

Don't aim to
be the best



Aim to keep
getting better

Burnout is not a badge of honour

1%



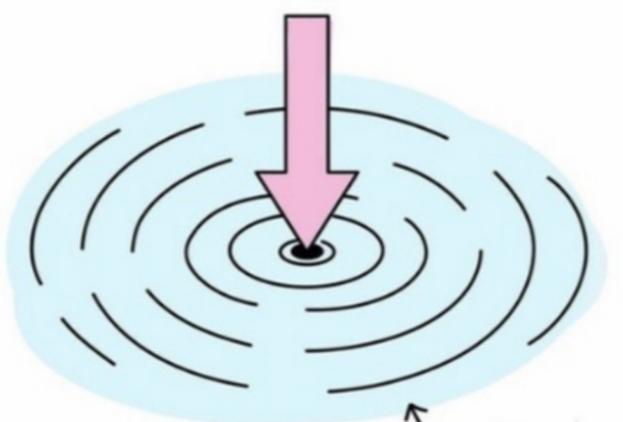
Recharge before you get there

20%



Rest Work

A single positive thought



Ripples of
positive energy

Could do:

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Should do:

- A vertical column of eight small square boxes, each containing a horizontal wavy line.

Must do :

Not everything is a priority



The first pancake
often sucks



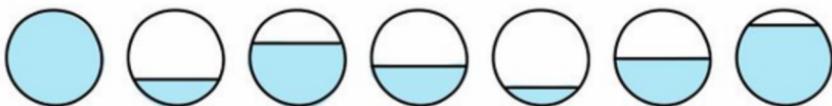
Don't let that
stop you

SHOWING UP DAILY

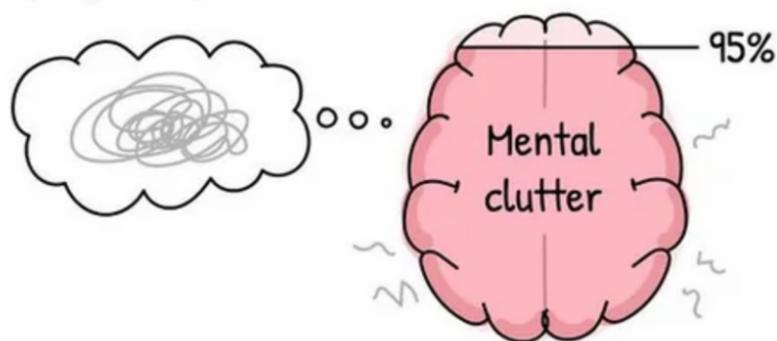
What we think it means:



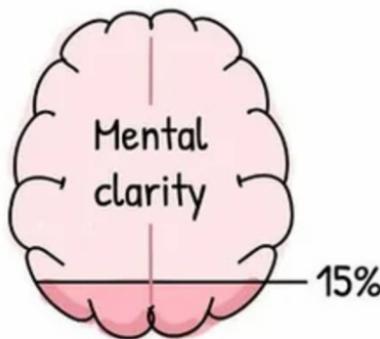
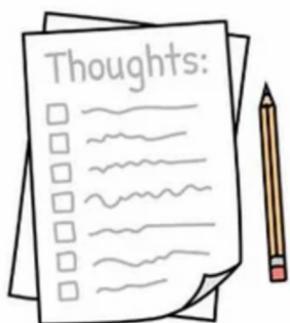
What it actually means:



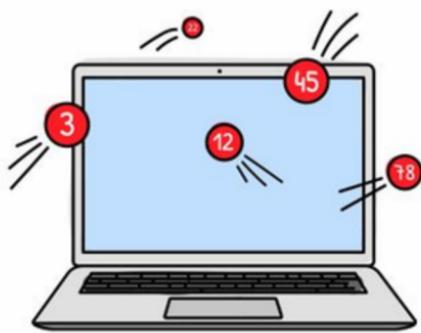
Keeping it in your head:



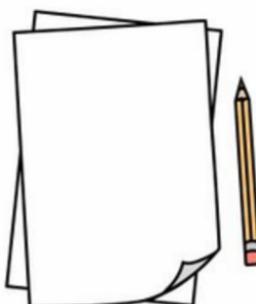
Writing it down:



STARTING A PROJECT

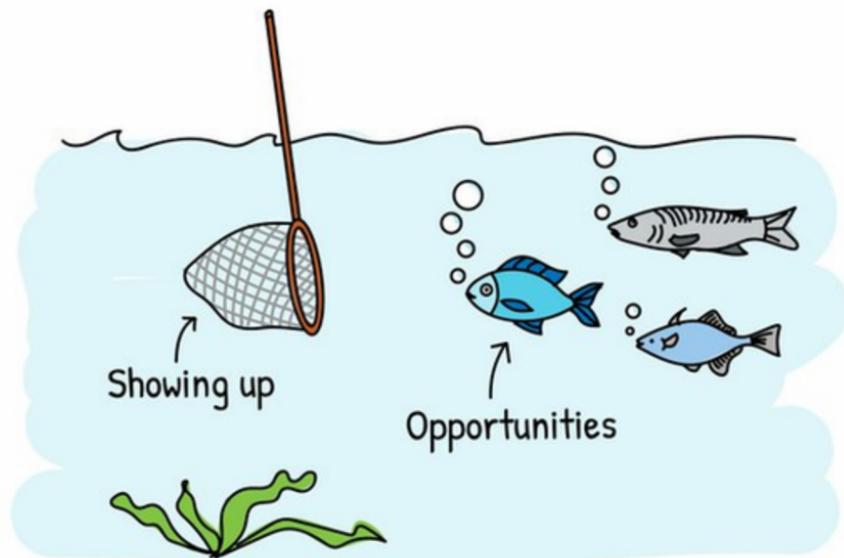


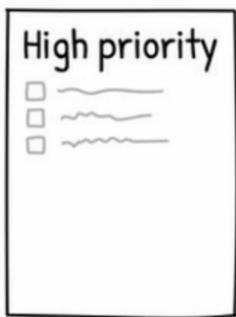
Distractions



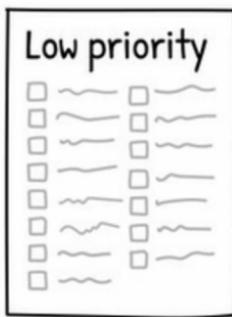
Distractions

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