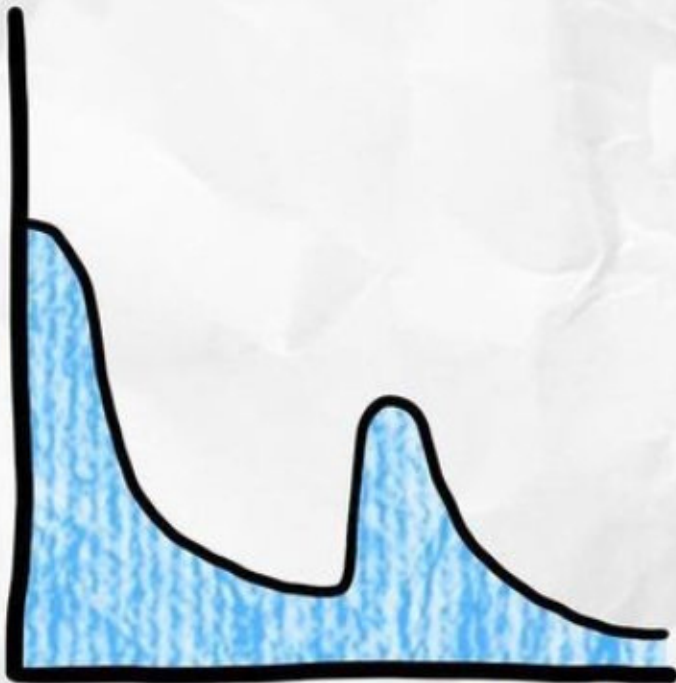
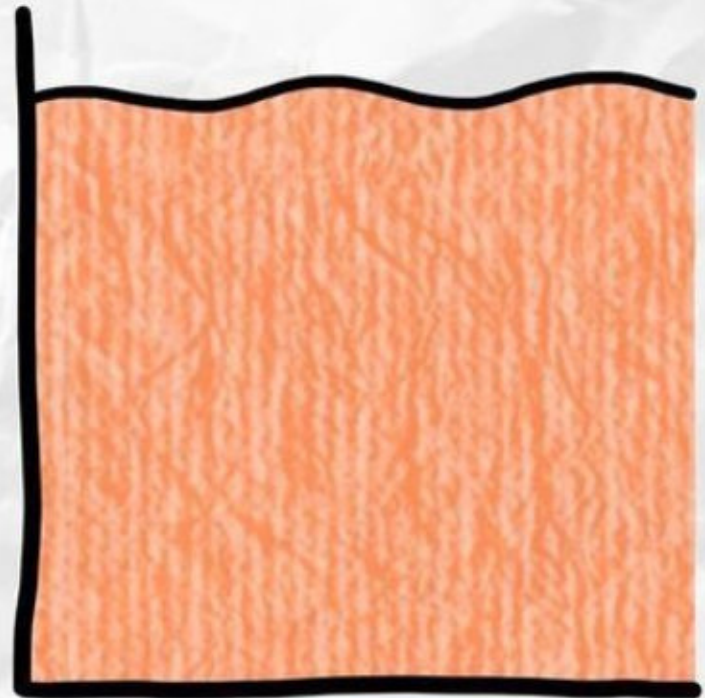


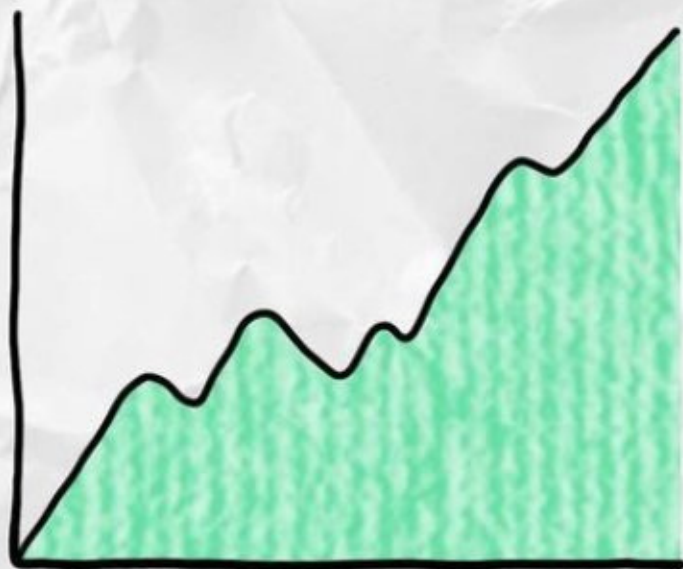
CONSISTENCY

MOTIVATION

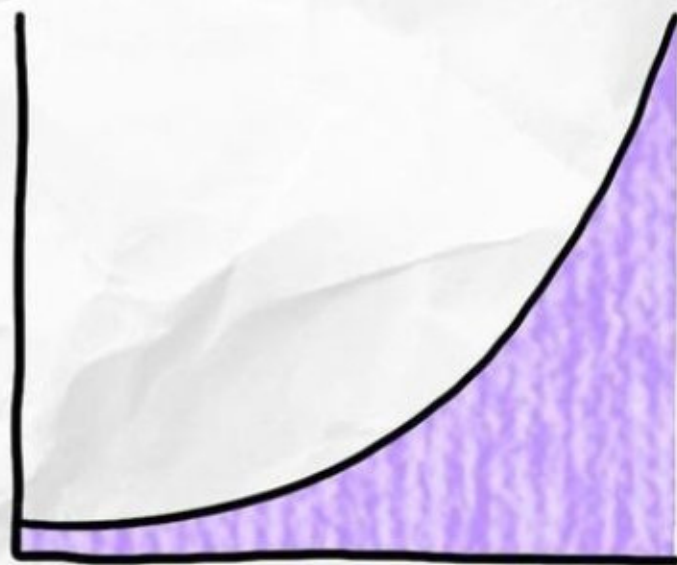


DISCIPLINE

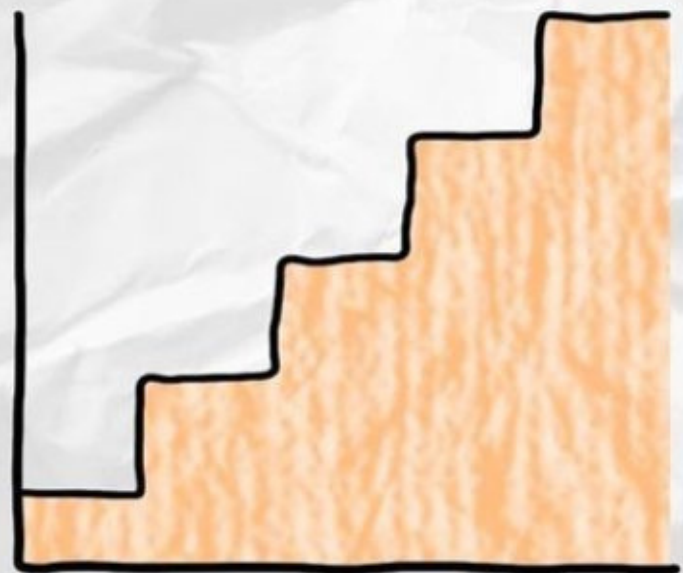




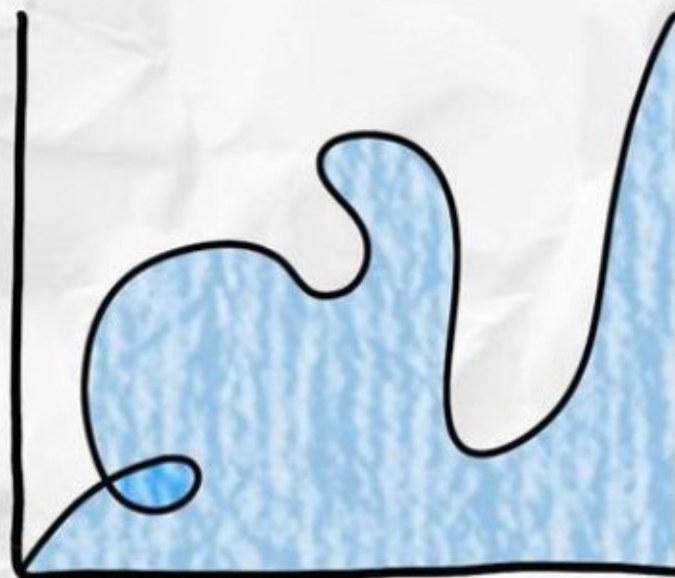
THIS IS GROWTH.



THIS IS GROWTH.

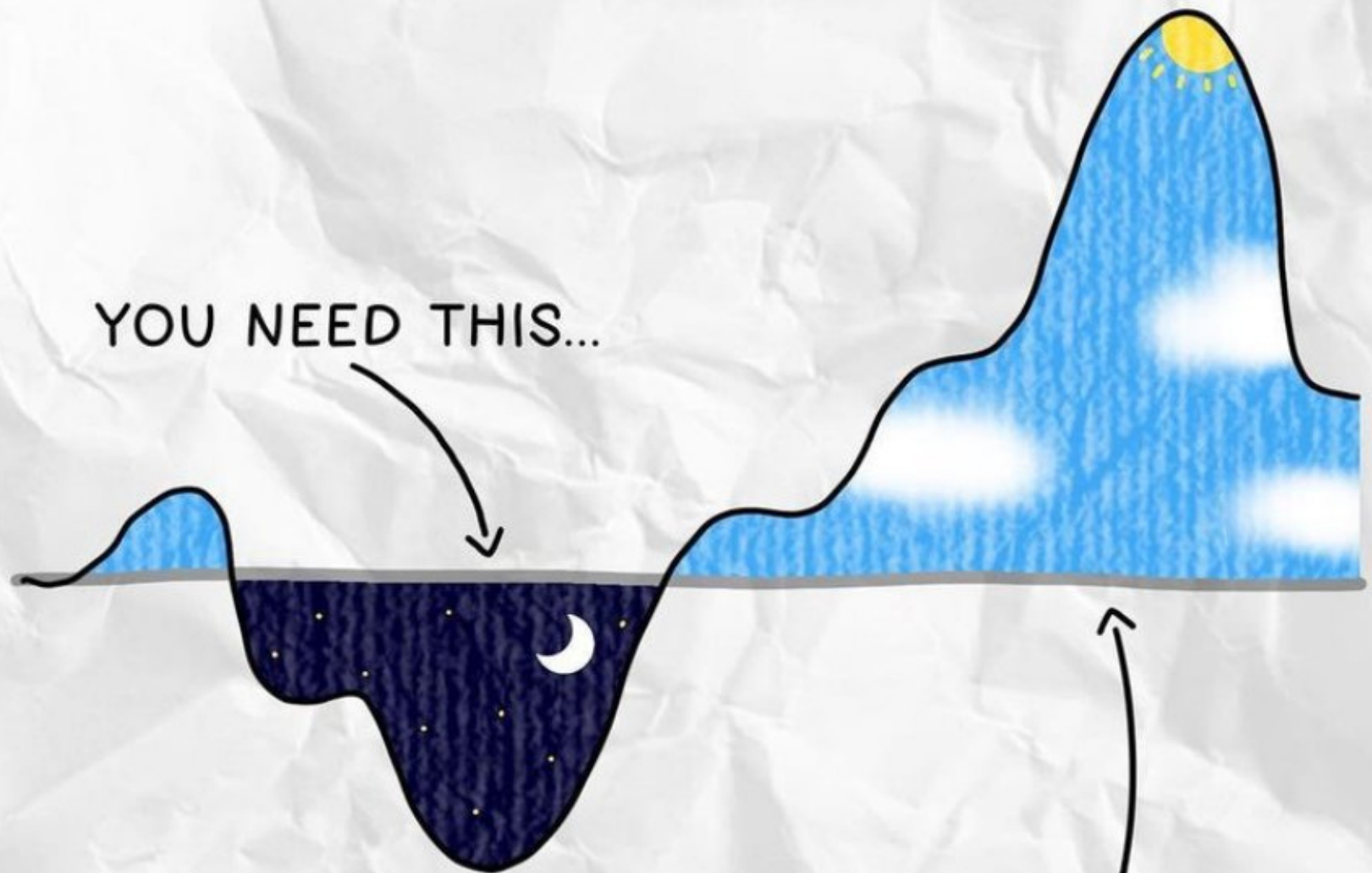


THIS IS GROWTH.



THIS IS GROWTH.

EMOTIONS



YOU NEED THIS...

...TO TRULY
APPRECIATE THIS!



CHANGE IS INEVITABLE.



EMBRACE IT.

HEALTHY
MINDSET

ROUTINE

ENOUGH
SLEEP

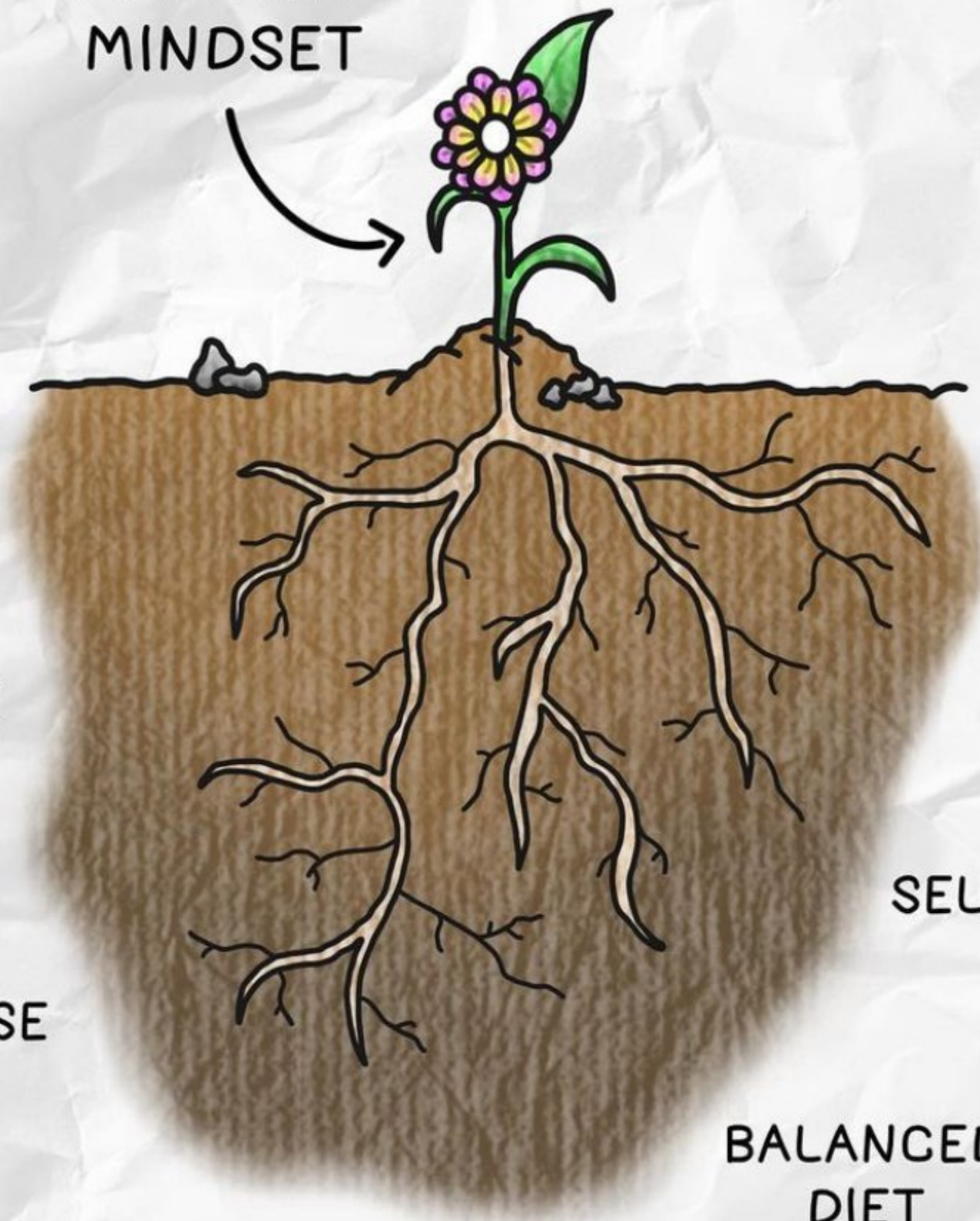
EXERCISE

RELATIONSHIPS

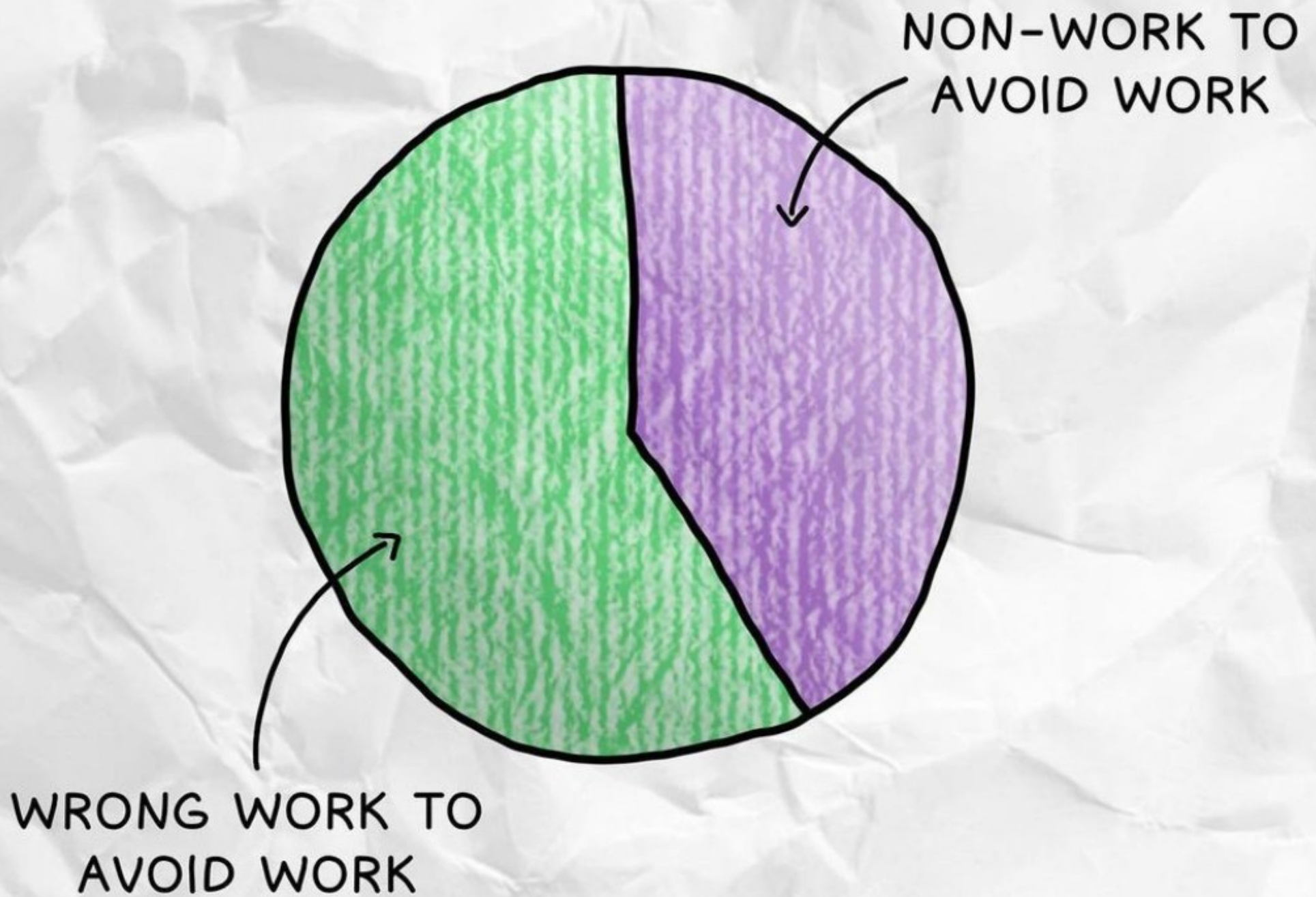
FAITH

SELF-ESTEEM

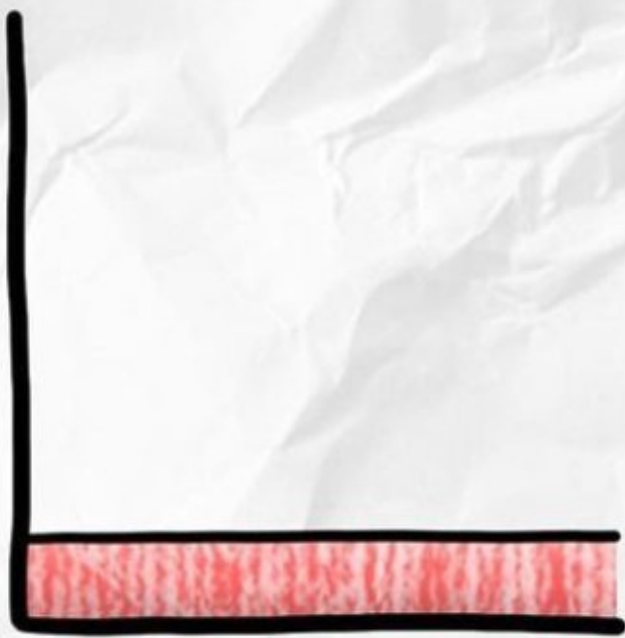
BALANCED
DIET



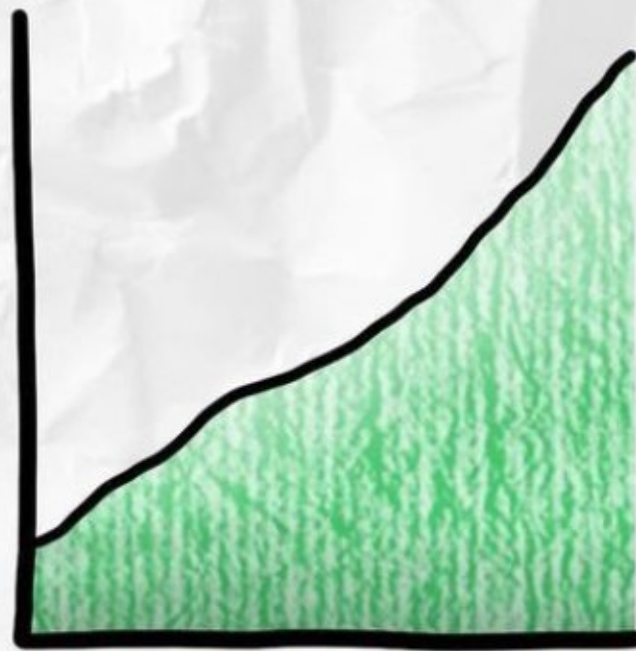
PROCRASTINATION



MINDSET

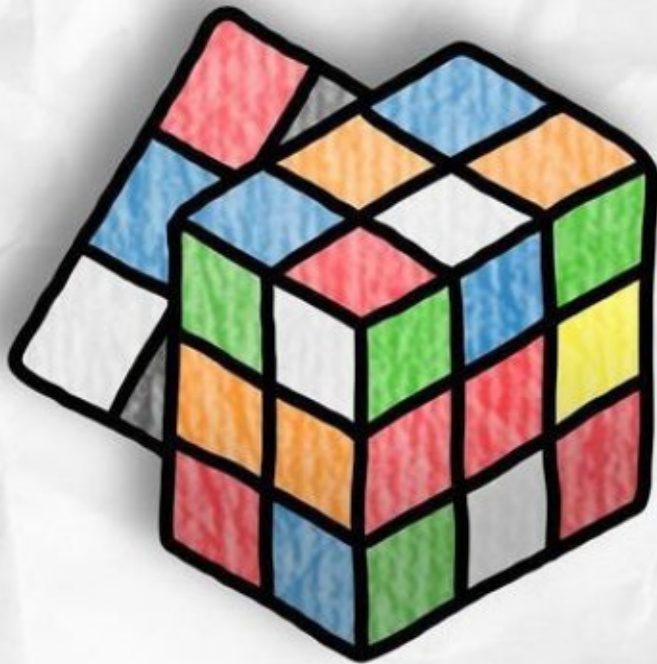


FIXED

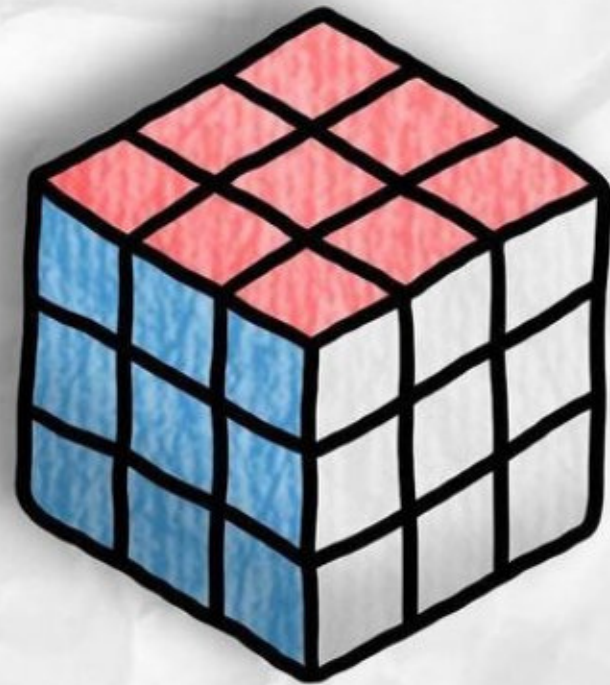


GROWTH

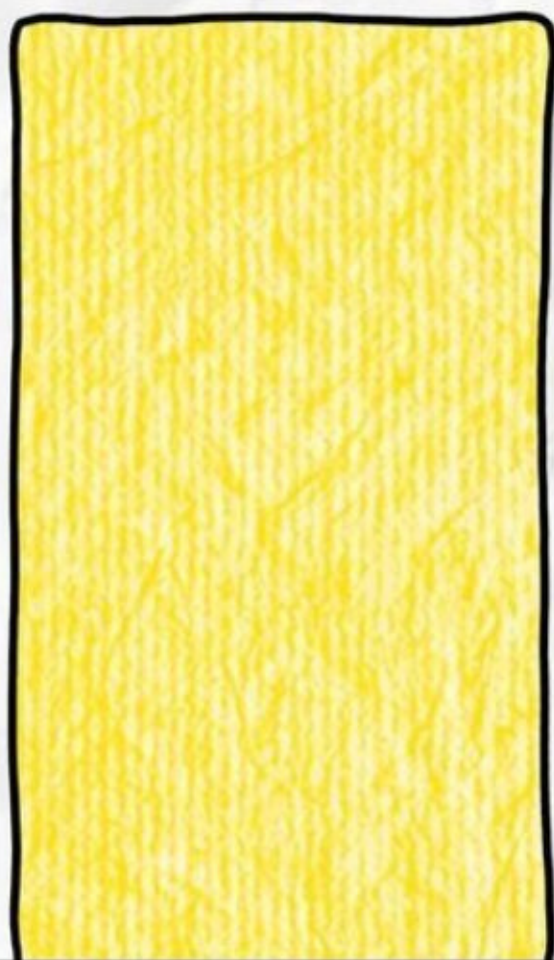
MENTAL CLARITY



WITHOUT
JOURNALLING



WITH
JOURNALLING

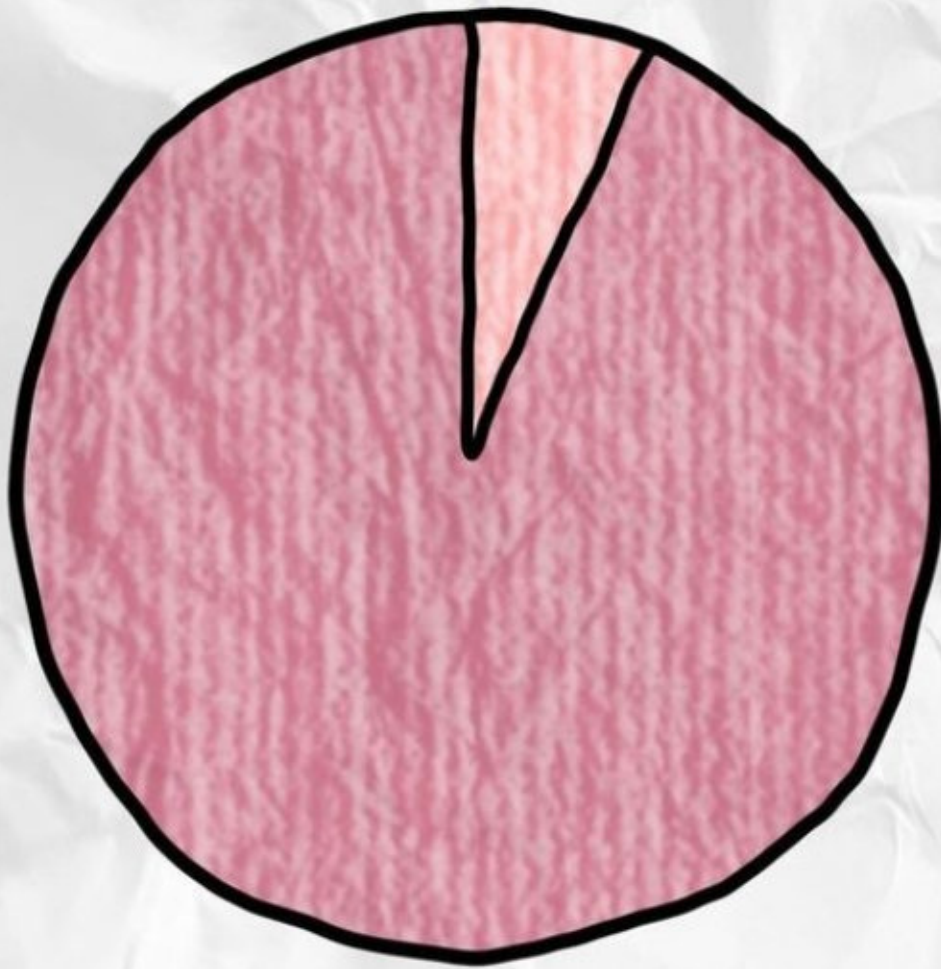


HOW MUCH YOU WORRY
ABOUT WHAT OTHER
PEOPLE THINK OF YOU



HOW OFTEN
THEY DO

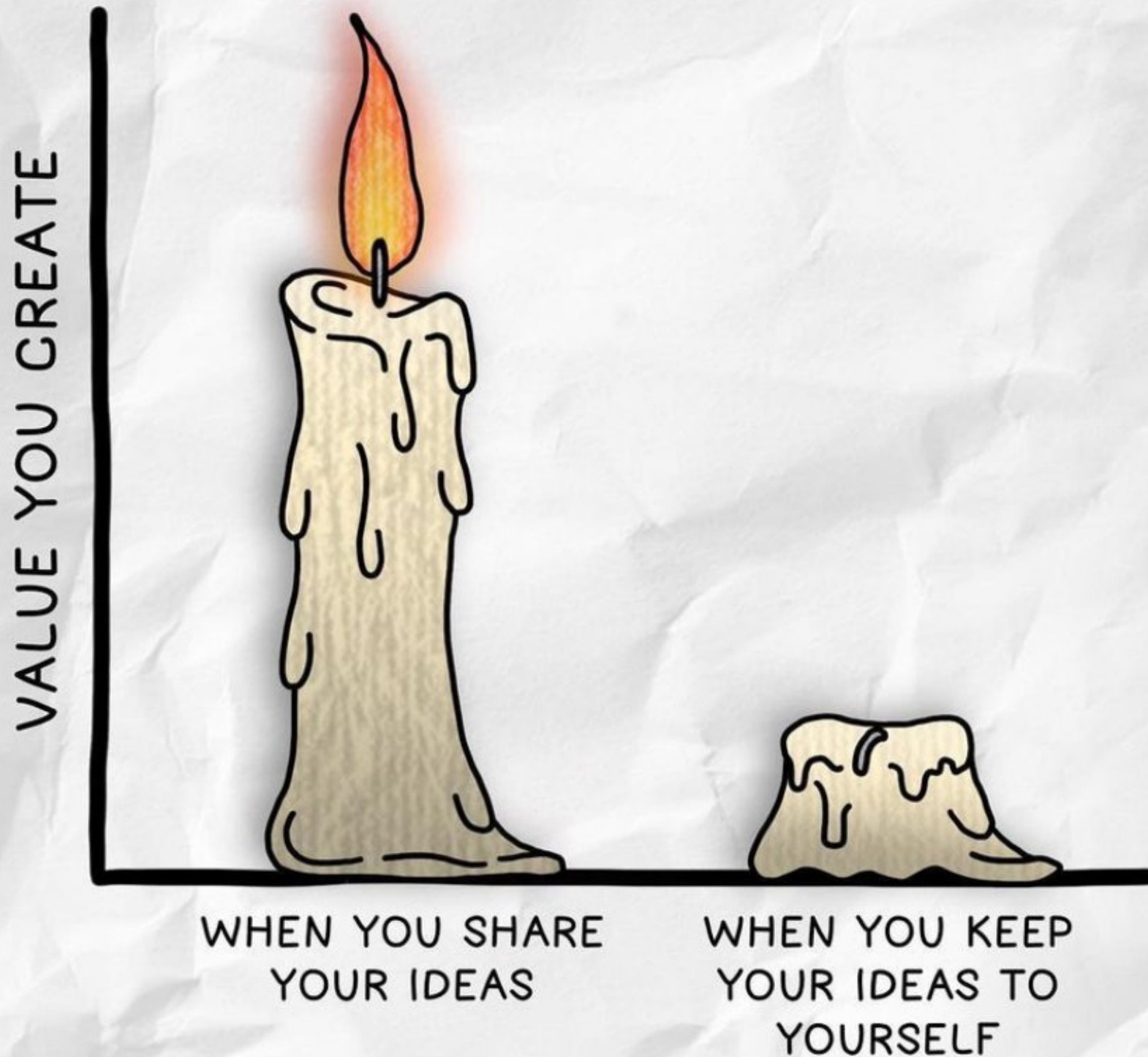
PEOPLE WHO LISTEN



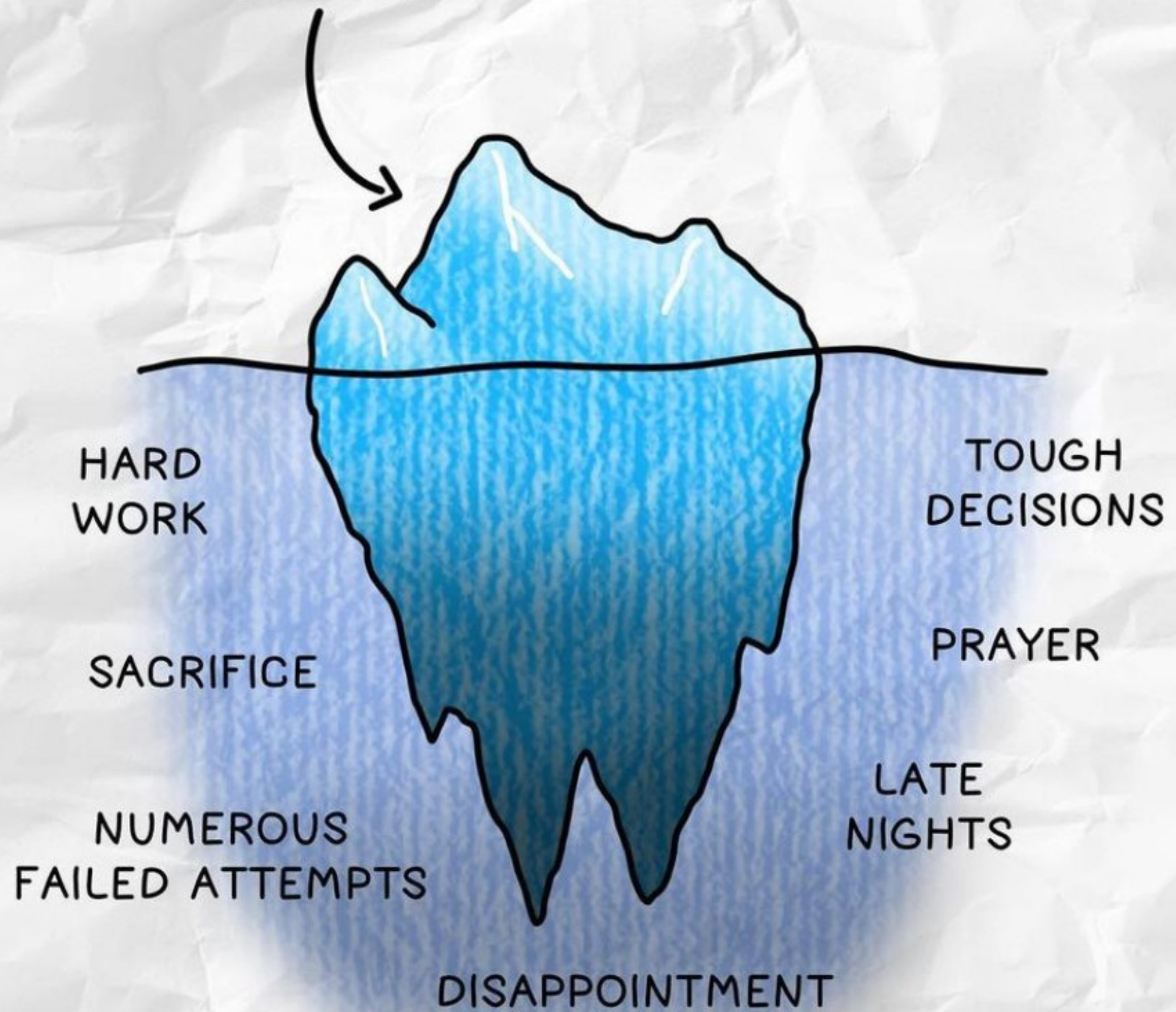
TO REPLY

TO UNDERSTAND

DON'T LET YOUR CANDLE
MELT IN THE CLOSET



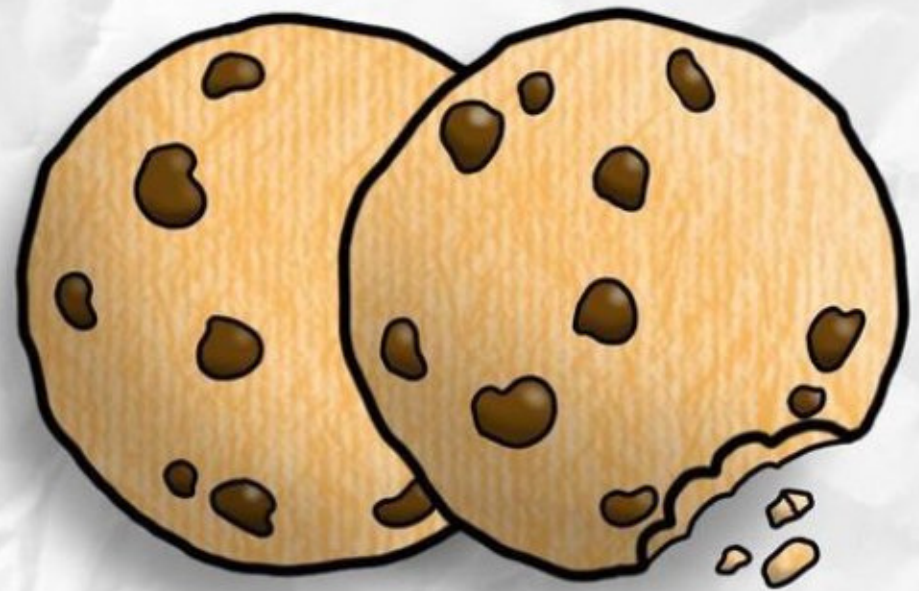
"OVERNIGHT
SUCCESS"



WHAT WOULD YOU
RATHER HAVE?



1 NOW



2 LATER

IT ALWAYS SEEMS
IMPOSSIBLE UNTIL IT'S DONE.

