

Don't aim to
be the best



Aim to keep
getting better

Burnout is not a badge of honour

1%

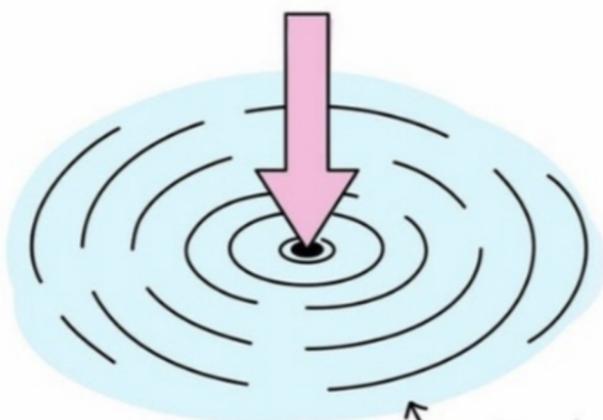


Recharge before you get there

20%



A single positive thought



Ripples of positive energy

Could do:

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Should do:

- A vertical column of eight small, empty square boxes. Each box contains a thin, horizontal wavy line.

Must do :



Not everything
is a priority

©Quoted Visually





The first pancake
often sucks



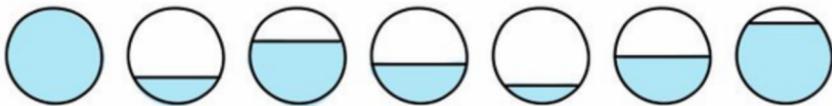
Serve these
↓
Don't let that
stop you

SHOWING UP DAILY

What we think it means:



What it actually means:

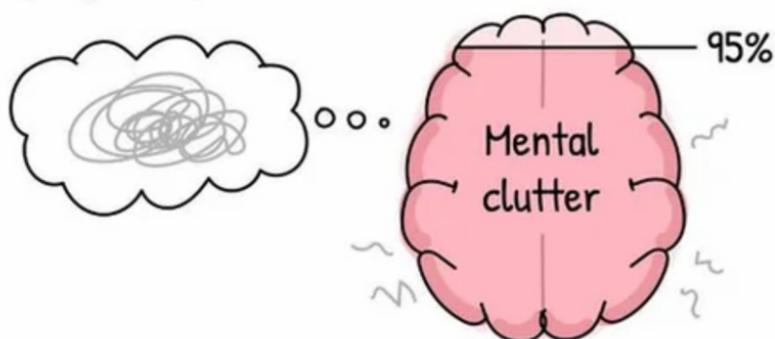


@Quoted Visually

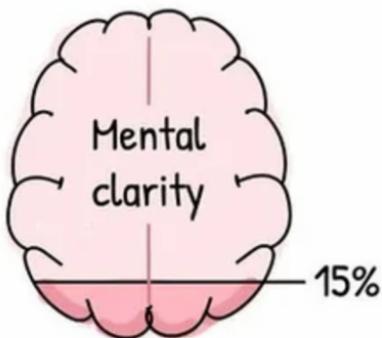


BBMASIA.ORG

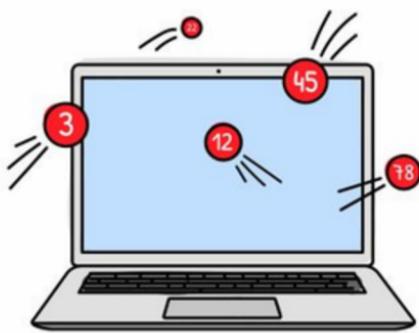
Keeping it in your head:



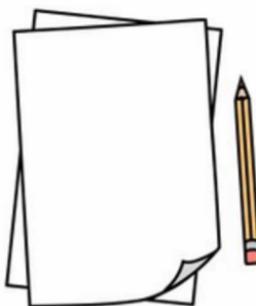
Writing it down:



STARTING A PROJECT

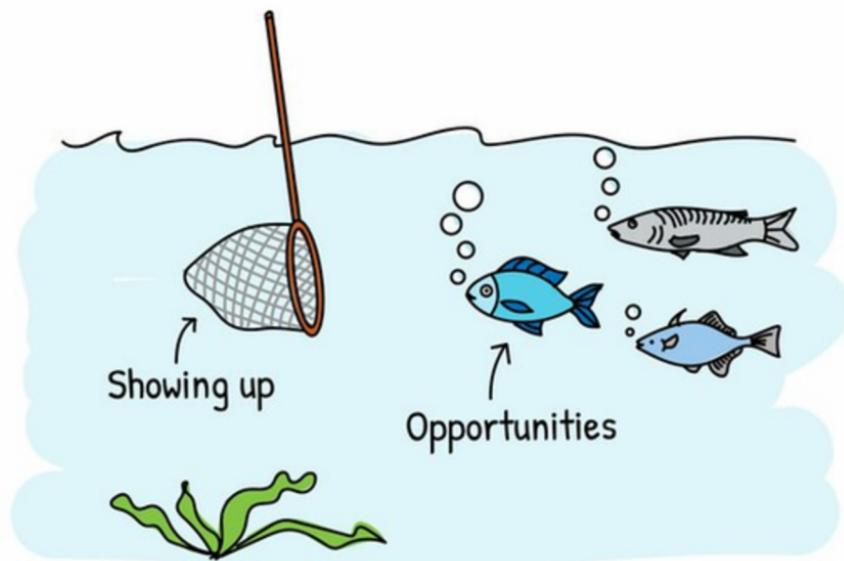


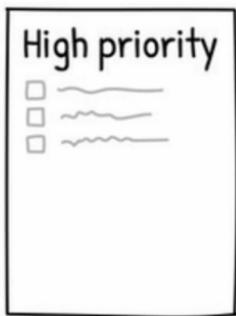
Distractions



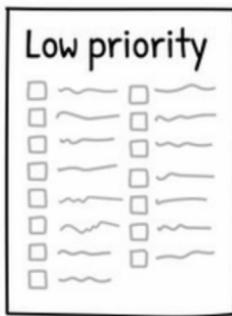
Distractions

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





If we only focus
on these tasks



These ones will
build up



Aim to prevent
the build up