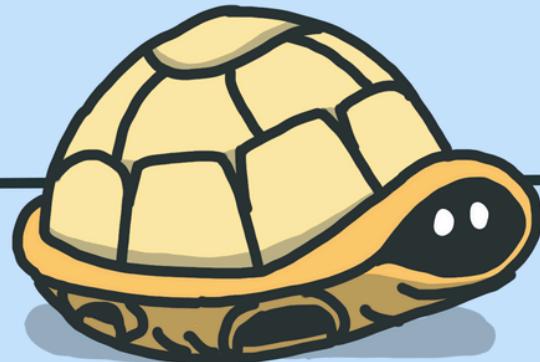
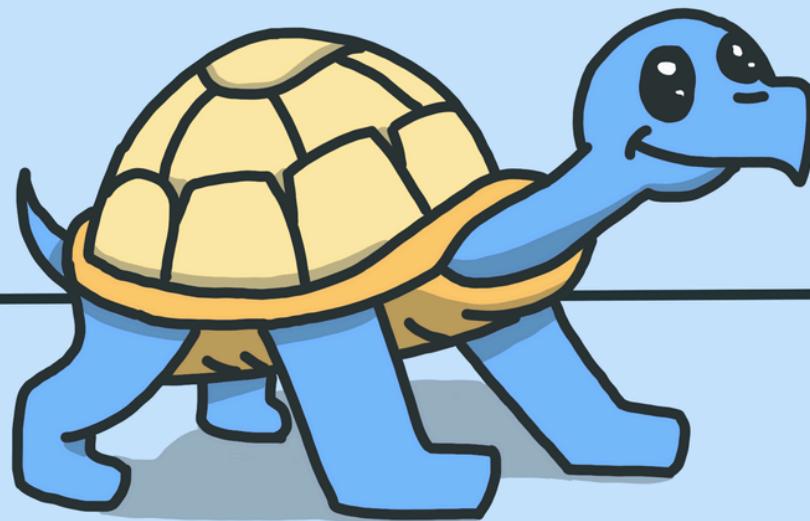


PJ Milani | Visual Teacher 💡
@milanicreative

15 insightful visuals about psychology and life ↗

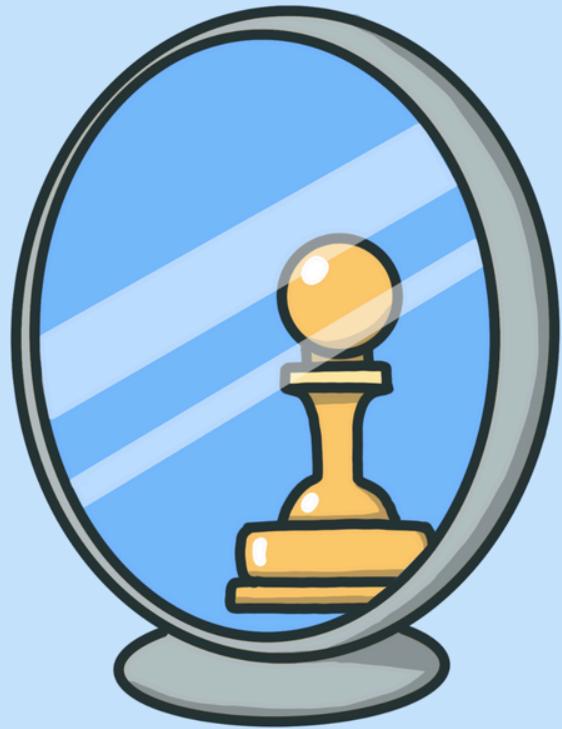


YOU CAN HIDE IN YOUR SHELL...

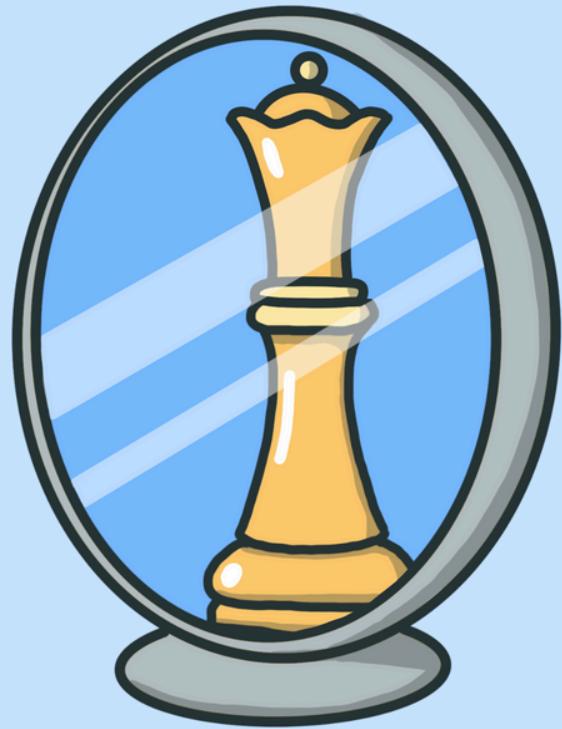


**...OR YOU CAN STICK YOUR NECK
OUT AND PROGRESS**

WHAT DO YOU SEE WHEN YOU LOOK IN THE MIRROR?



IMPOSTER SYNDROME



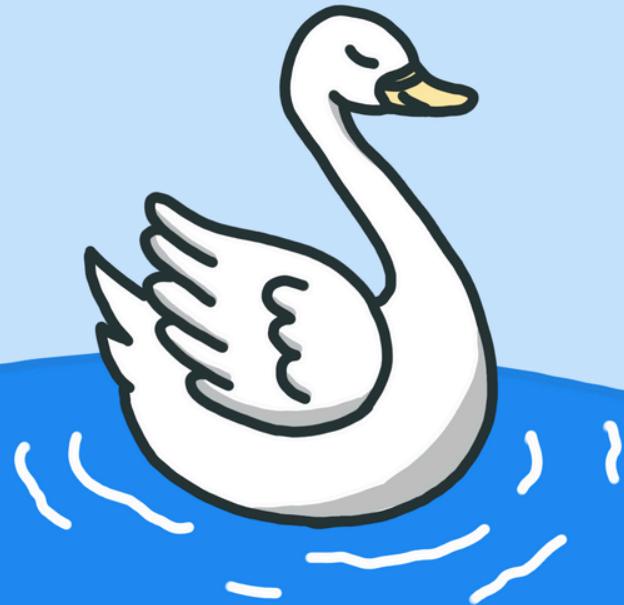
GROWTH MINDSET



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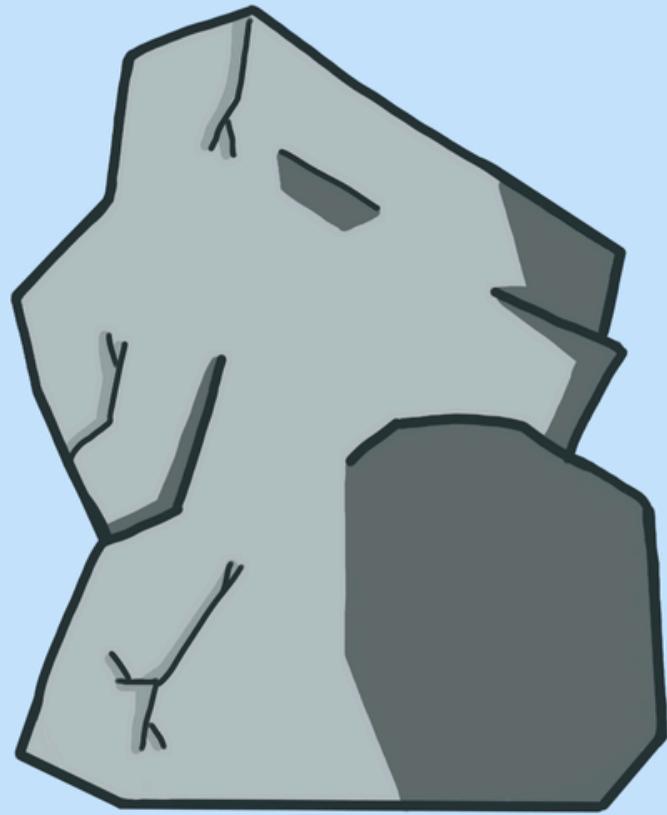
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EFFORT WE SEE



EFFORT WE DON'T SEE





TO THINK
CLEARLY...



...SUBTRACT THE
UNNECESSARY



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YOUR MIND



**BEFORE
WRITING**



**DURING
WRITING**



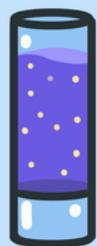
**AFTER
WRITING**



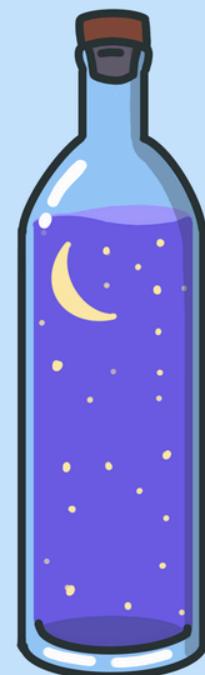
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WHAT YOU CAN ACCOMPLISH



IN A DAY



IN A WEEK



IN A YEAR



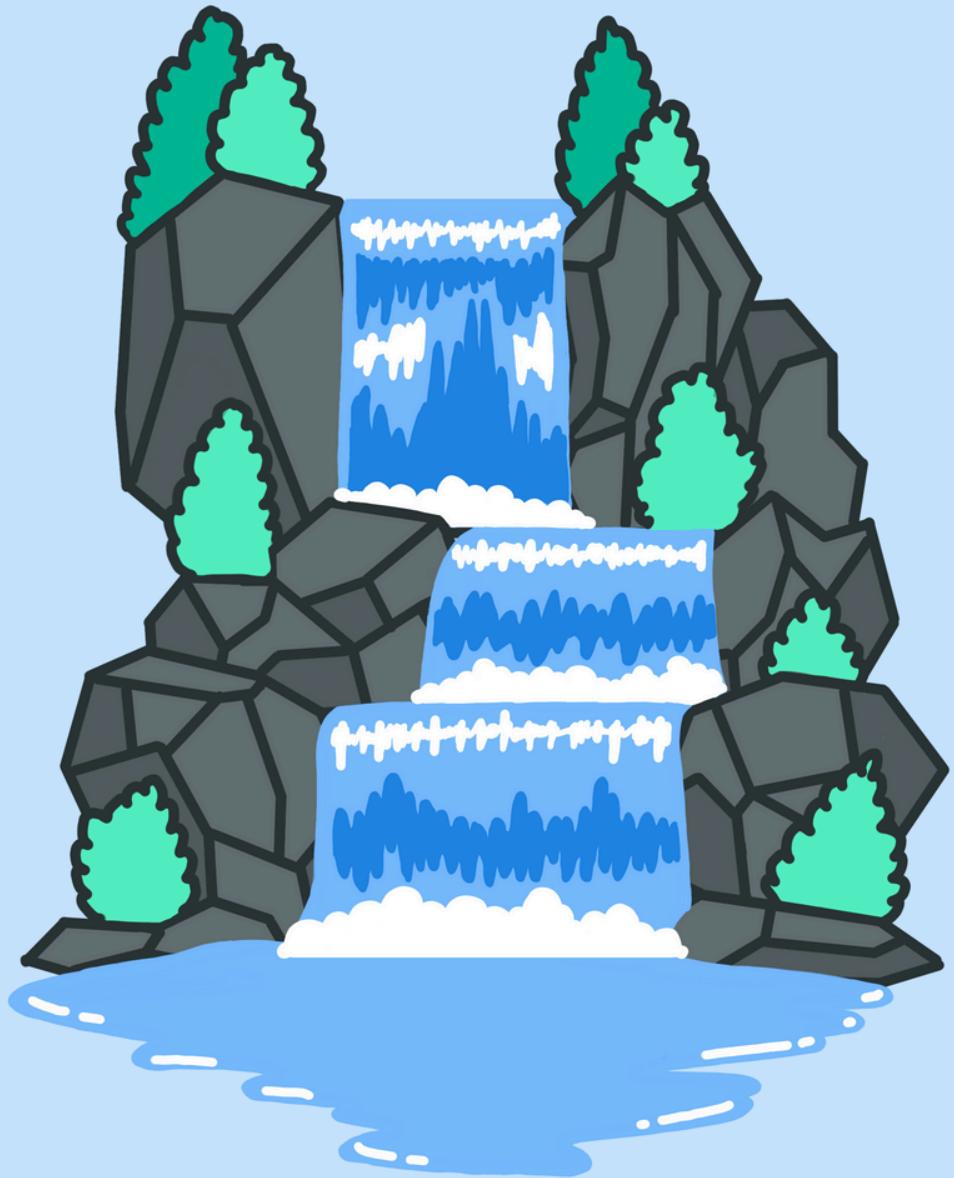
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HOW MUCH YOU LEARN

FEARING MISTAKES

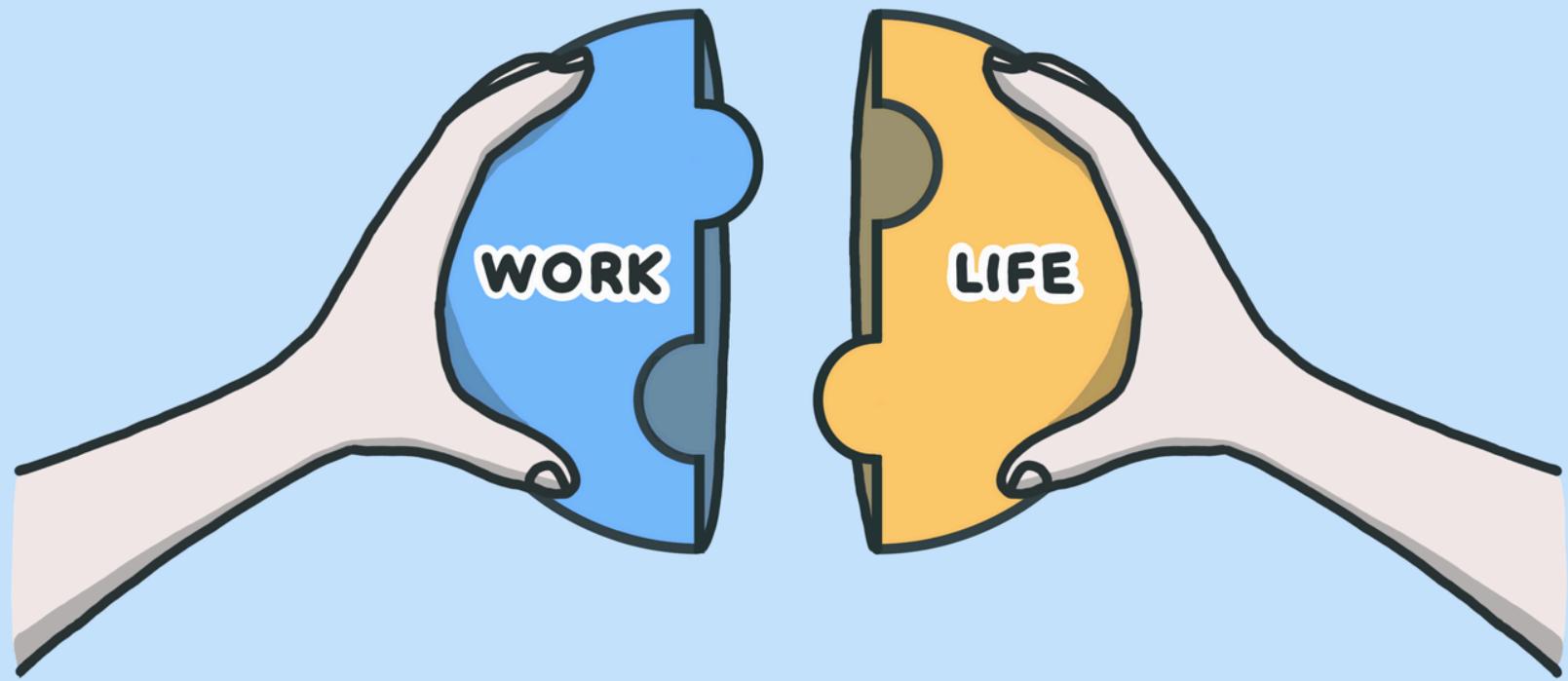


FROM MISTAKES



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EXPECTATION



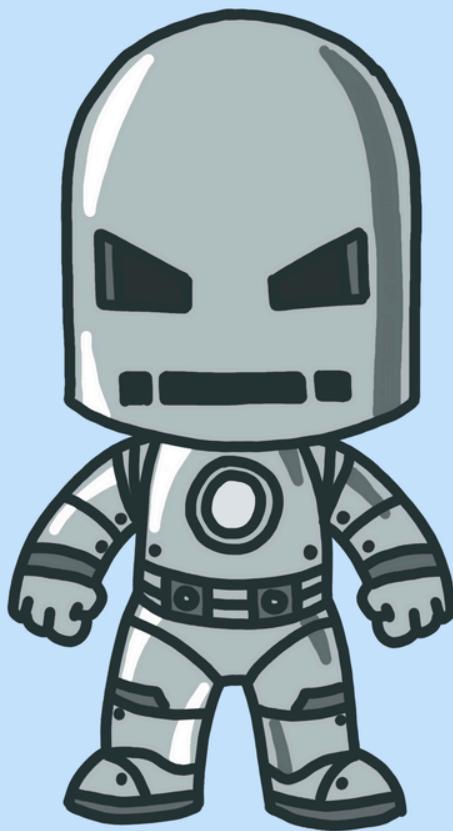
REALITY



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SHARING IDEAS ONLINE



TEST FIRST

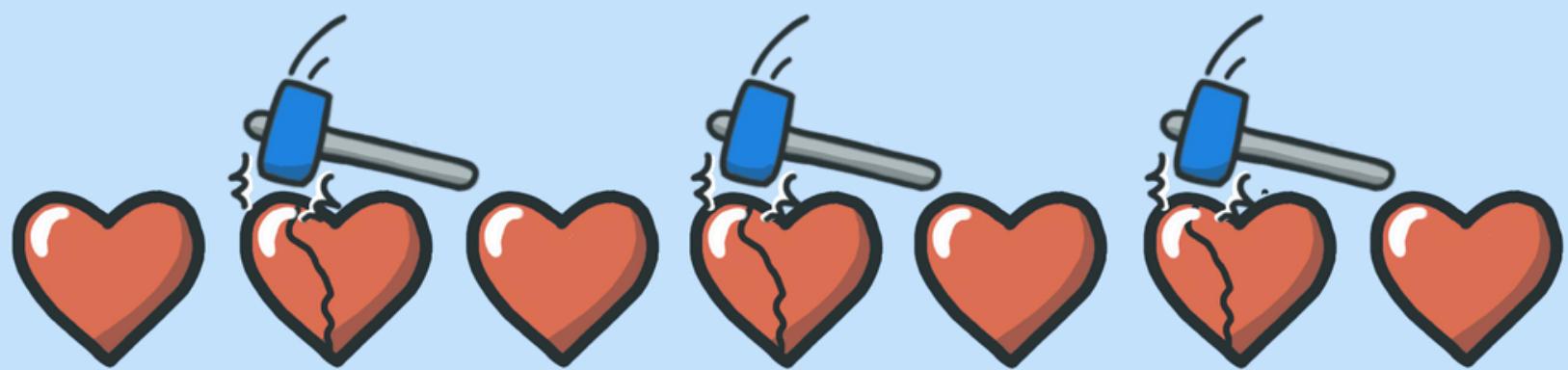


PERFECT LATER

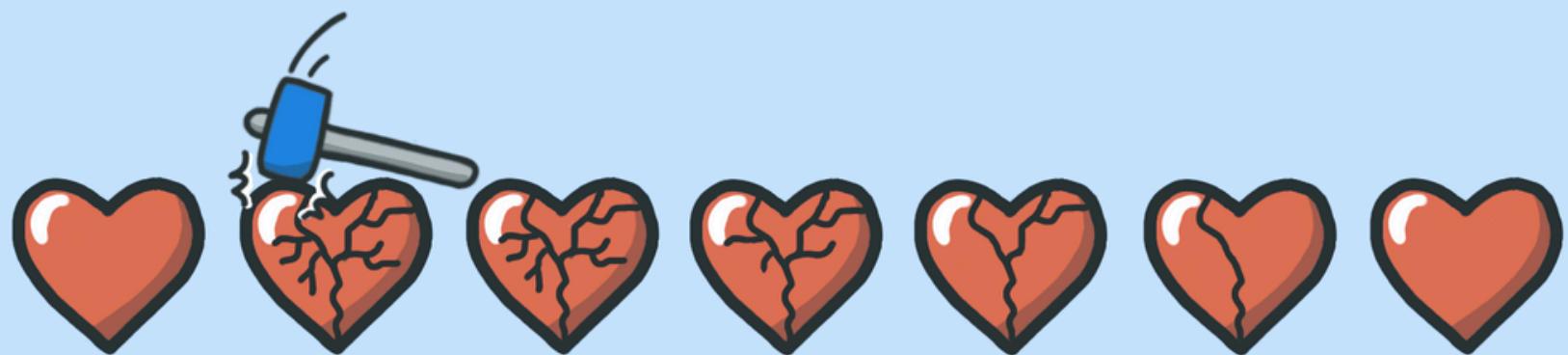


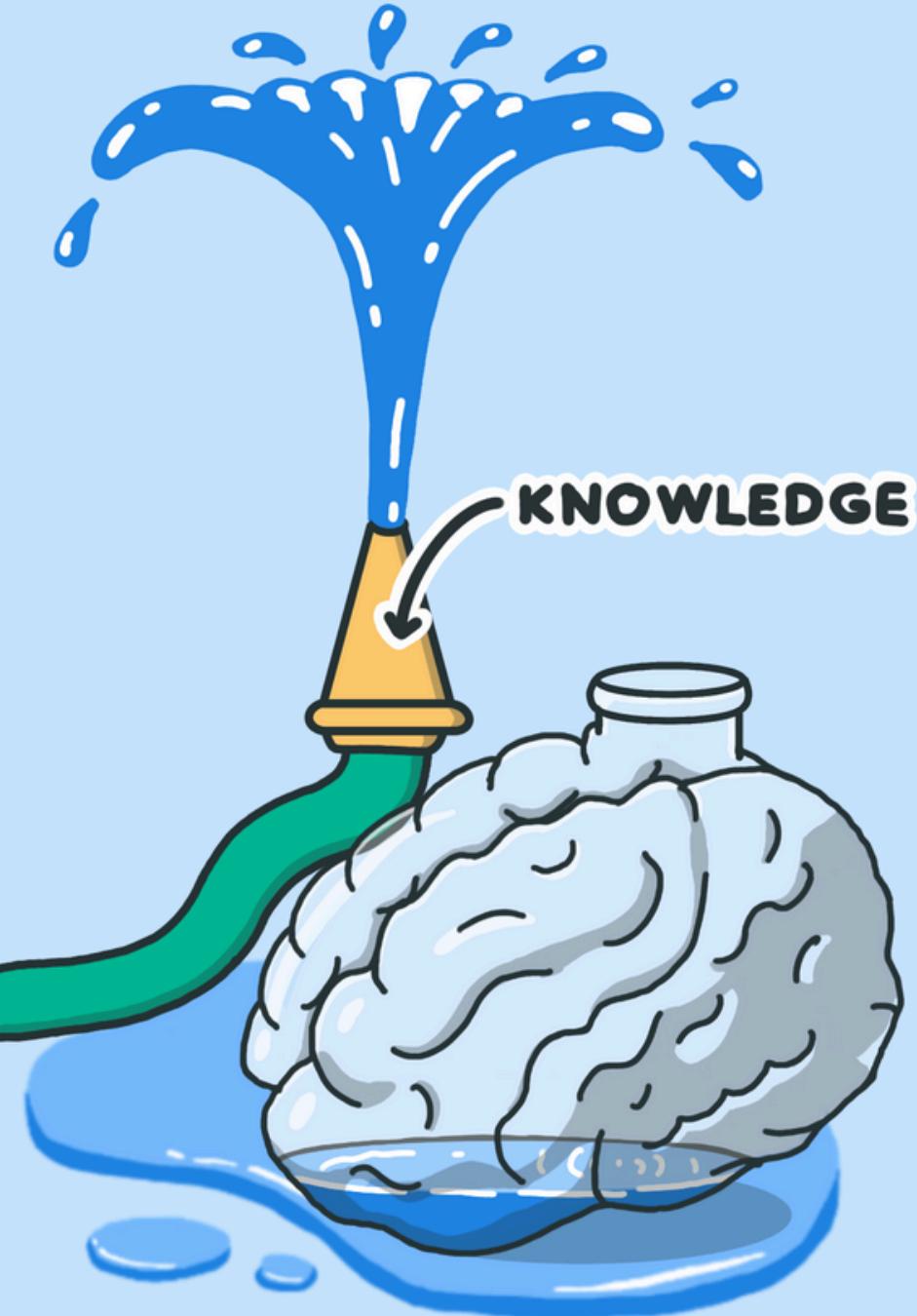
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THIS IS RESILIENCE

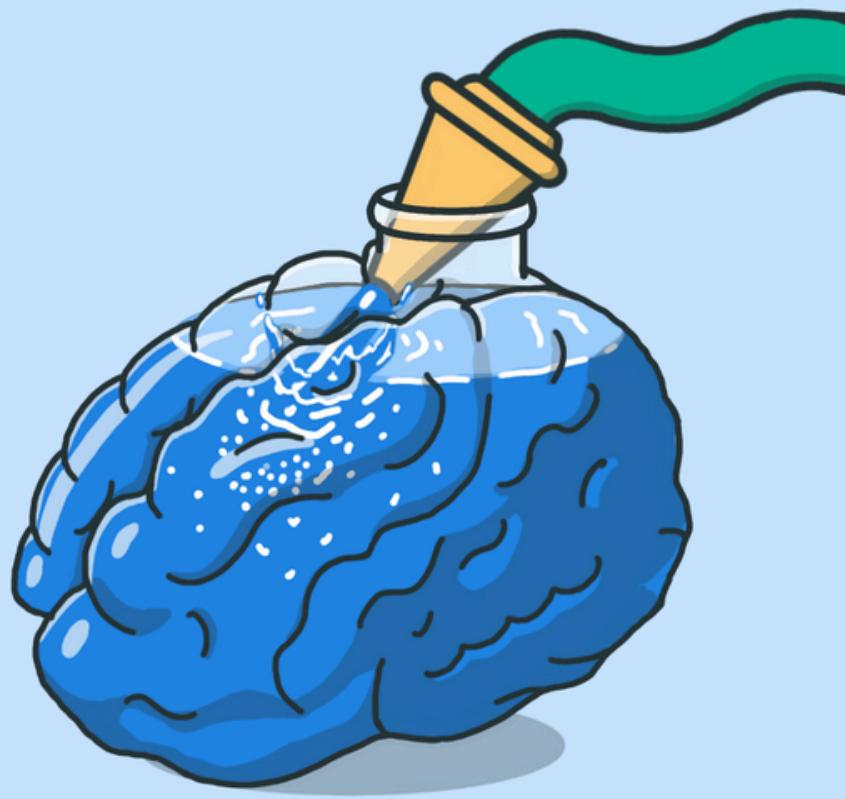


THIS IS ALSO RESILIENCE





**CONSUMING
WITHOUT
NOTEMAKING**

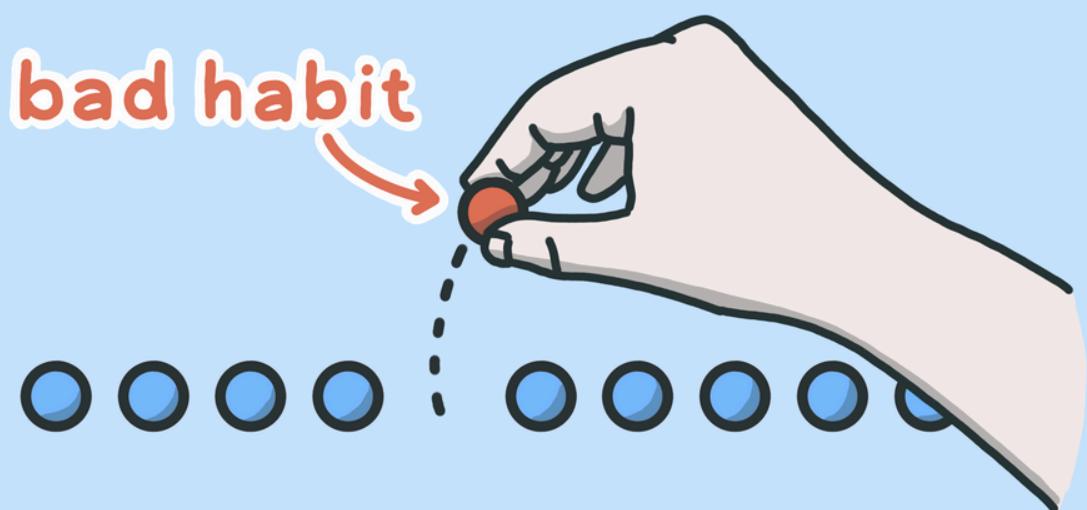


**CONSUMING
WITH
NOTEMAKING**

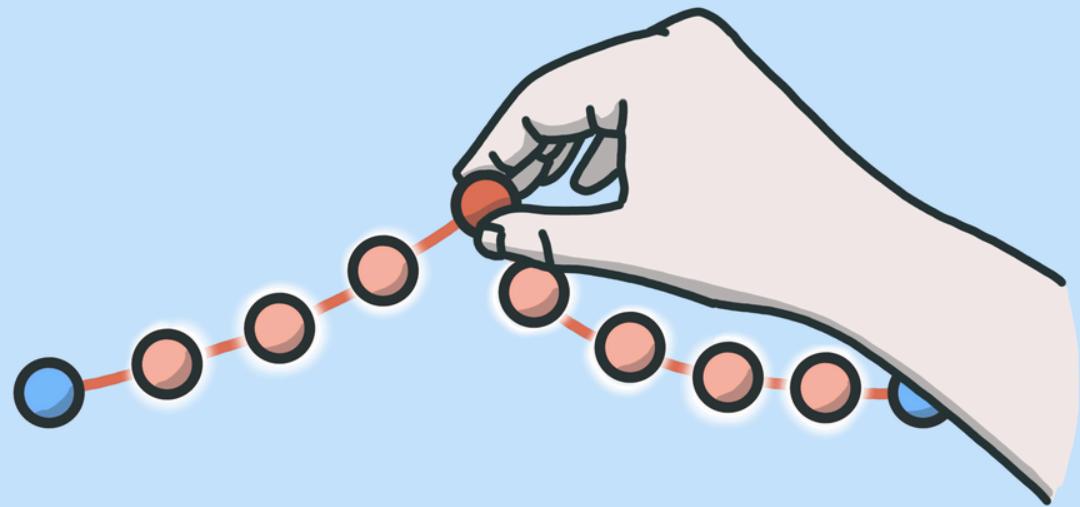


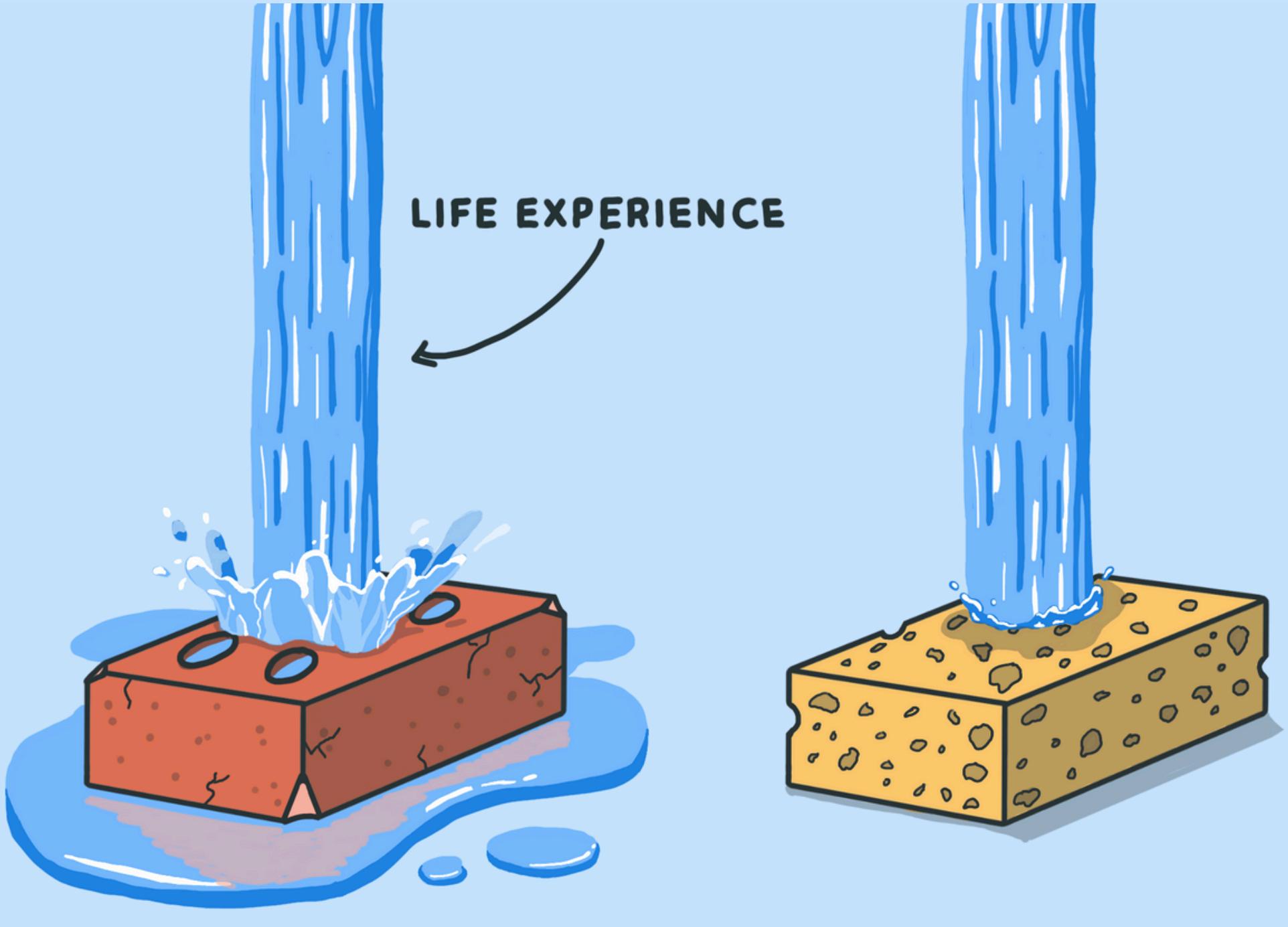
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EXPECTATION



REALITY





ARROGANCE

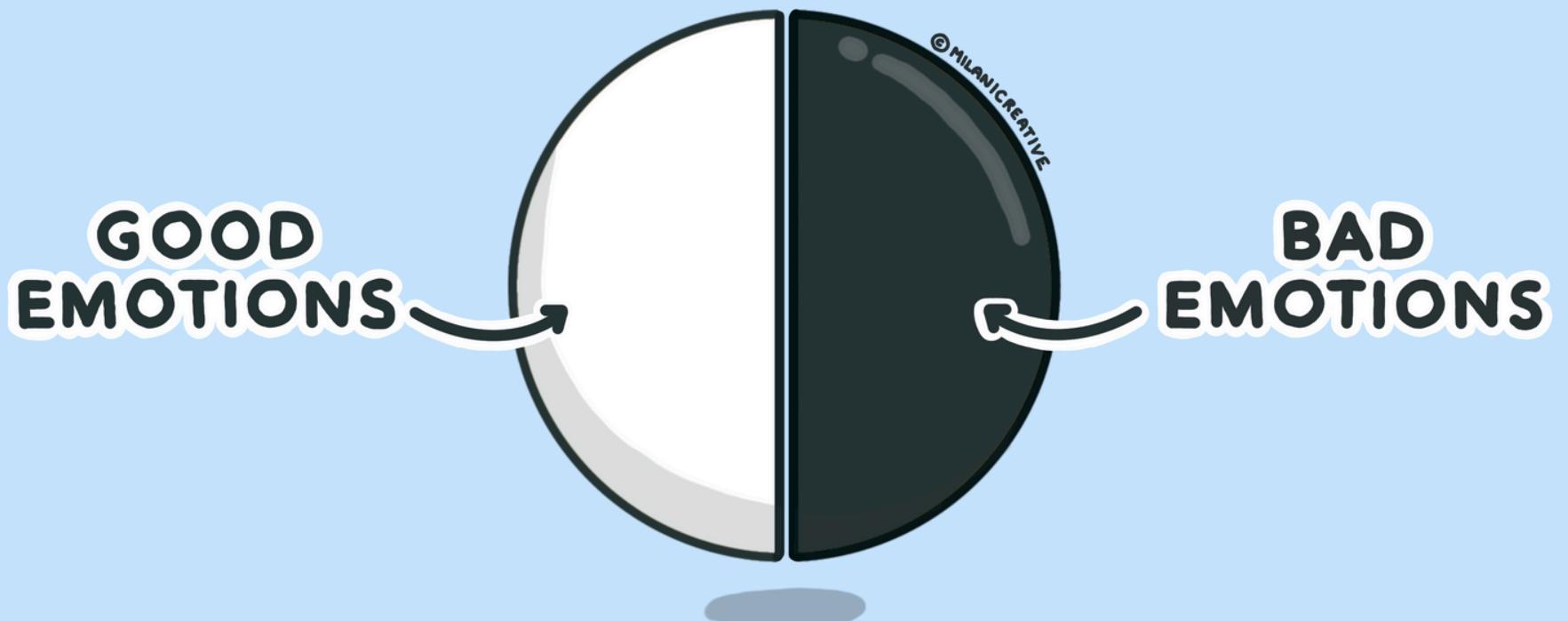
HUMILITY



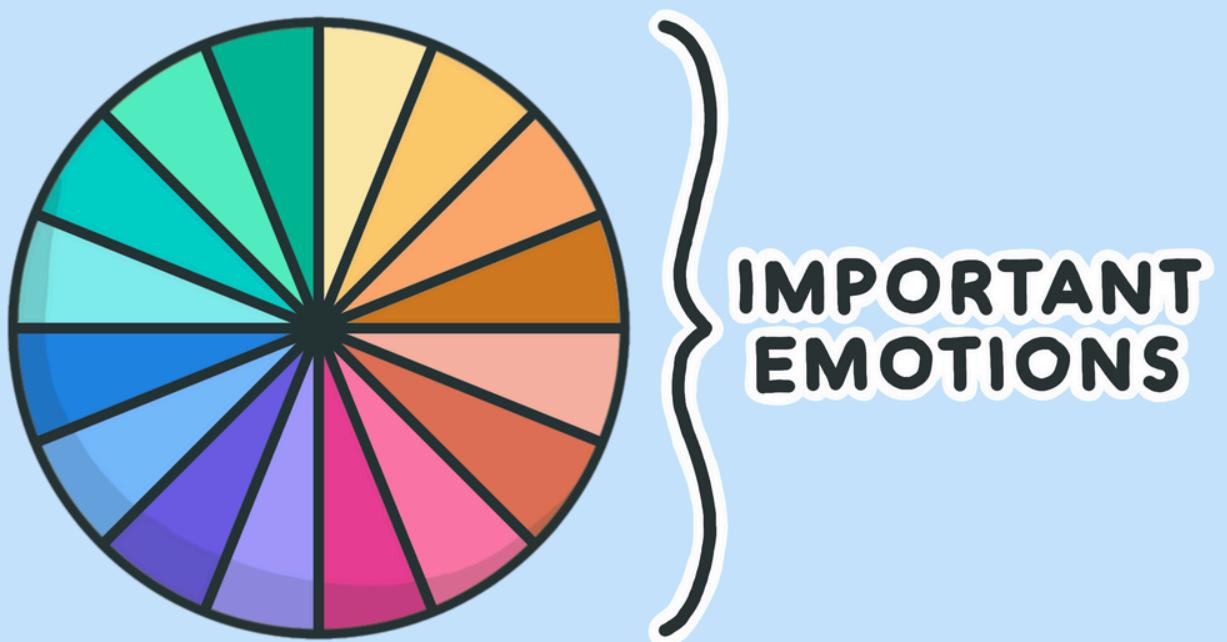
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PERCEPTION



REALITY



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