

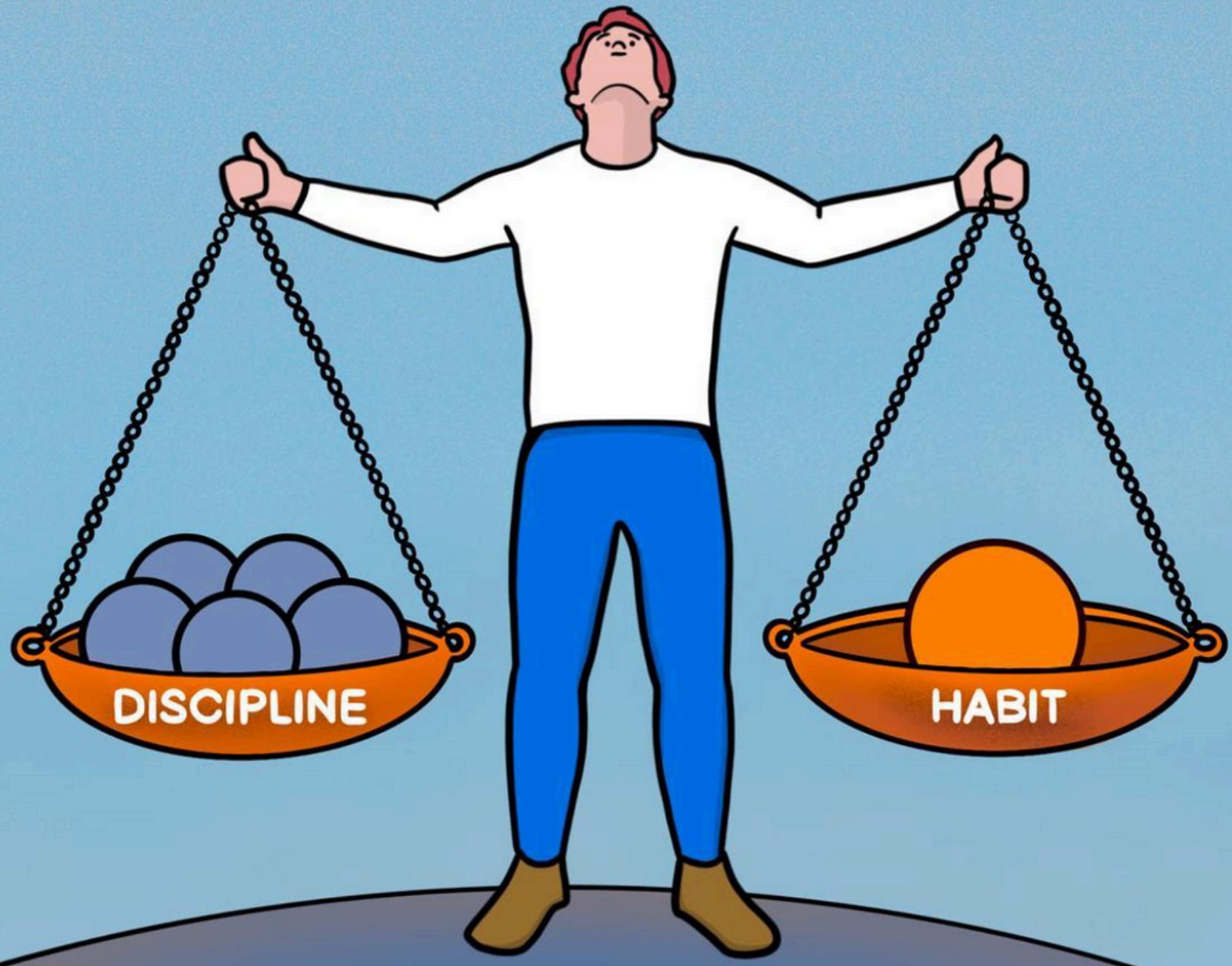
BEGINNER

EXPERT



**Steering
is pointless..**

**..without
forward motion**





Am I happy?



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



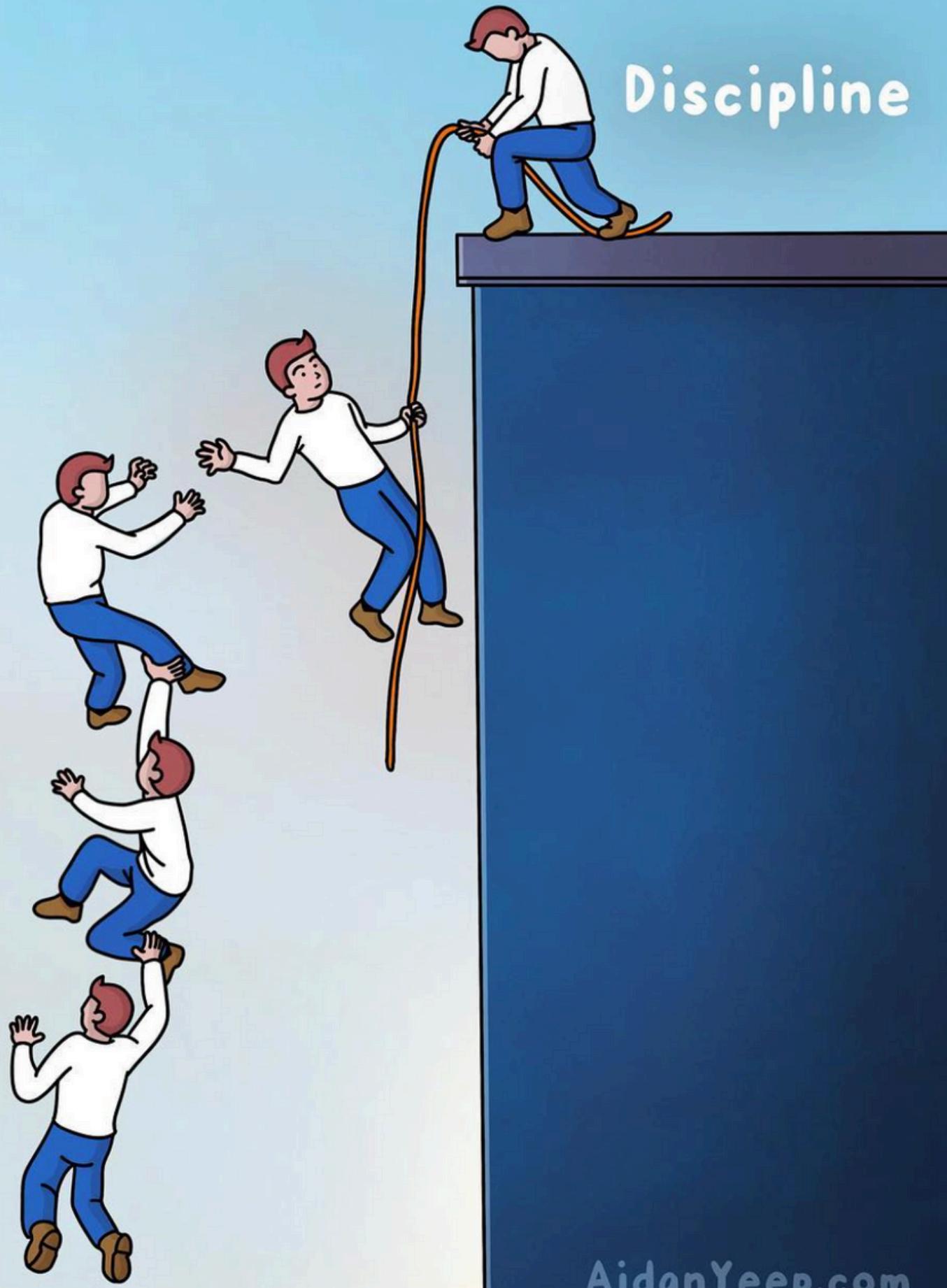
What will I regret
not starting today?

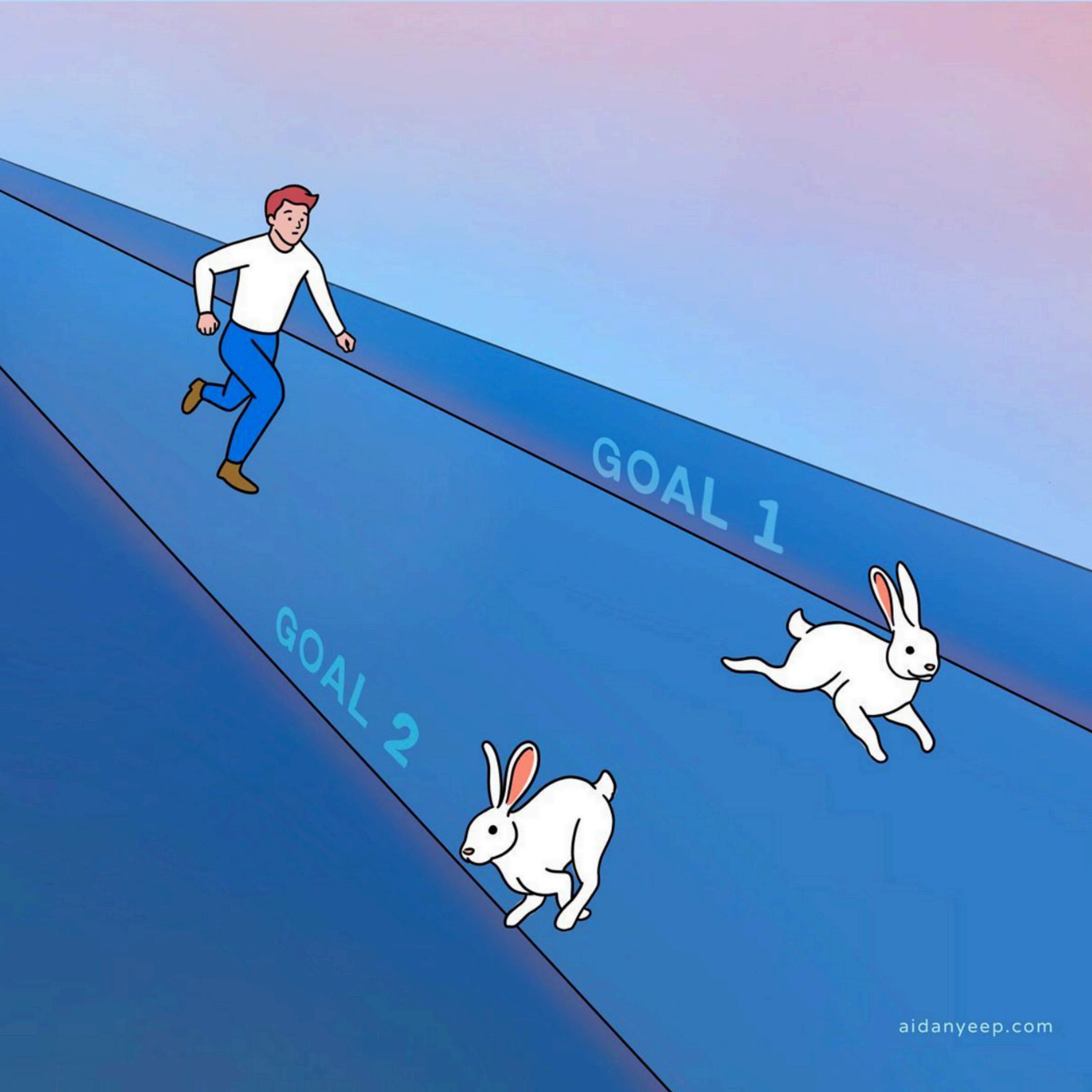
Procrastination

Overthinking

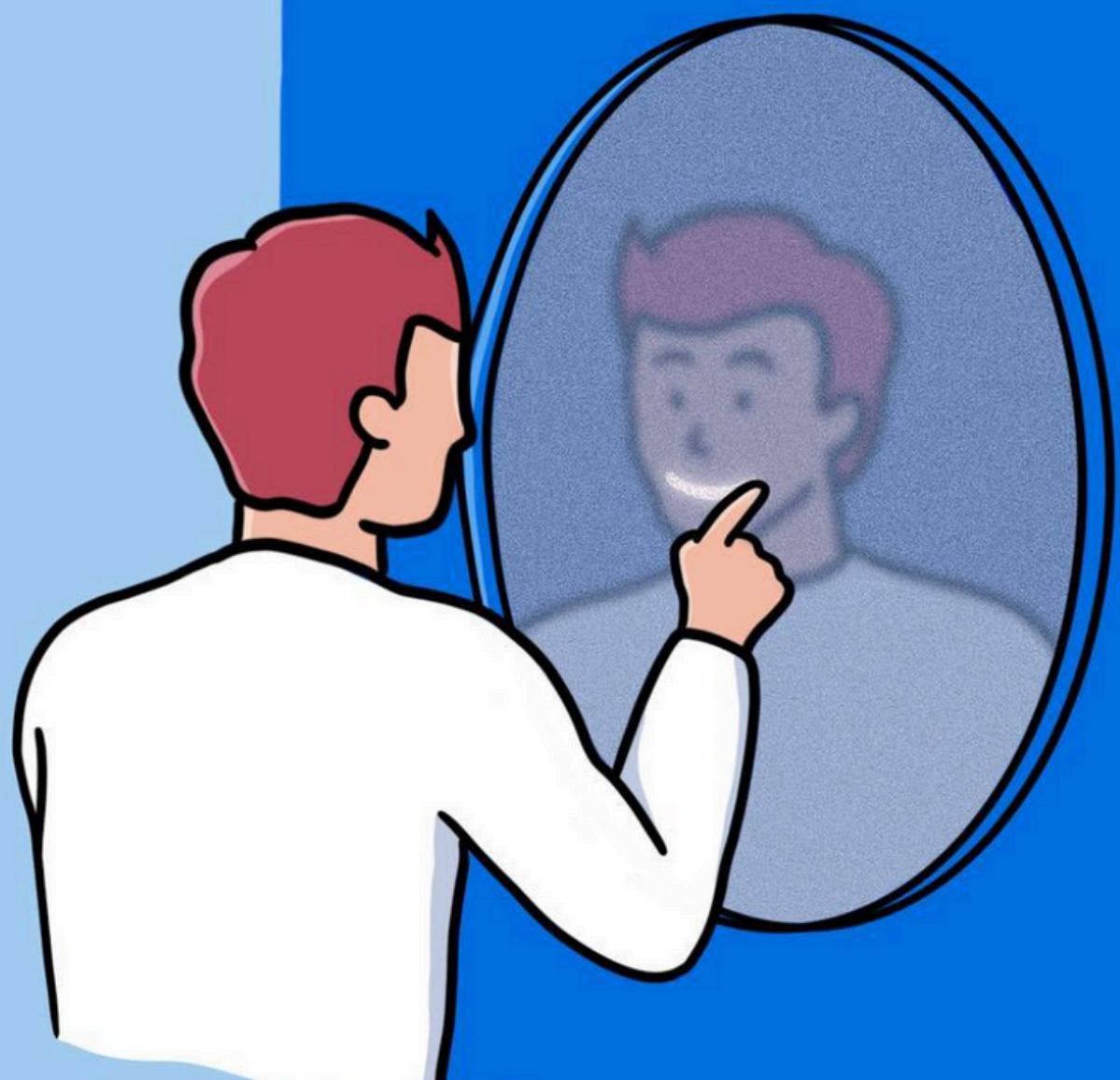
Perfectionism

Discipline





Emotion Adjuster





A minimalist illustration of a man standing in the rain. He is seen from behind, wearing a white t-shirt and blue pants. A vibrant rainbow arches across the sky above him, its colors transitioning from red at the top to blue at the bottom. Vertical raindrops fall from the sky, creating a sense of atmosphere. The background is a clear blue.

You can't have a rainbow ..

.. without a little rain