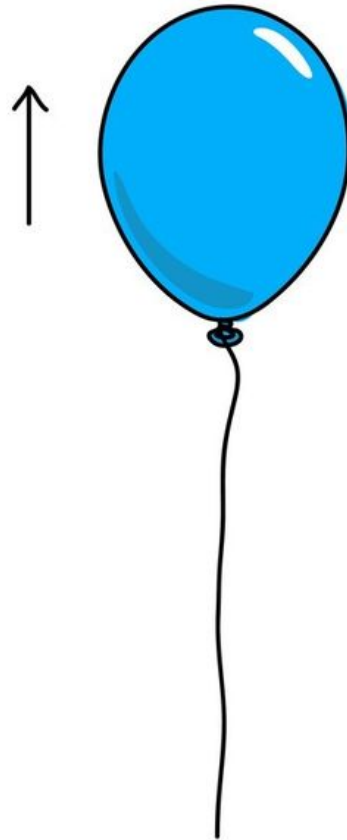
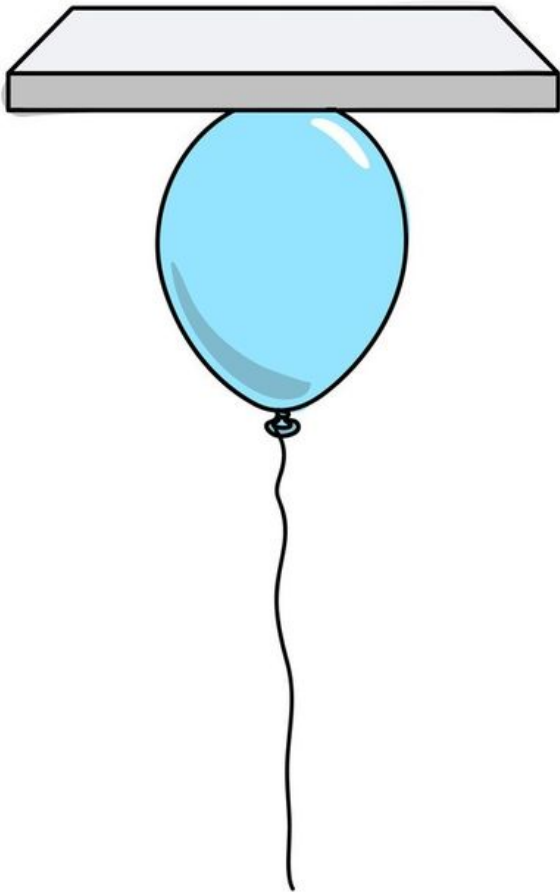
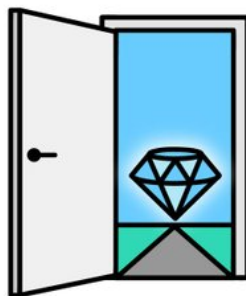
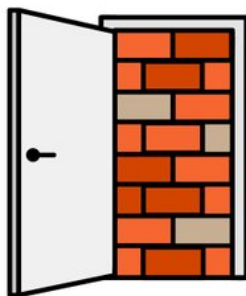
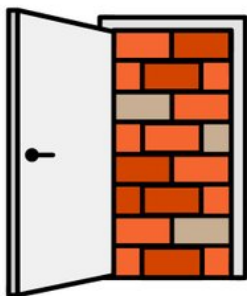
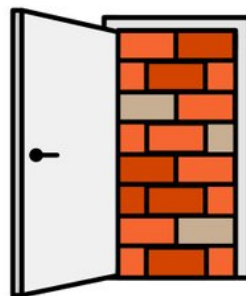
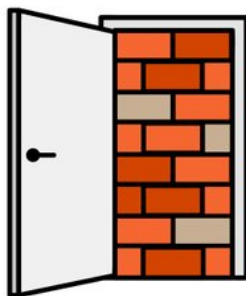
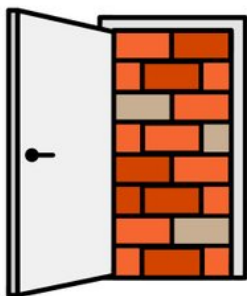


Don't aim to
be the best

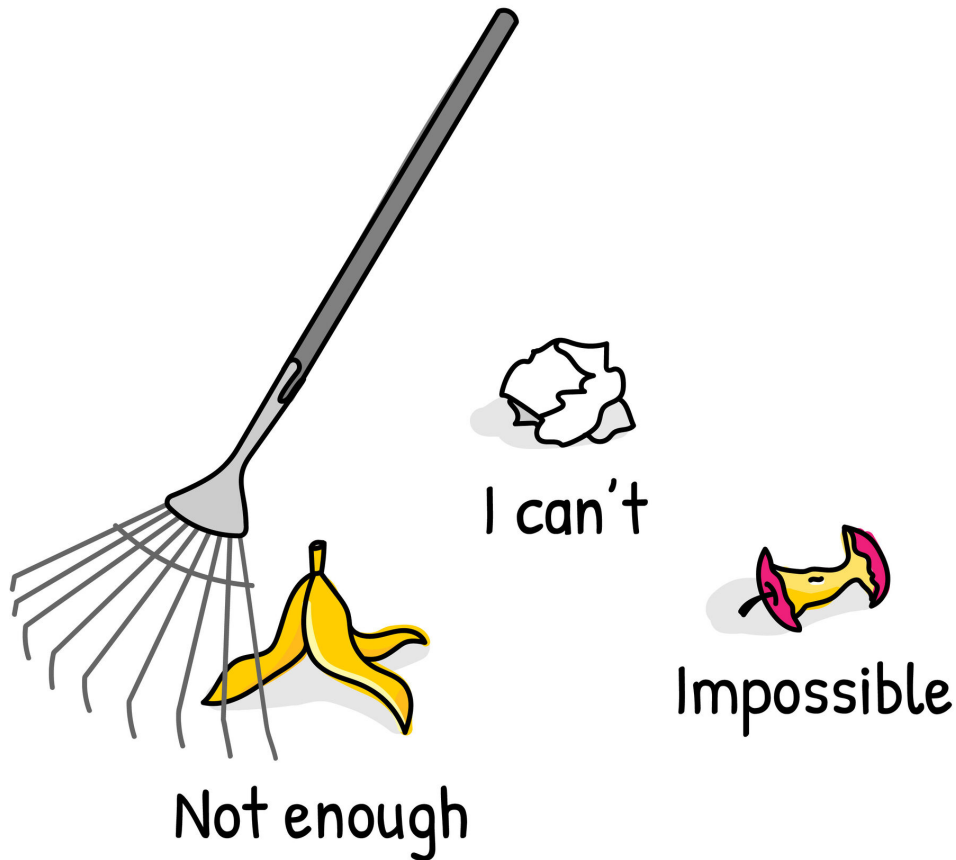


Aim to keep
getting better



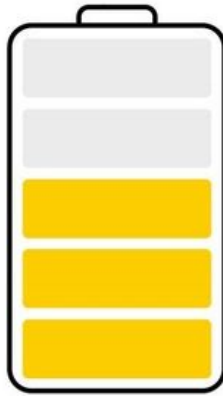
Be prepared to hit many walls before
you find a path forward

Rake away the rubbish you tell yourself





A toxic job
drains us

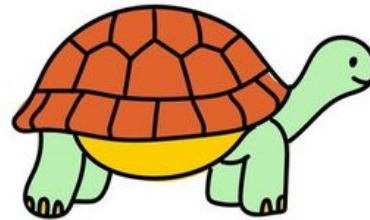


A decent job
sustains us

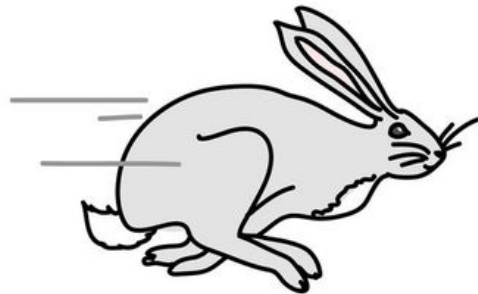
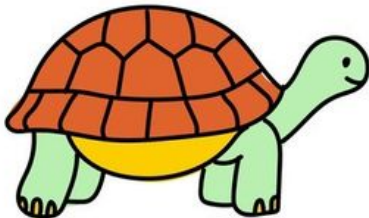


A healthy job
invigorates us

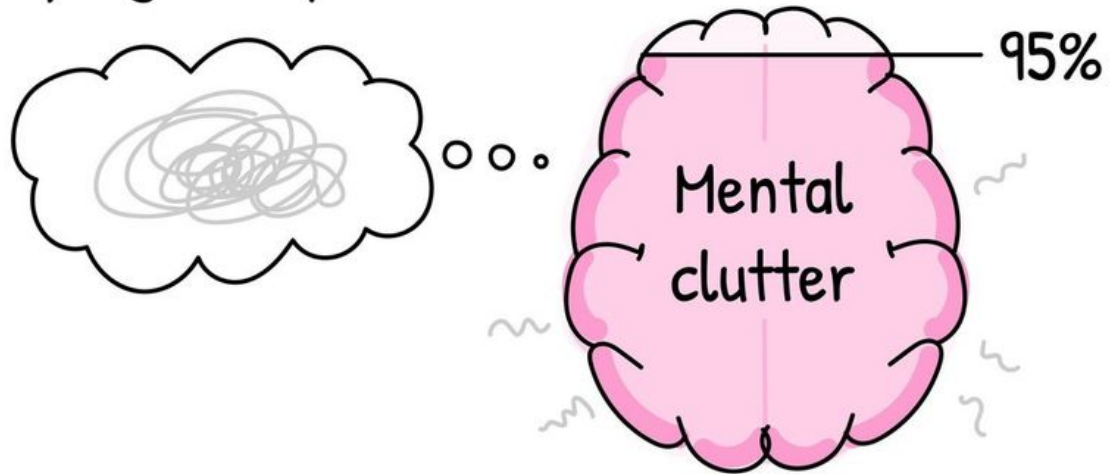
Compare yourself to yesterday's you



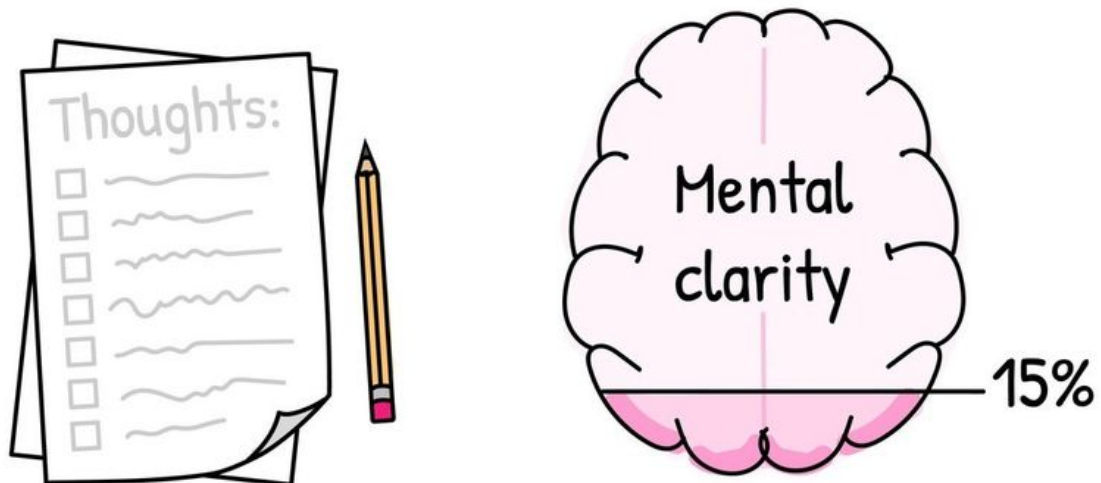
Not other people



Keeping it in your head:



Writing it down:

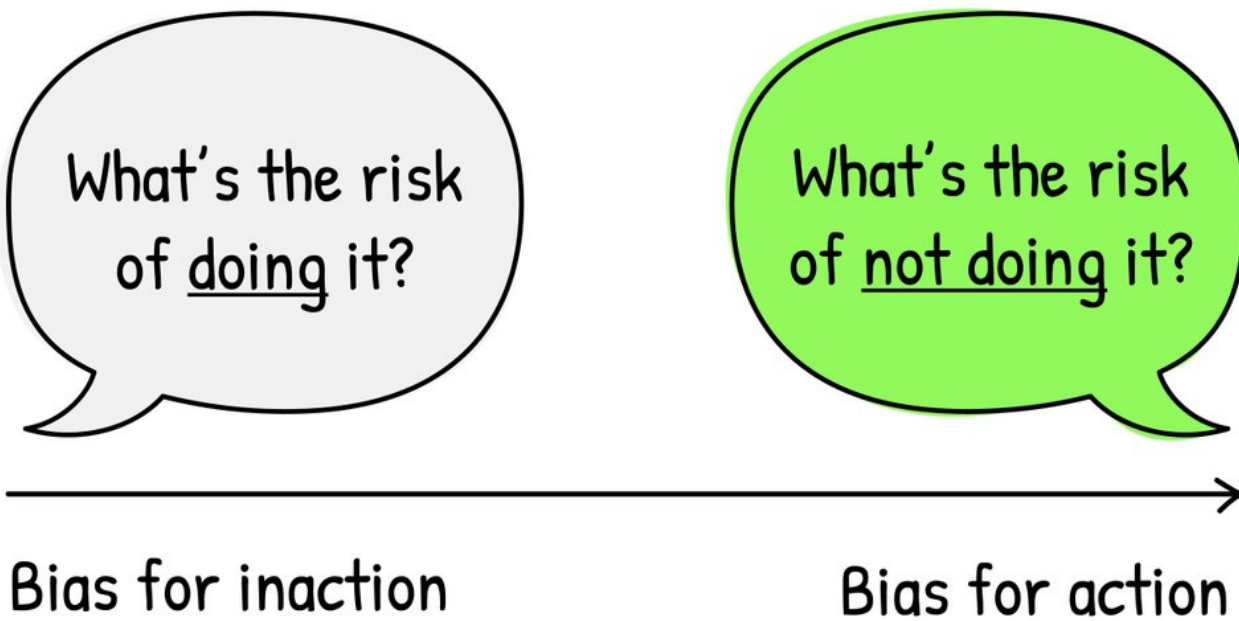




We don't get
lucky by waiting



We get lucky by
working hard



What's the risk
of doing it?

Bias for inaction

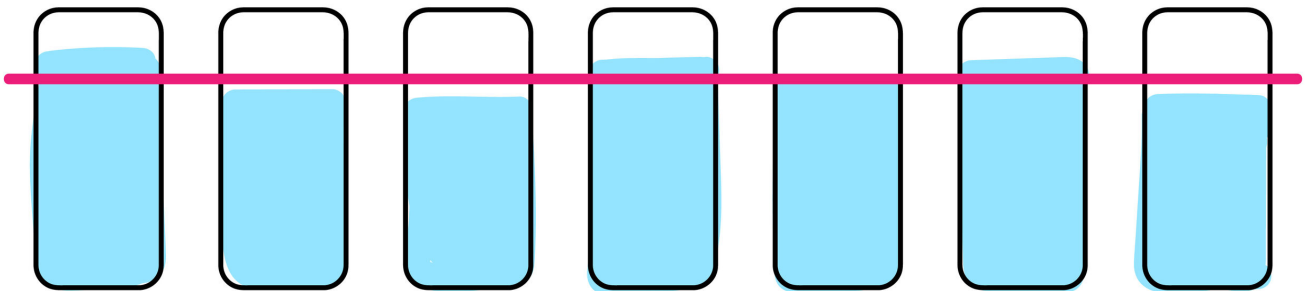
What's the risk
of not doing it?

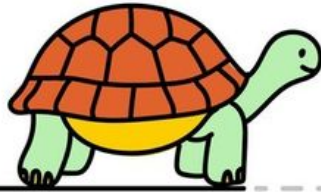
Bias for action

Build the habit of showing up



Then raise the bar for HOW you show up





Slow progress...



...is better than no progress!