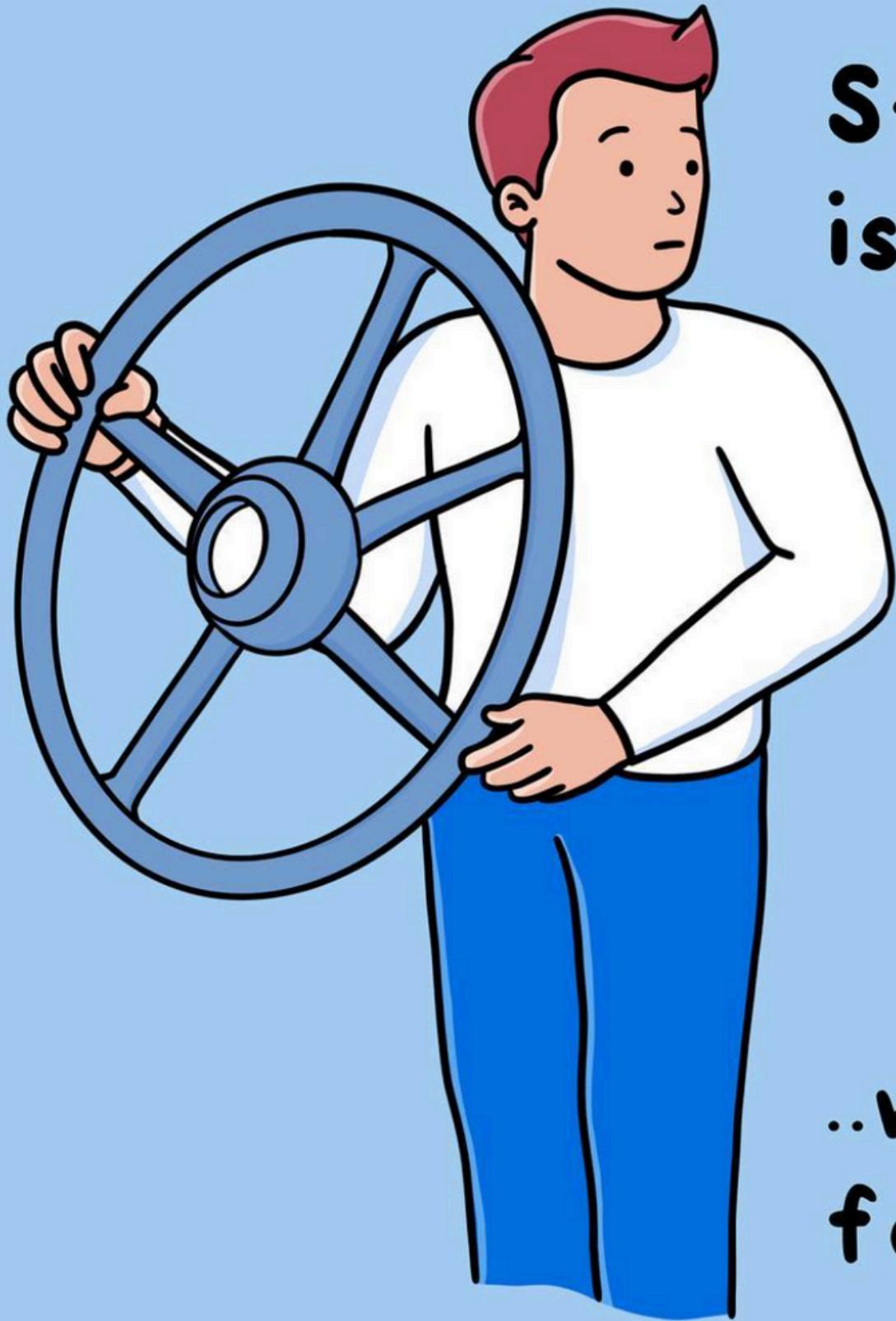


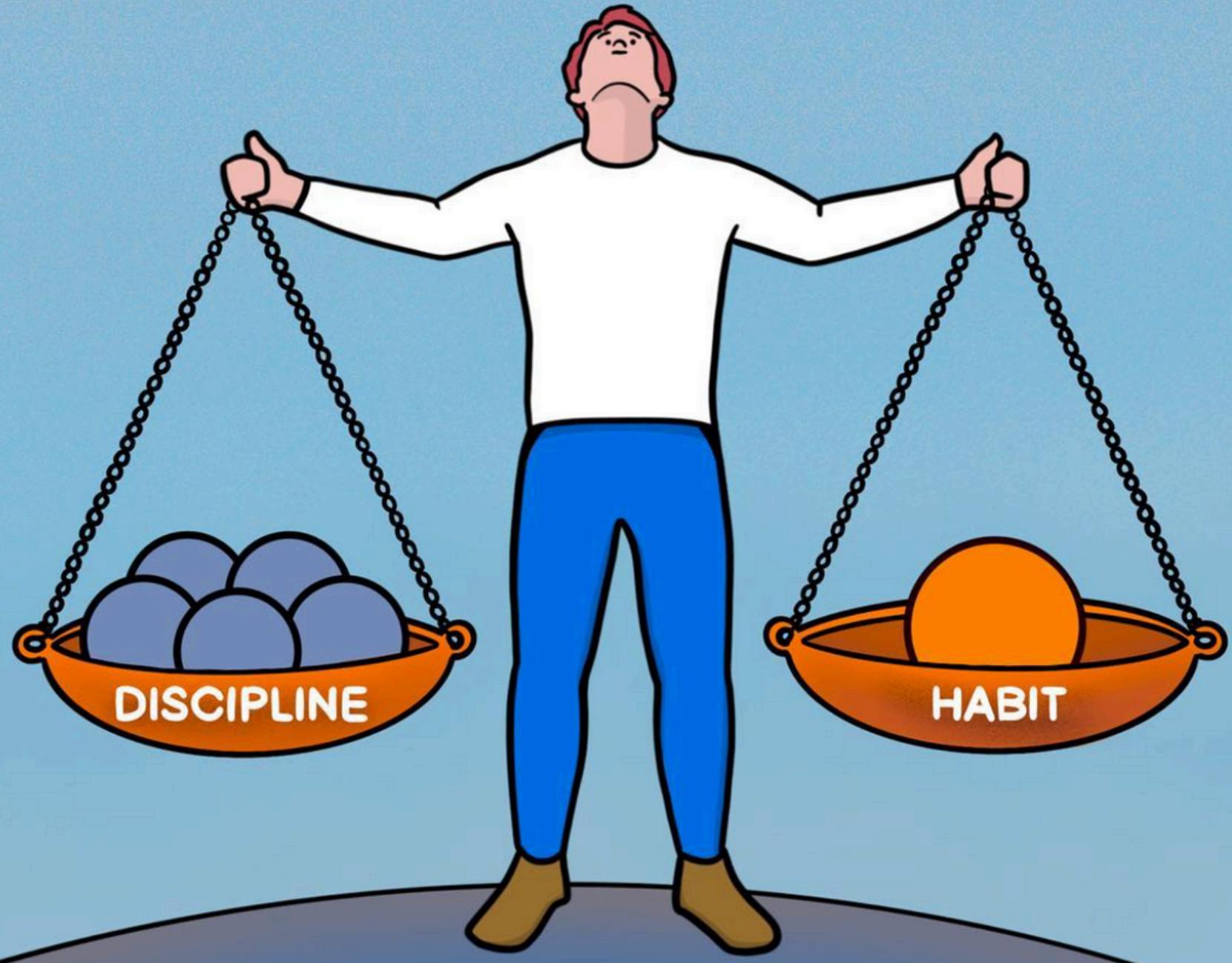
ABN ASIA.ORG



**Steering
is pointless..**

**..without
forward motion**







Am I happy?



**Am I skilled?
Am I doing well?
Am I achieving things?**



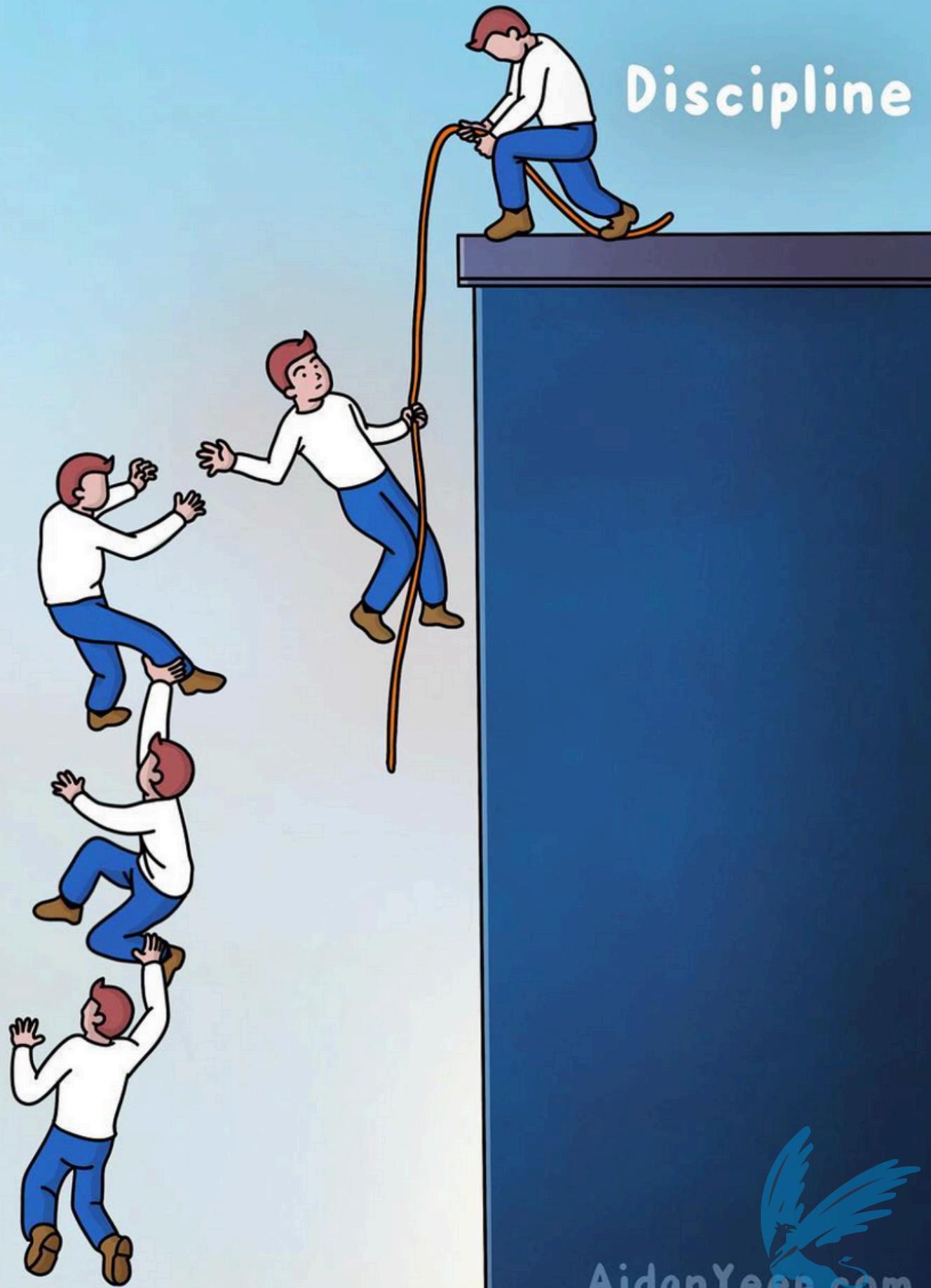


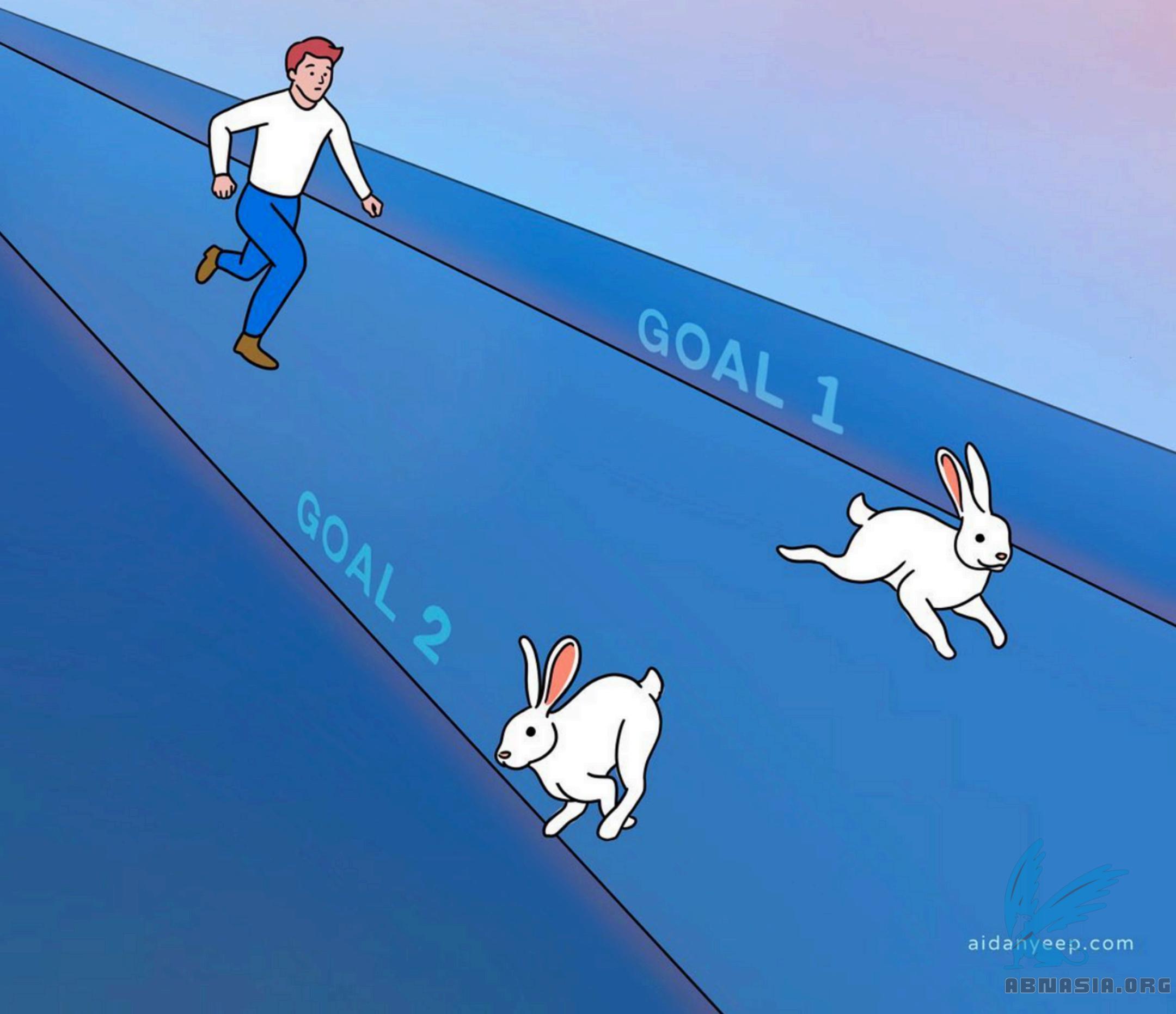
**What will I regret
not starting today?**

Procrastination

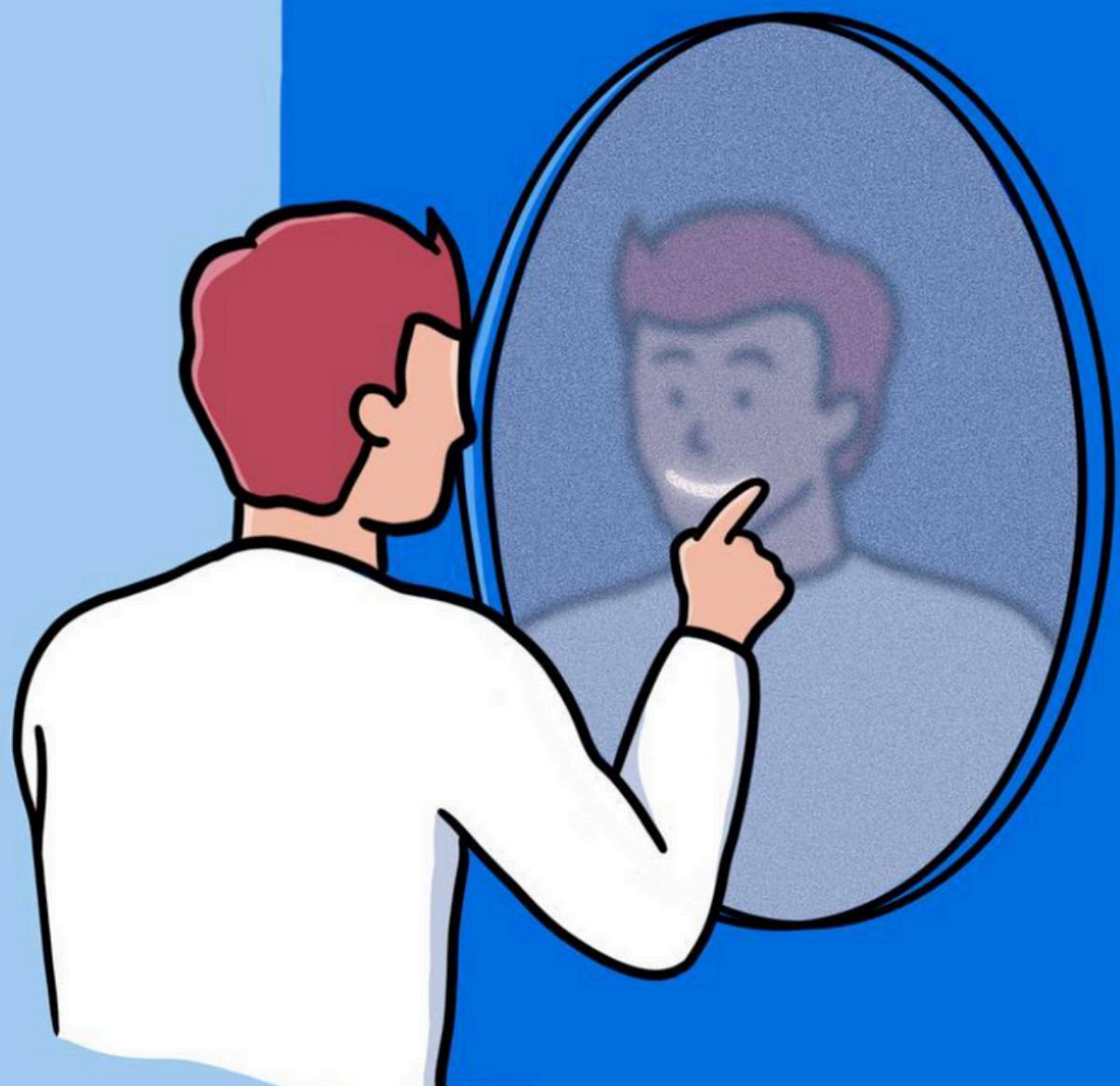
Overthinking

Perfectionism





Emotion Adjuster







You can't have a rainbow ..

.. without a little rain

