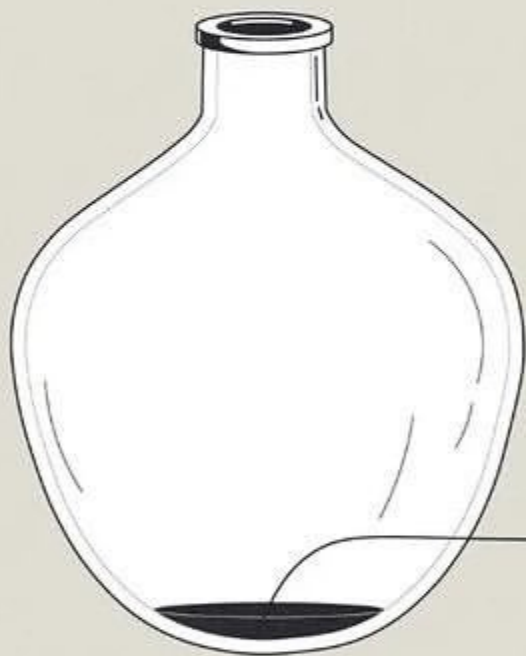


IMPROVE EVERYDAY

1% DAILY



YOUR SKILL

TODAY



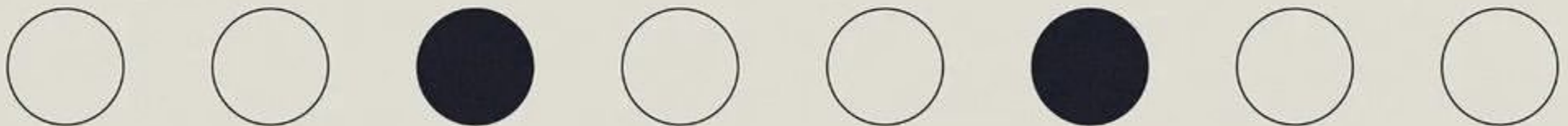
1 YEAR LATER



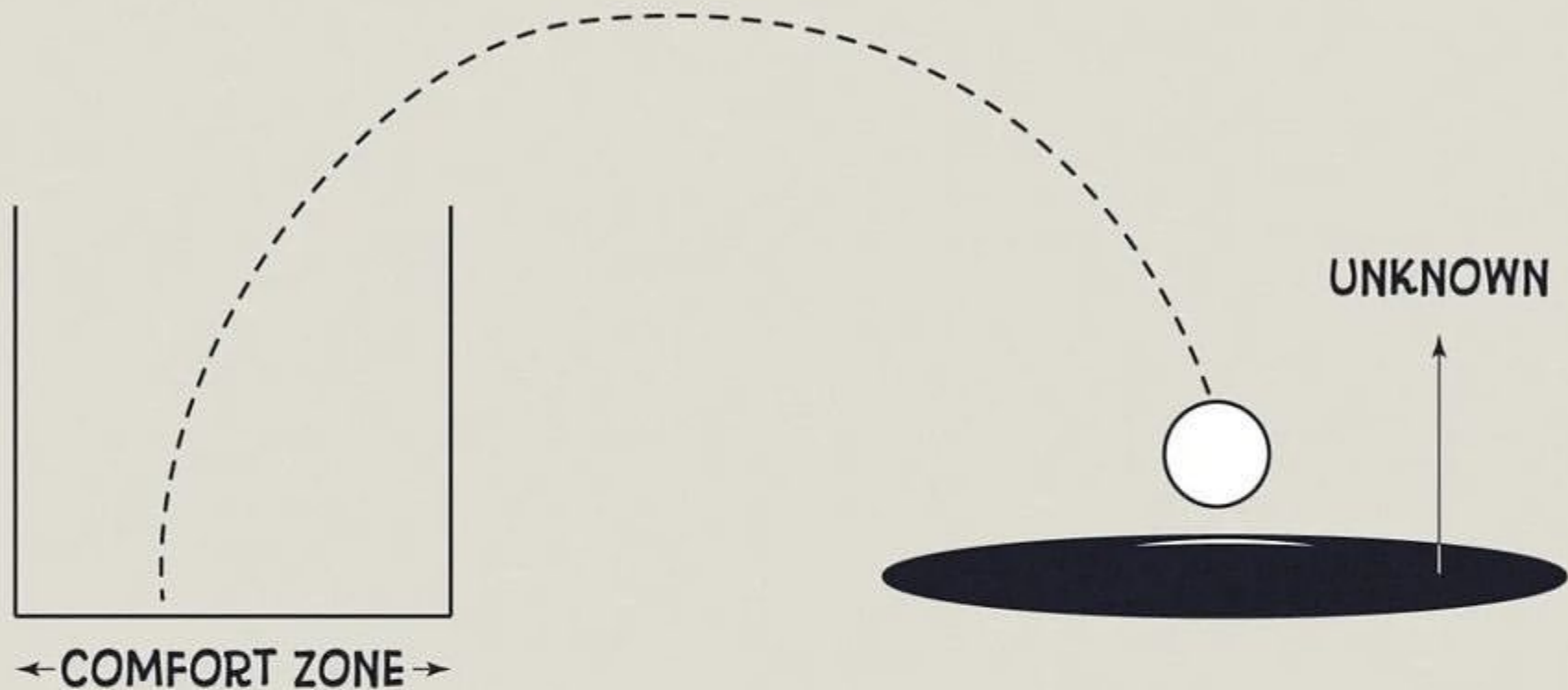
THIS IS CONSISTENCY



SO IS THIS!



NO NEED TO DO THIS...



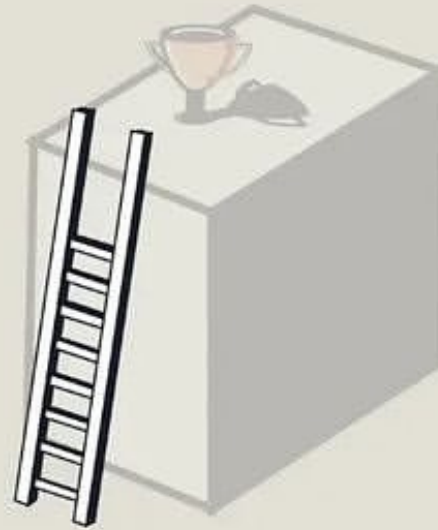
YOU CAN DO THIS!



DON'T GIVE UP!

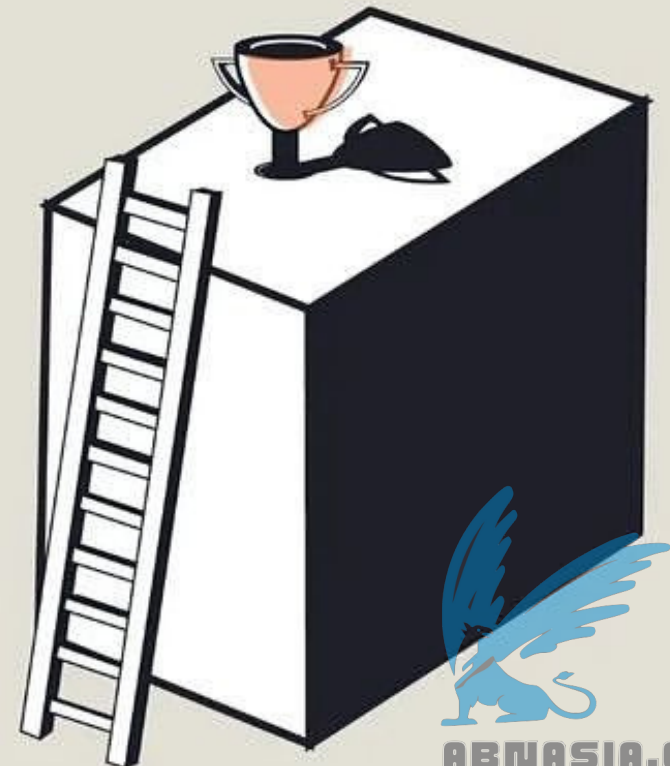
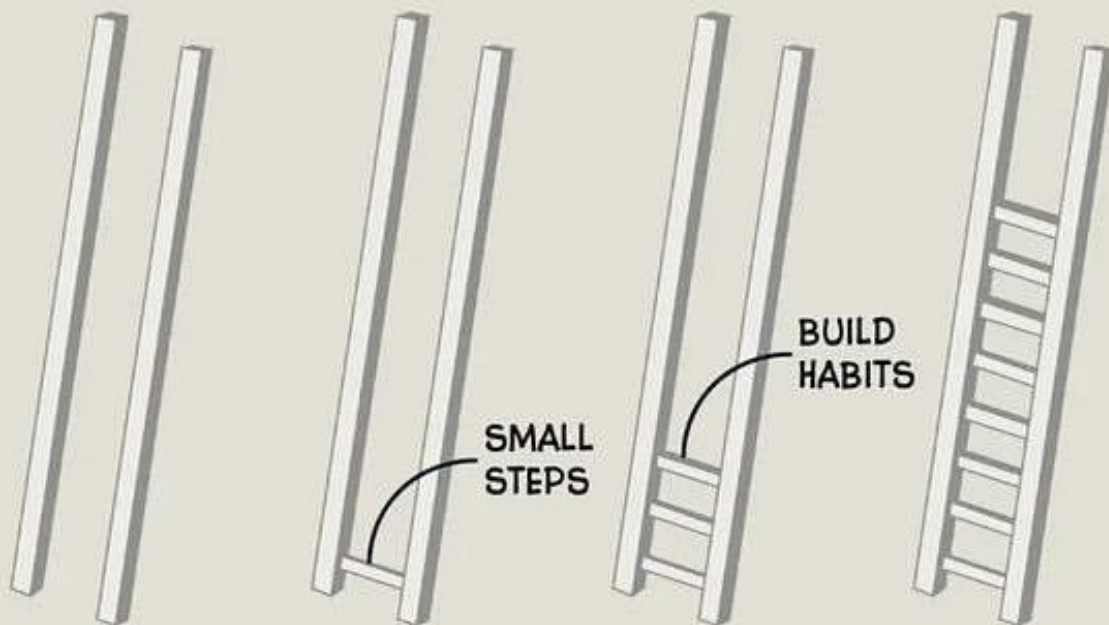


SCARY!



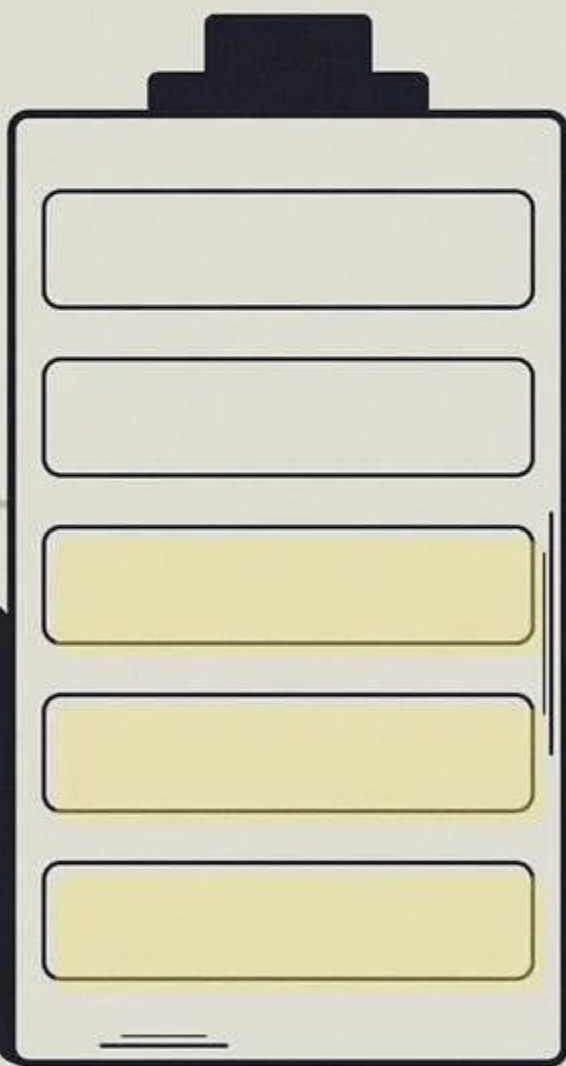
DAY 1

INSTEAD START SMALL AND BUILD HABITS

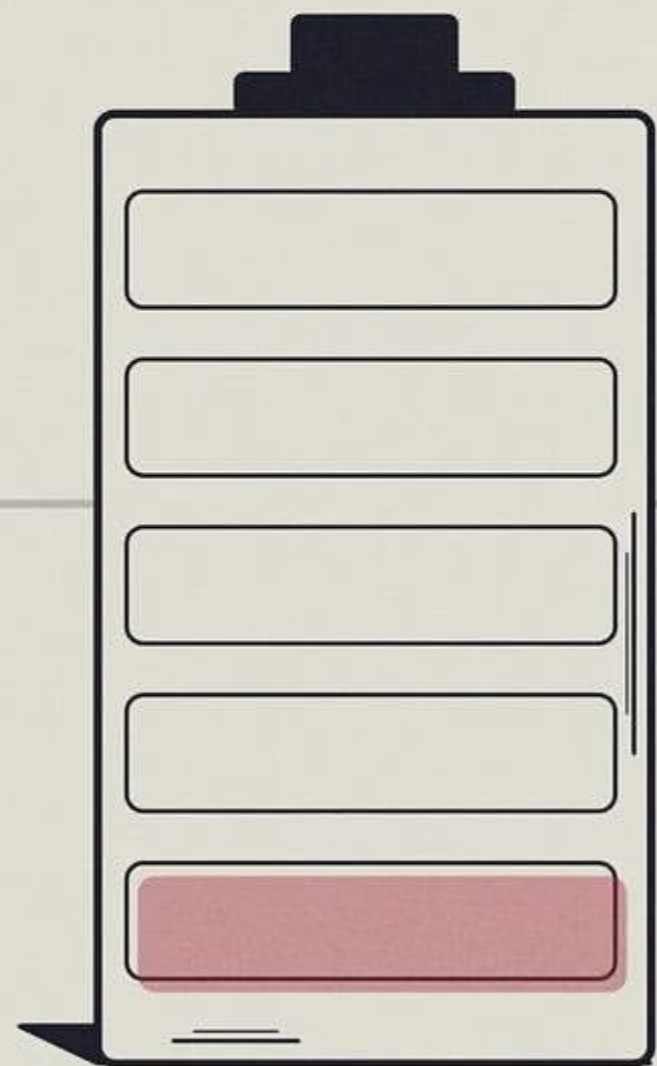


ABN ASIA.ORG

TAKE A BREAK!



HERE!

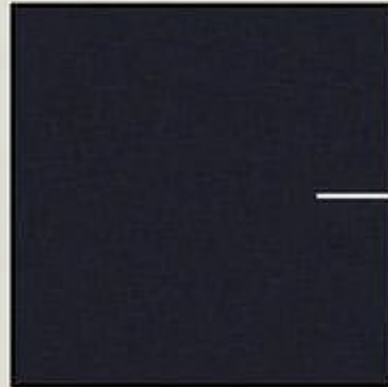


NOT HERE!



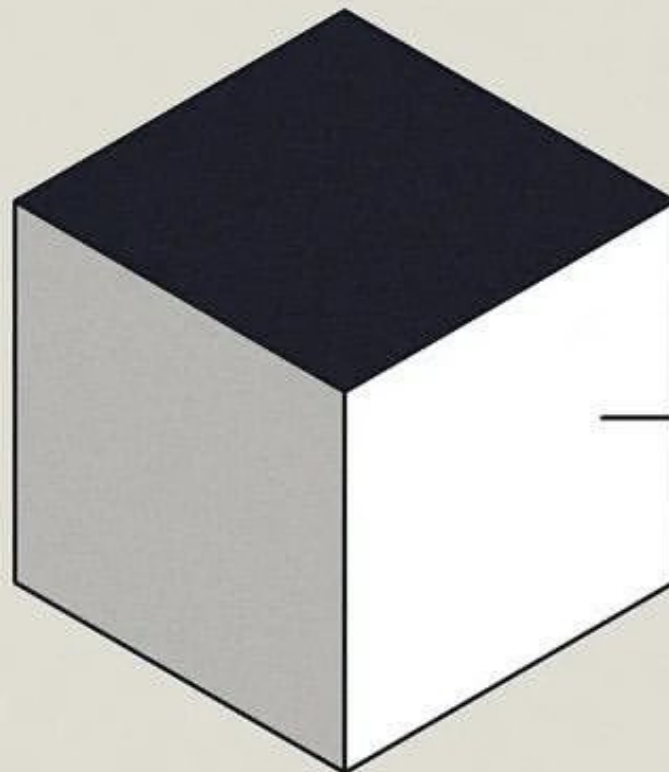
PROBLEM SOLVING?

STUCK?



PROBLEM

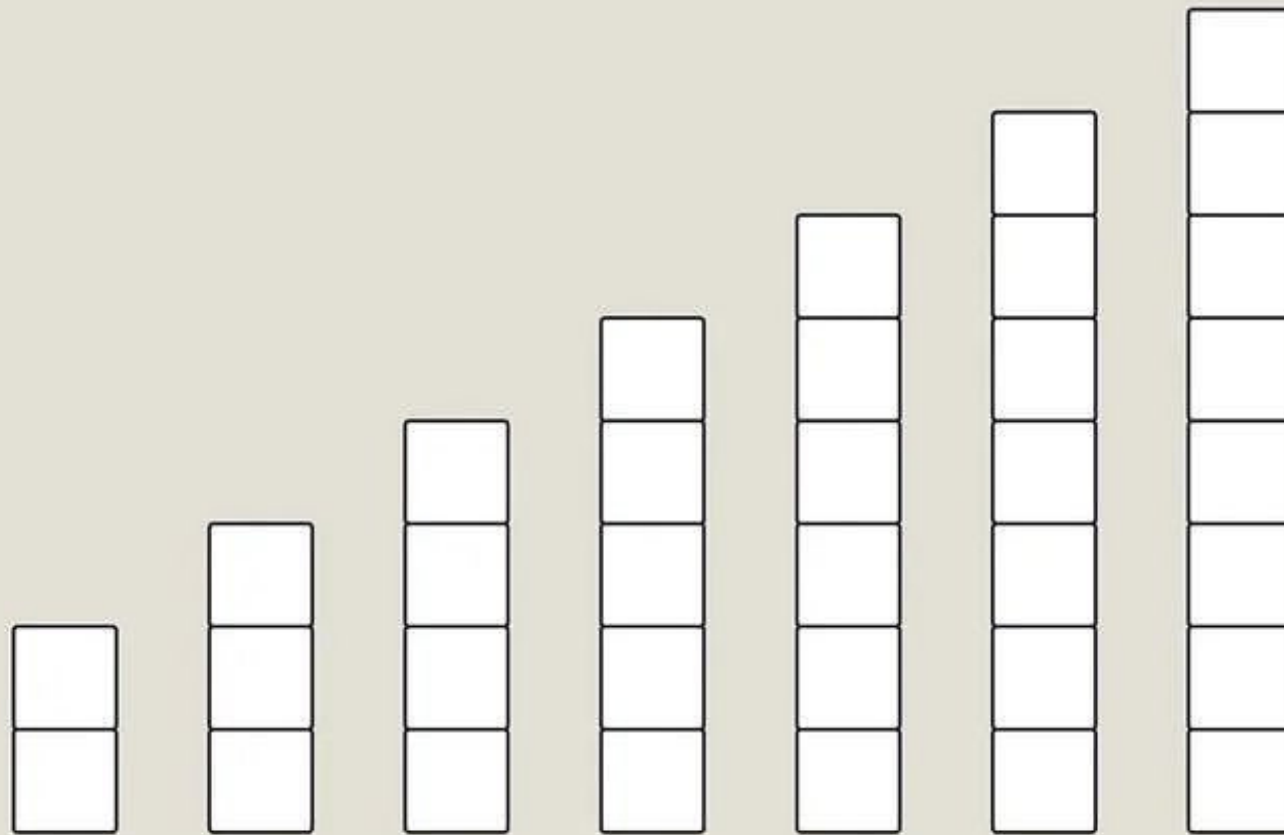
LOOK AT IT FROM DIFFERENT ANGLES



SOLUTION

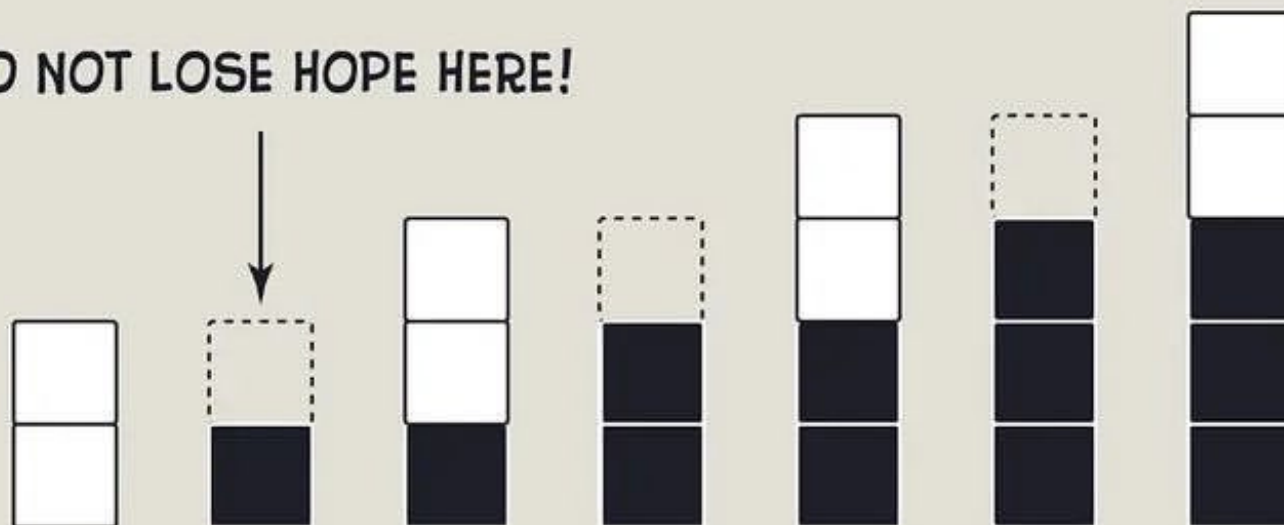


WHAT WE THINK GROWTH IS....



ACTUAL GROWTH!

DO NOT LOSE HOPE HERE!



DOING IT ALONE

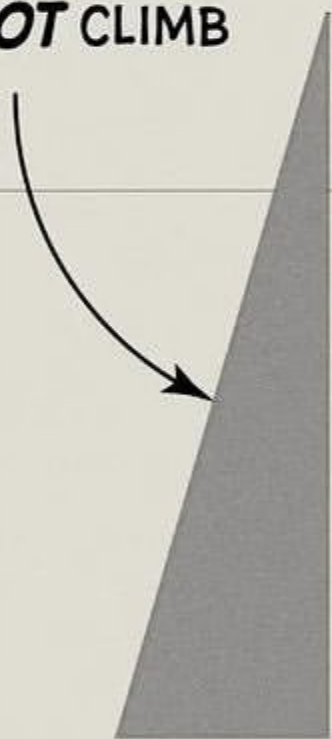


WITH A SUPPORTIVE COMMUNITY



TIME MAKES THINGS EASIER

CANNOT CLIMB



EASY CLIMB



TIME

