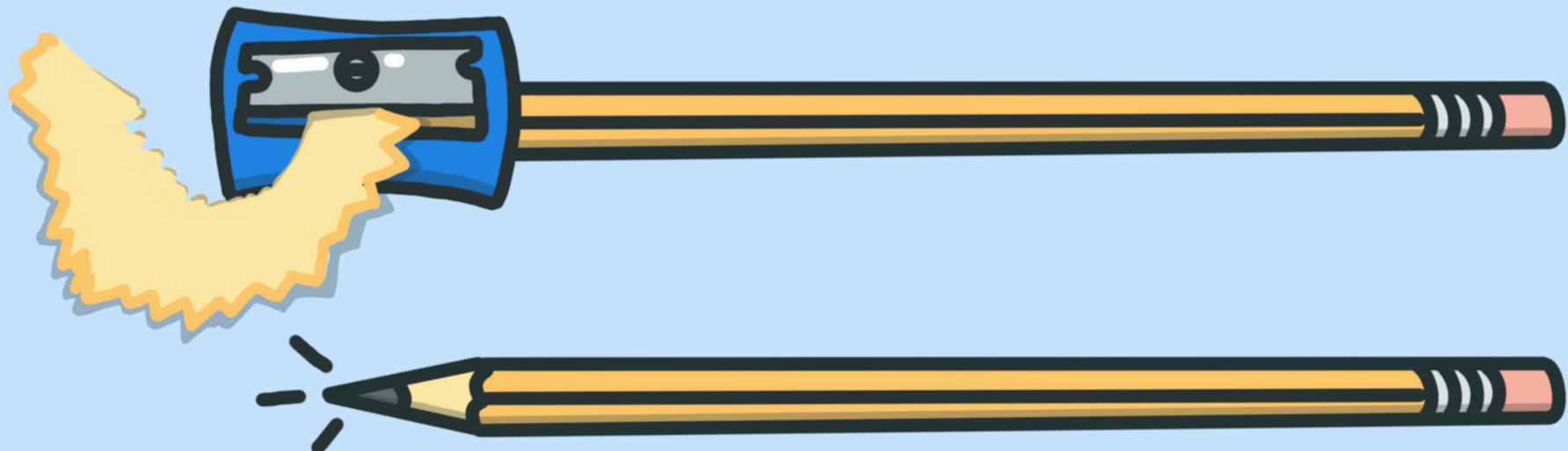


PJ Milani | Visual Teacher 💡  
@milanicreative

10 visuals that will change your mindset



**THINKING**



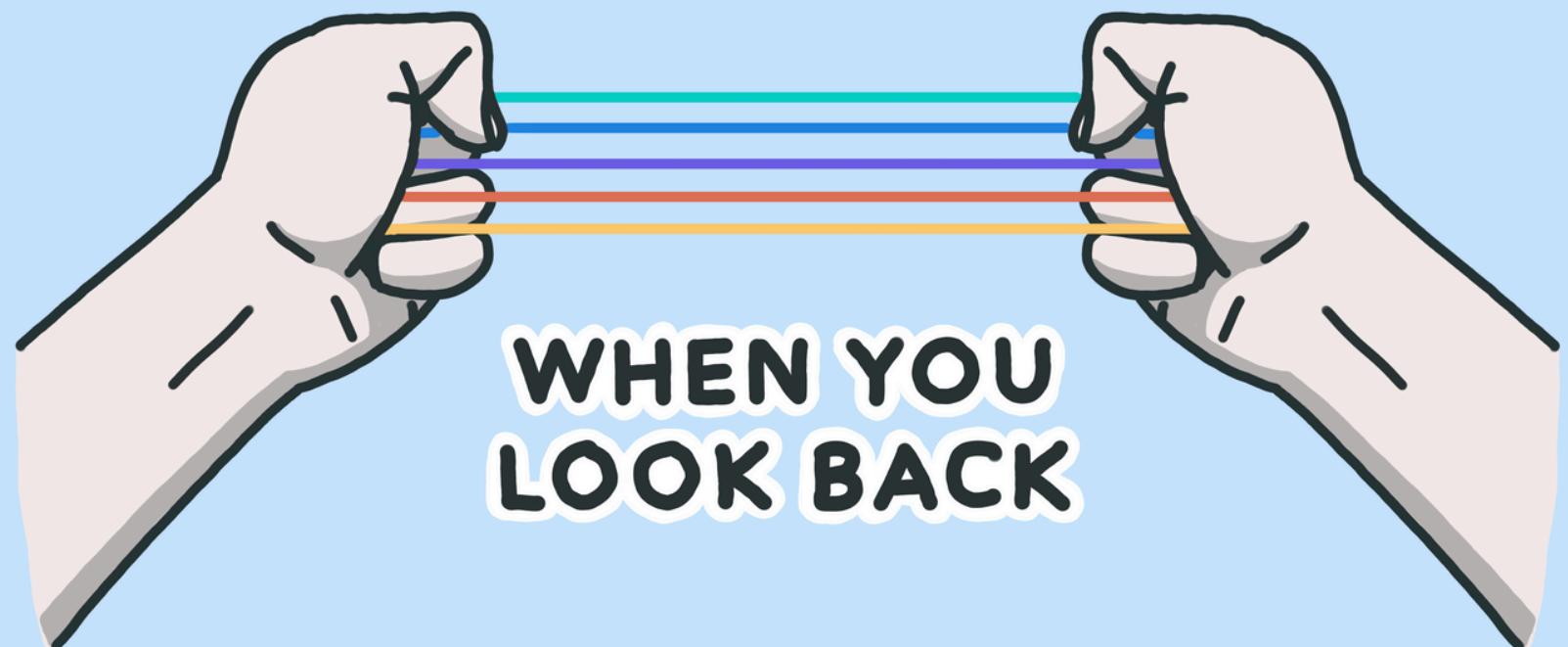
**OVERTHINKING**



**CHANGE**



**WHEN YOU  
FIRST START**



**WHEN YOU  
LOOK BACK**



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**WHEN YOU KNOW YOU CAN DO BETTER...**



**...SOMETIMES ALL YOU NEED...**



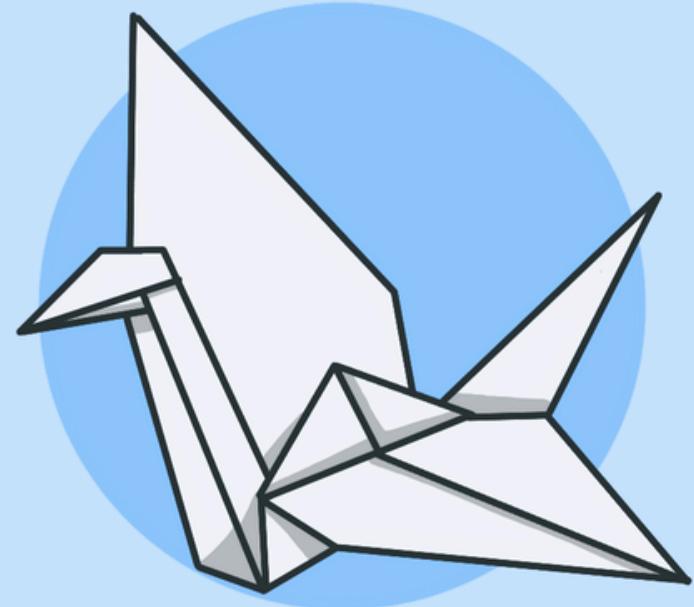
**...IS A KICK IN THE BUTT**



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IDEAS SHAPED BY  
**PERFECTIONISM**

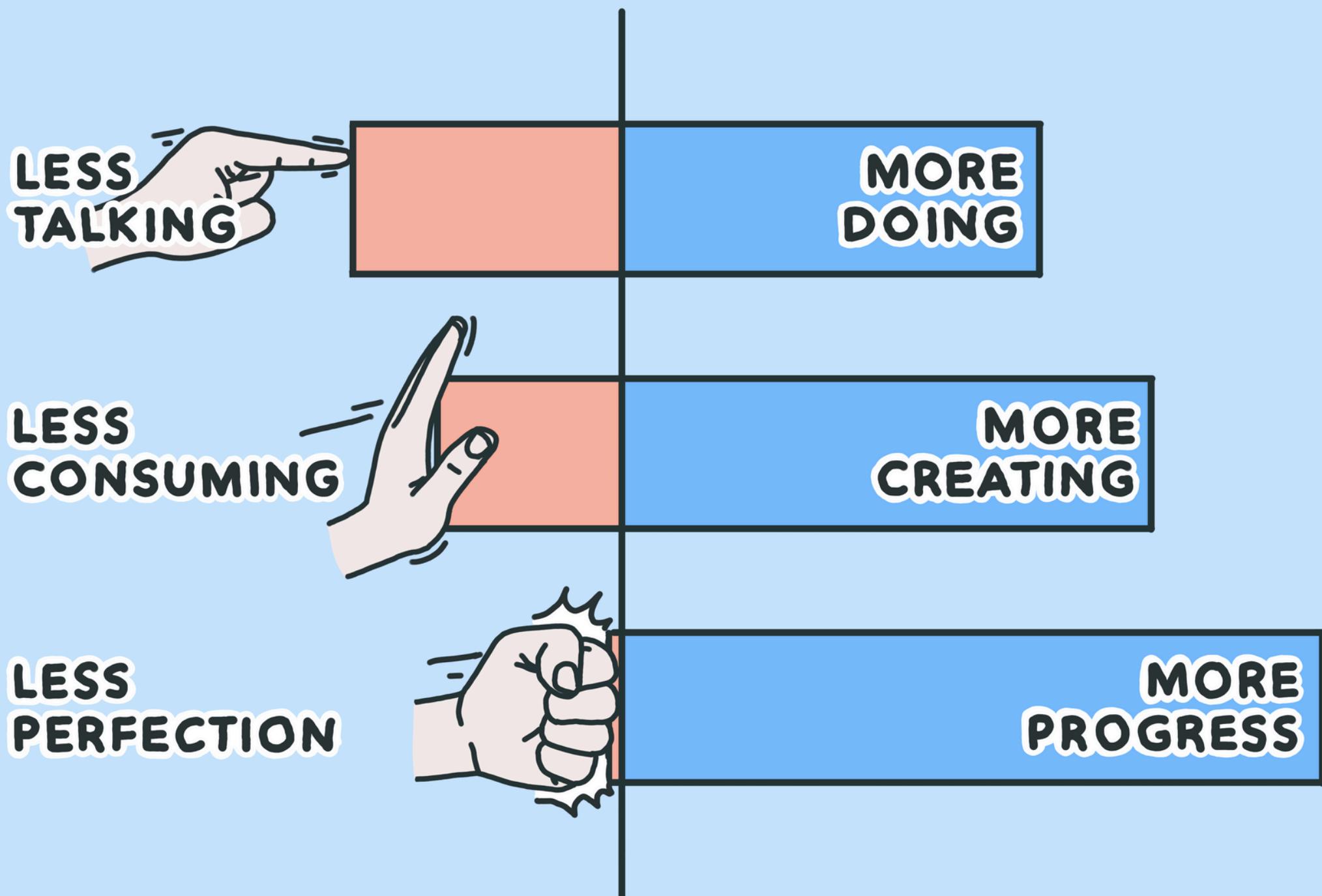


IDEAS SHAPED BY  
**ITERATION**

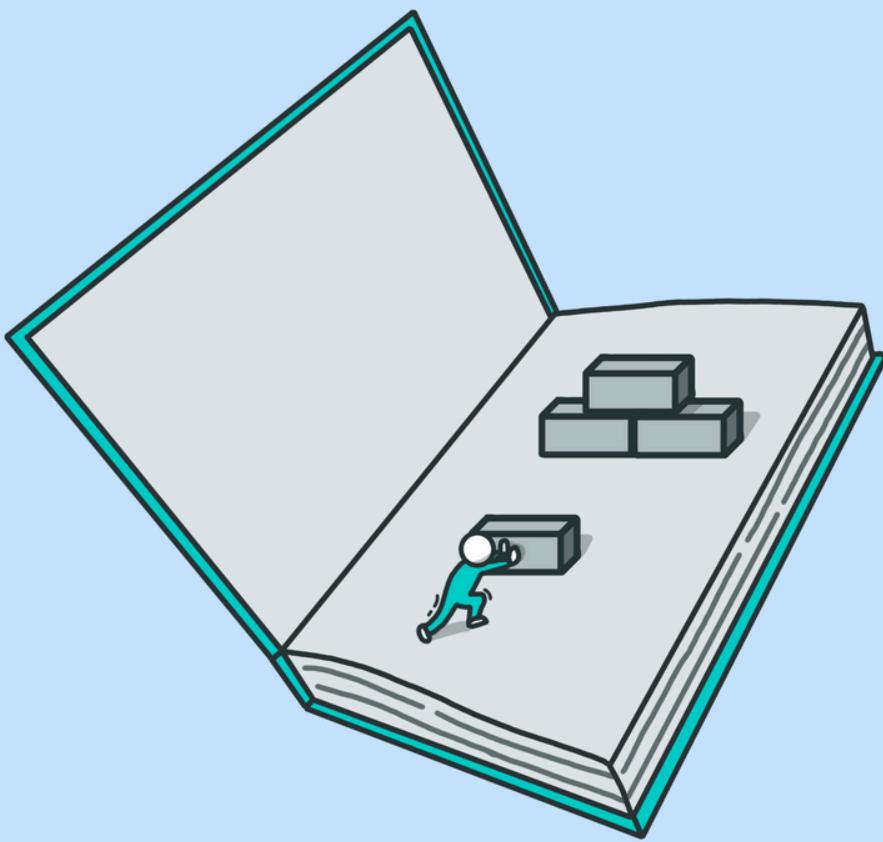


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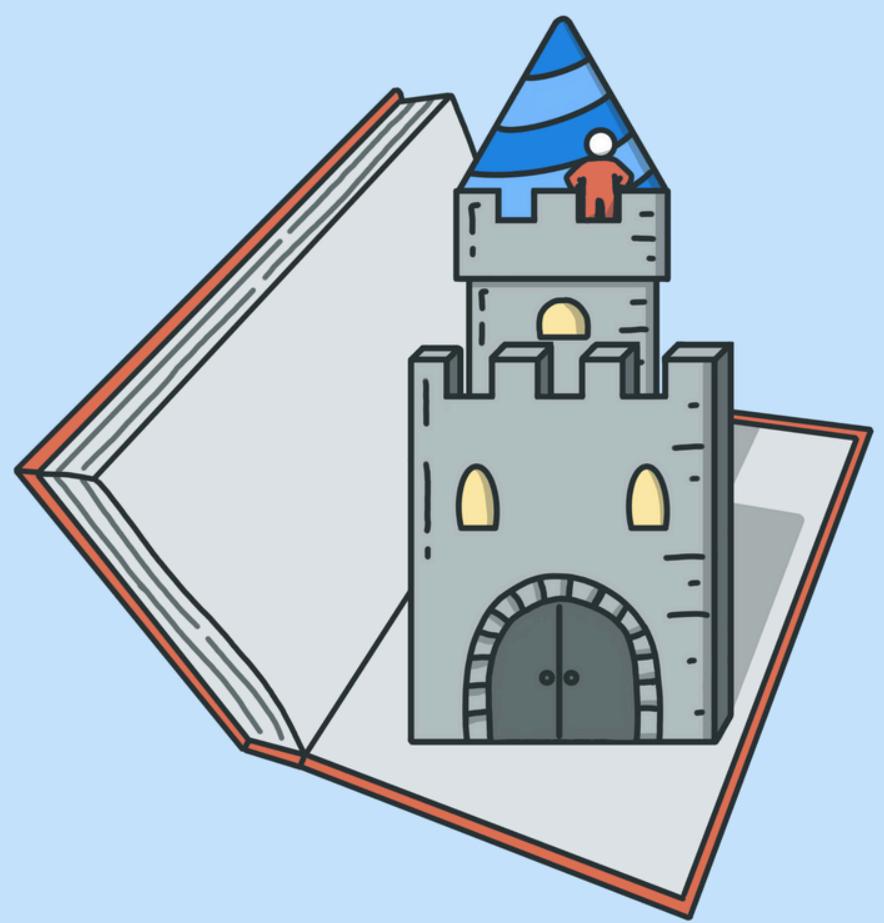
## FRIENDLY REMINDER



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**DON'T COMPARE YOUR  
CHAPTER 1...**



**...TO SOMEONE ELSE'S  
CHAPTER 20**



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**WHAT YOU'RE GOOD AT**

**WHAT YOU LOVE**

**WHAT YOU CAN GET PAID FOR**

**WHAT THE WORLD NEEDS**

生き甲斐

**IKIGAI**

@milaniCREATIVE



ABN ASIA.ORG



**MAXIMIZING  
YOUR DAY**



**OPTIMIZING  
YOUR DAY**



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# THIS IS BURNOUT



# THIS IS ALSO BURNOUT



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**YOU'RE THE AVERAGE OF THE 5 PEOPLE  
YOU SPEND MOST TIME WITH**

