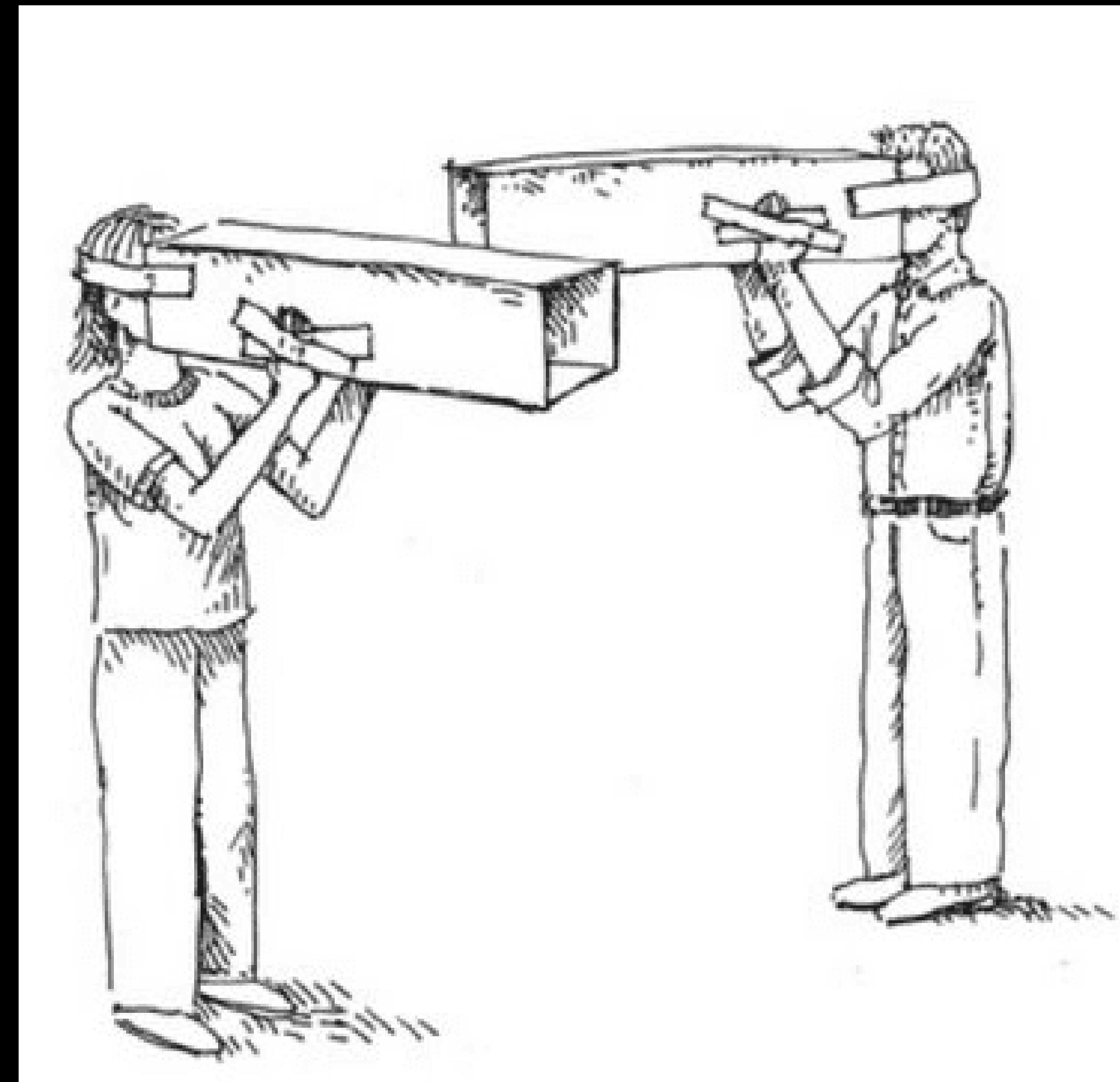
Yeah, this is big brain time.



Comparing yourself



Tunnel vision that bad boy



Co-worker 1



You



Co-worker 2

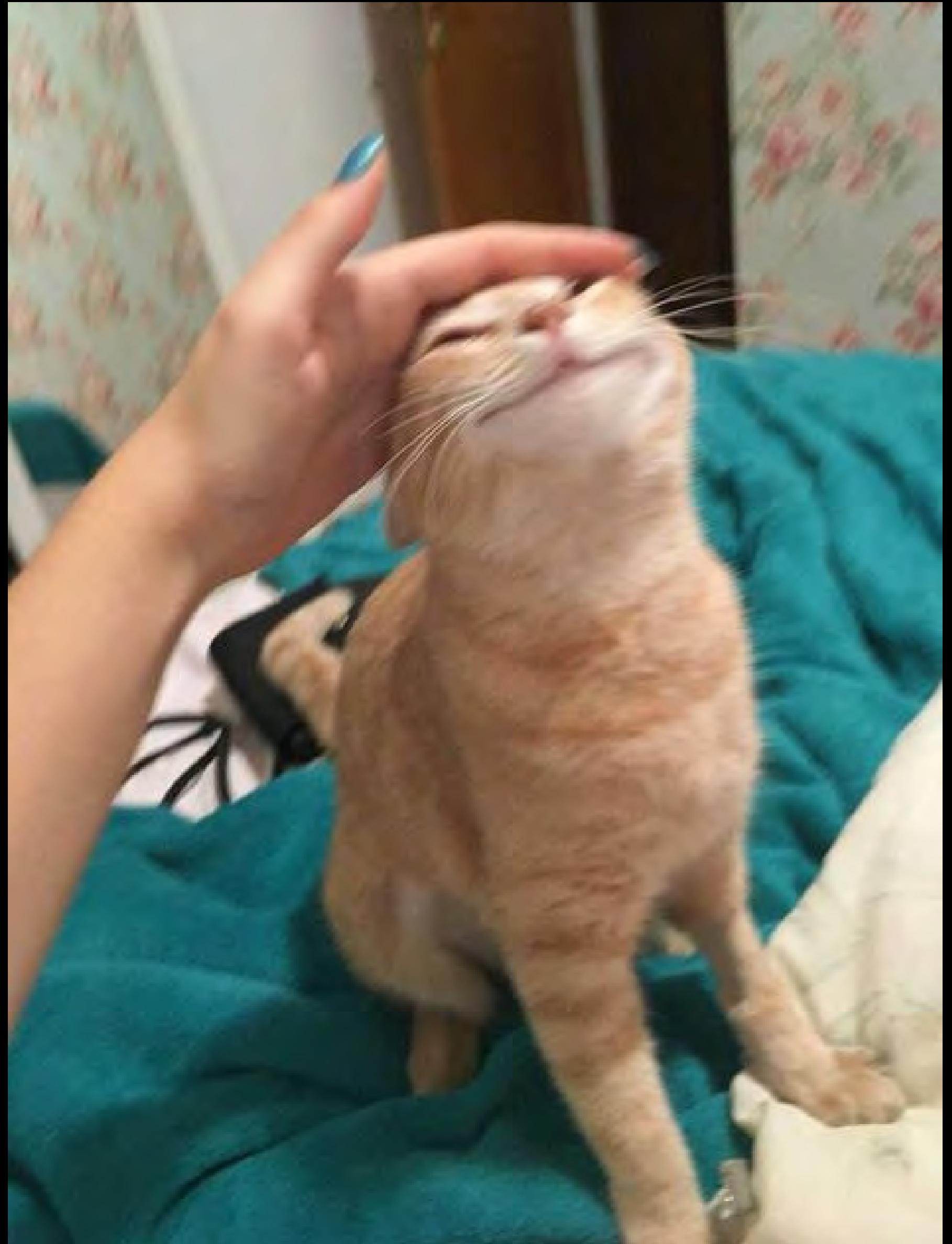


You



Your work matters

goodboi



Lack of appreciation



Be the best of the best



BUT

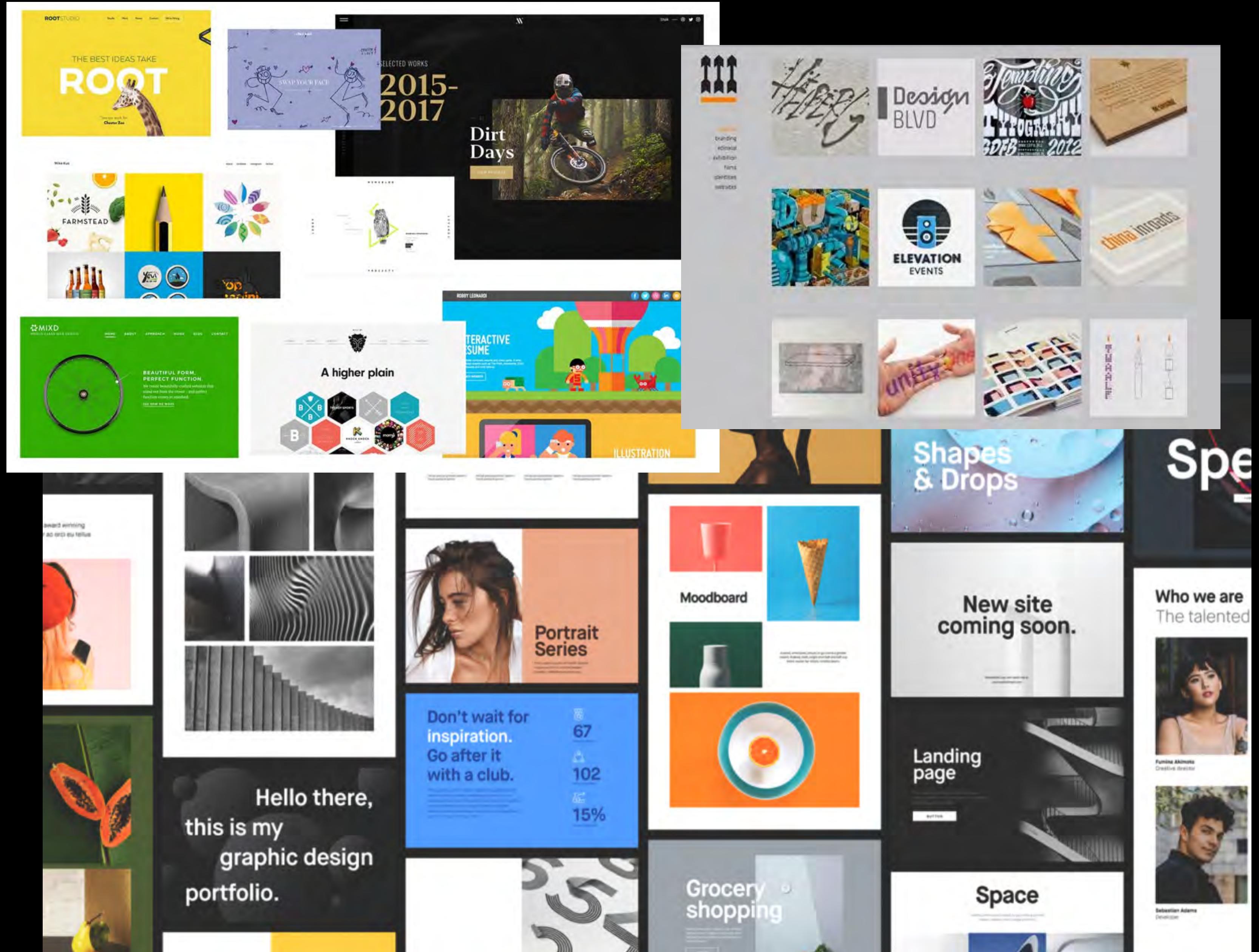
Be the best of the best for yourself



Look at your accomplishments







i did good



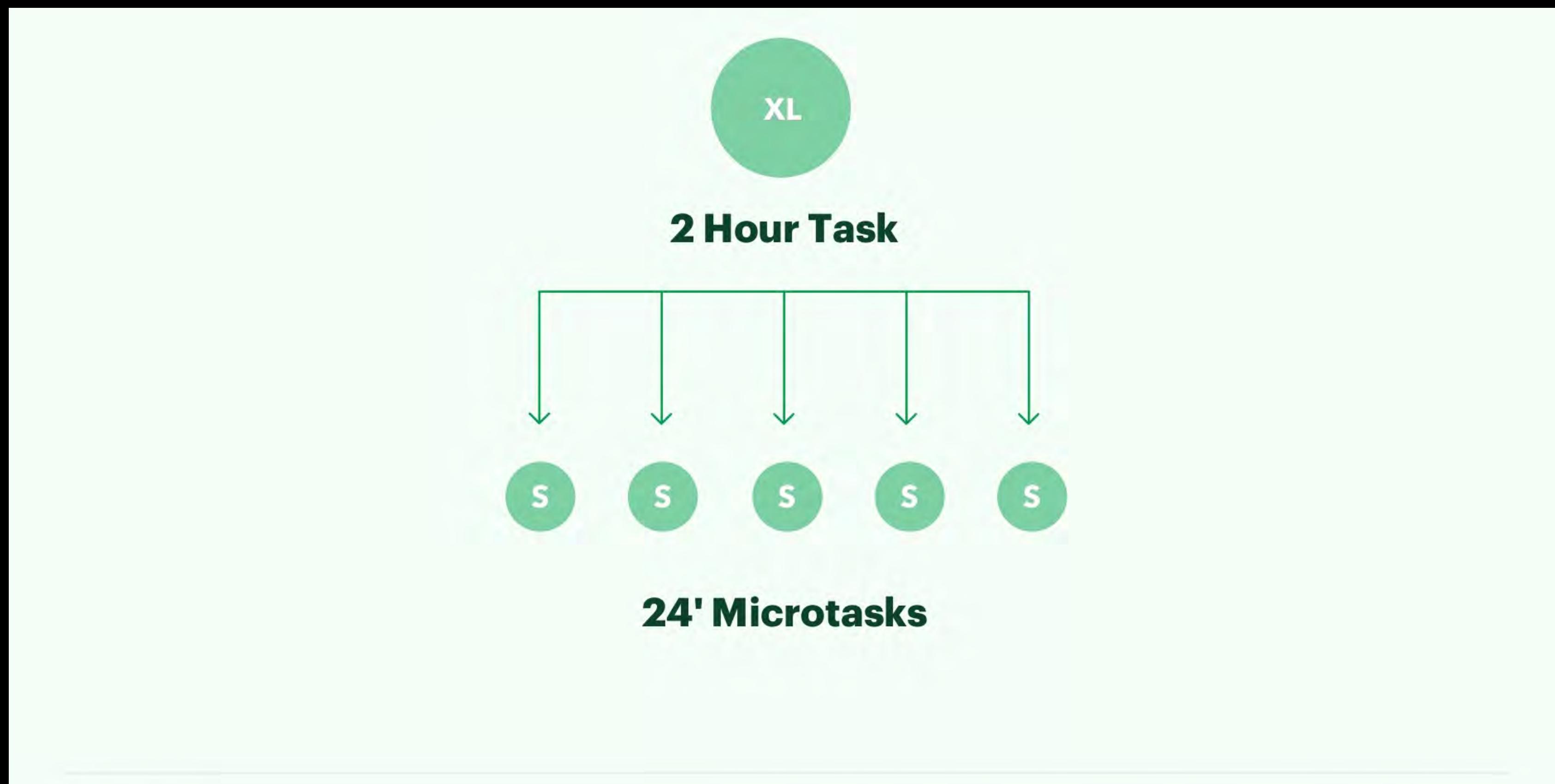
Time press



Working under pressure



Working under the impression



“Needs to be done by yesterday!”



- Logo
- Logomanual
- Posters
- Social media posts
- Mockups
- Presentation
- Potion of invisibility
- The golden pot from
the end of the rainbow

YOU HAVE A DAY TO MAKE IT

24 hours

- Logo
- Logomanual
- Posters
- Social media posts
- Mockups
- Presentation

24 hours

Logo

Social Media posts

Logomanual

Presentation

Mockups

Posters

4 hours

Logo

4 hours

Social Media posts

4 hours

Logomanual

4 hours

Presentation

4 hours

Mockups

4 hours

Posters

2 hours

Logo

4 hours

Social Media posts

6 hours

Logomanual

4 hours

Presentation

2 hours

Mockups

3 hours

Posters

Logo *2 hours*

Social posts *4 hours*

Presentation *4 hours*

Mockups *2 hours*

Posters *3 hours*

Logomanual *6 hours*

24 hours = done

3 hour break

Impostor syndrome

HE'S BEHIND ME ISN'T HE?



You are your worst enemy



Have you heard these?

- It was luck or coincidence
- I'm not good enough for this
- I must do this alone
- I must be perfect at everything
- Don't ask, they'll think you're stupid



It was luck or coincidence

Im not good enough for this

I must do this alone



I must be perfect at
everything



**Don't ask questions, they'll
think you're stupid**



So no

- It was not luck
- You are good enough
- You don't need to be alone
- It's ok to fail
- It's ok to ask questions

Overall psyche



Happy mind = healthy mind











In the end

