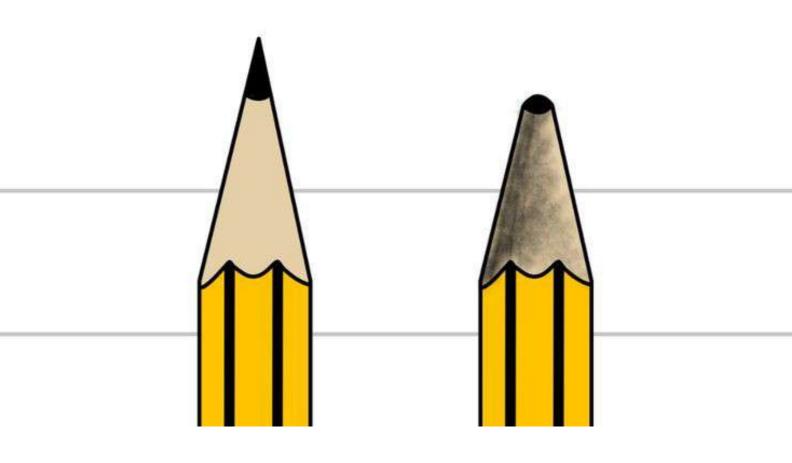


LIFE



LIFE WHEN YOU ARE IN GOOD COMPANY

IT'S EASY TO LOOK SHARP WHEN YOU HAVEN'T DONE ANY WORK



This is progress













This is also progress













And so is this









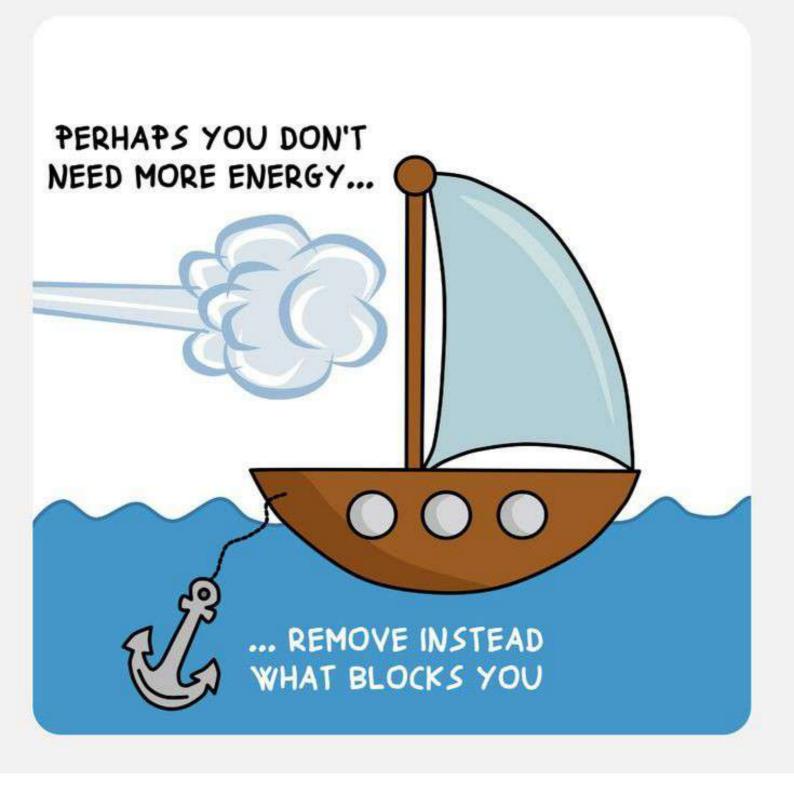




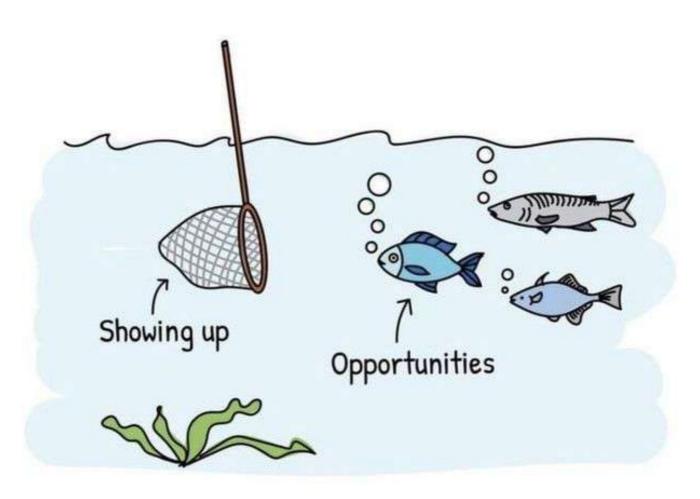
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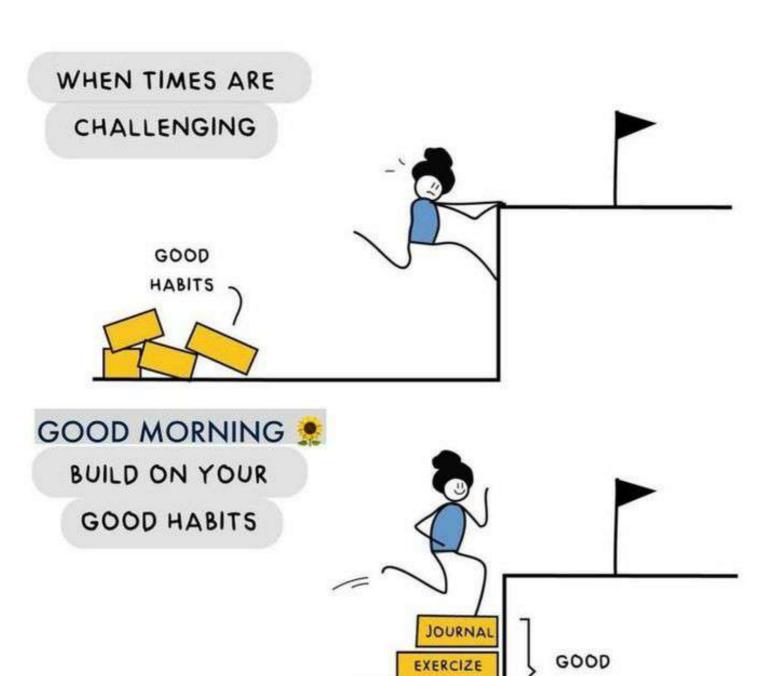
MINDJOURNAL

MAKING PROGRESS



If your net isn't in the water, you won't be catching any fish!



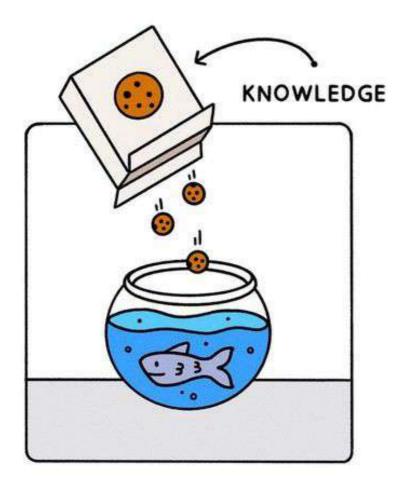


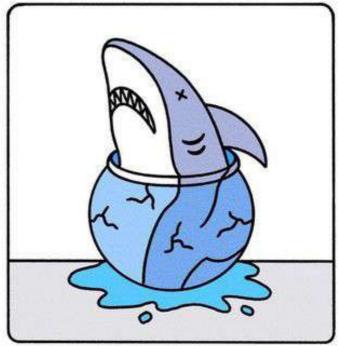
EAT HEALTHY

WATER

SLEEP

HABITS

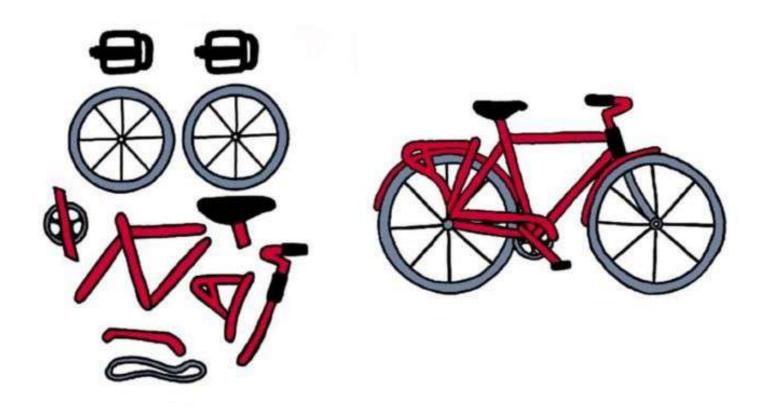




IT DOESN'T MATTER
HOW MUCH YOU KNOW

IF YOU DON'T LEAVE YOUR COMFORT ZONE

TEAMWORK IS NOT JUST ABOUT HAVING THE RIGHT PEOPLE BUT ABOUT HOW THE RIGHT PEOPLE WORK TOGETHER.



CONSISTENCY VS INTENSITY

