



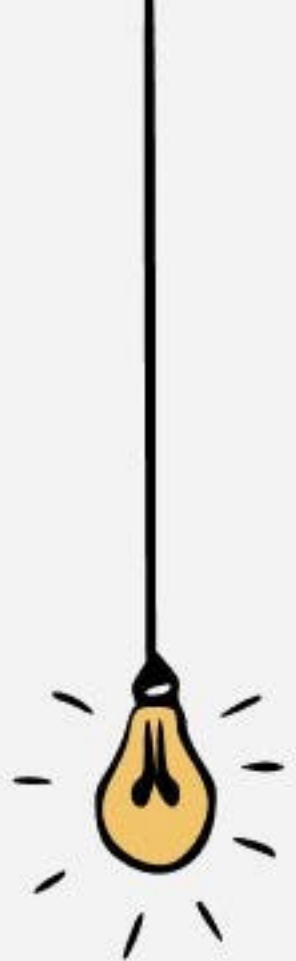
DAY 1



DAY 7



DAY 14



DAY 21

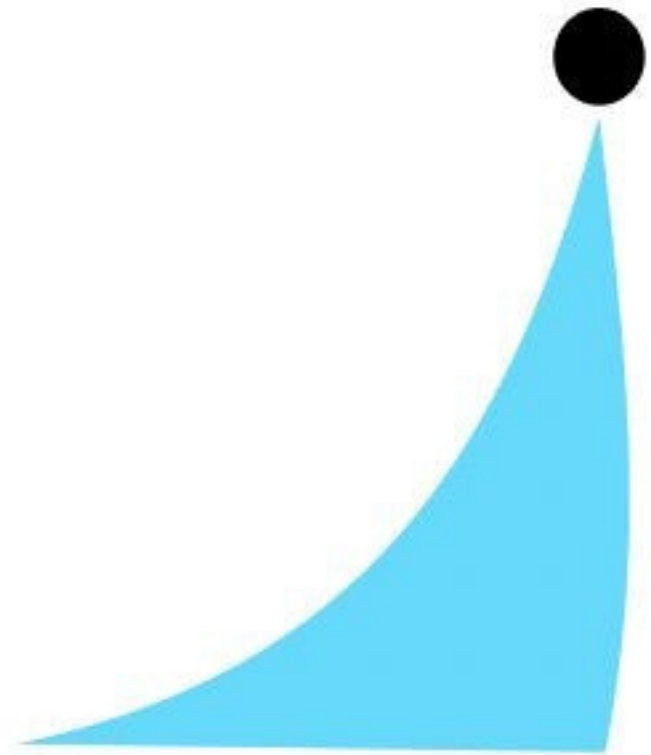
## HABITS 101

**Impatience with actions,  
patience with results**





CHASING DOPAMINE

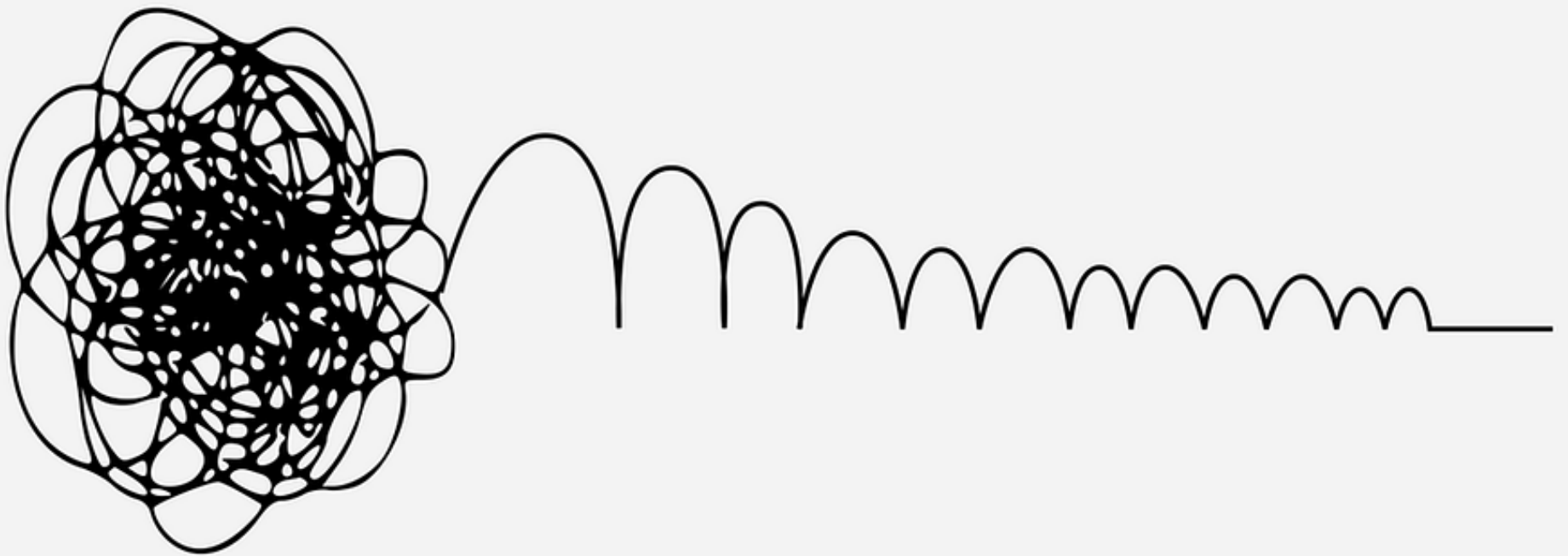


SEEKING PURPOSE

**Golden rule: Seek a long-term  
purpose, not short-term  
dopamine**

MOMENT

MOVEMENT

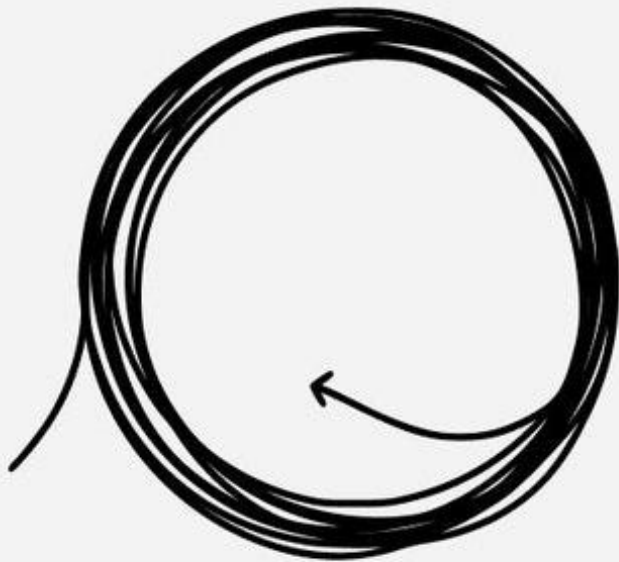


**Move to move the mind**

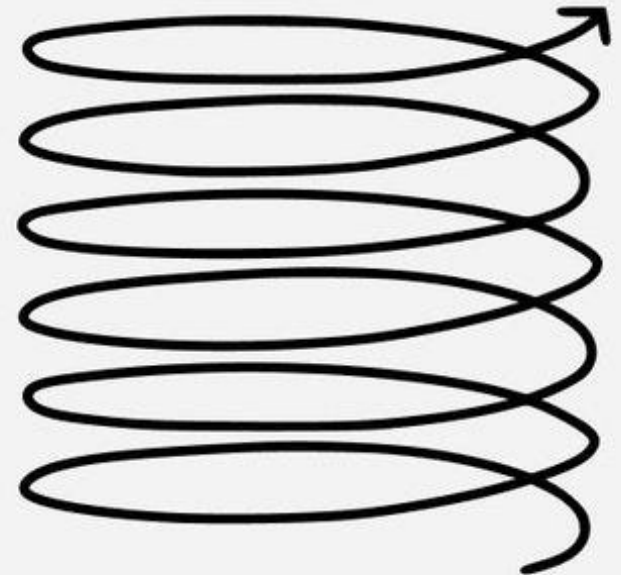


ABMASIA.ORG

SEEKING EXTERNAL  
VALIDATION

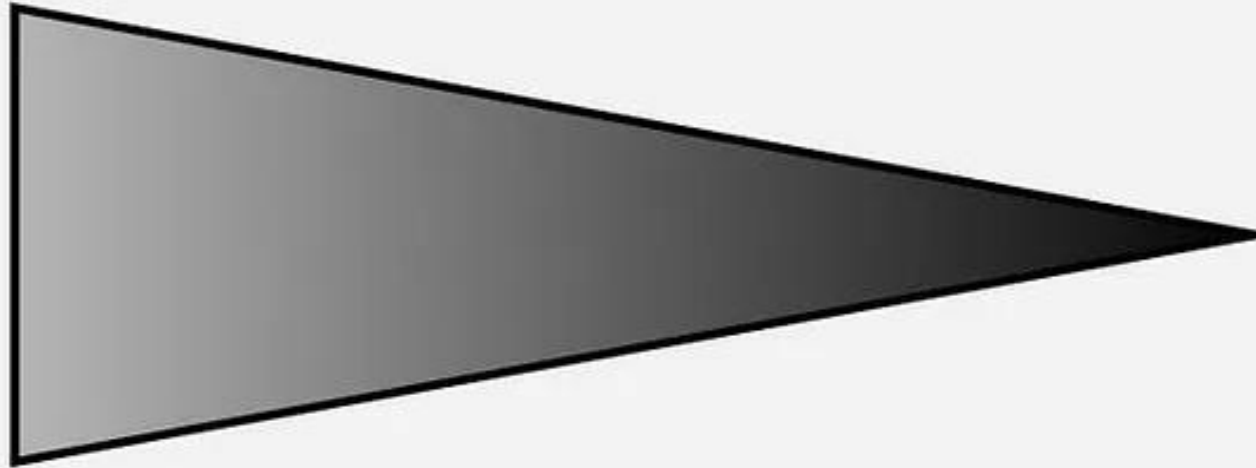


SELF-VALIDATION

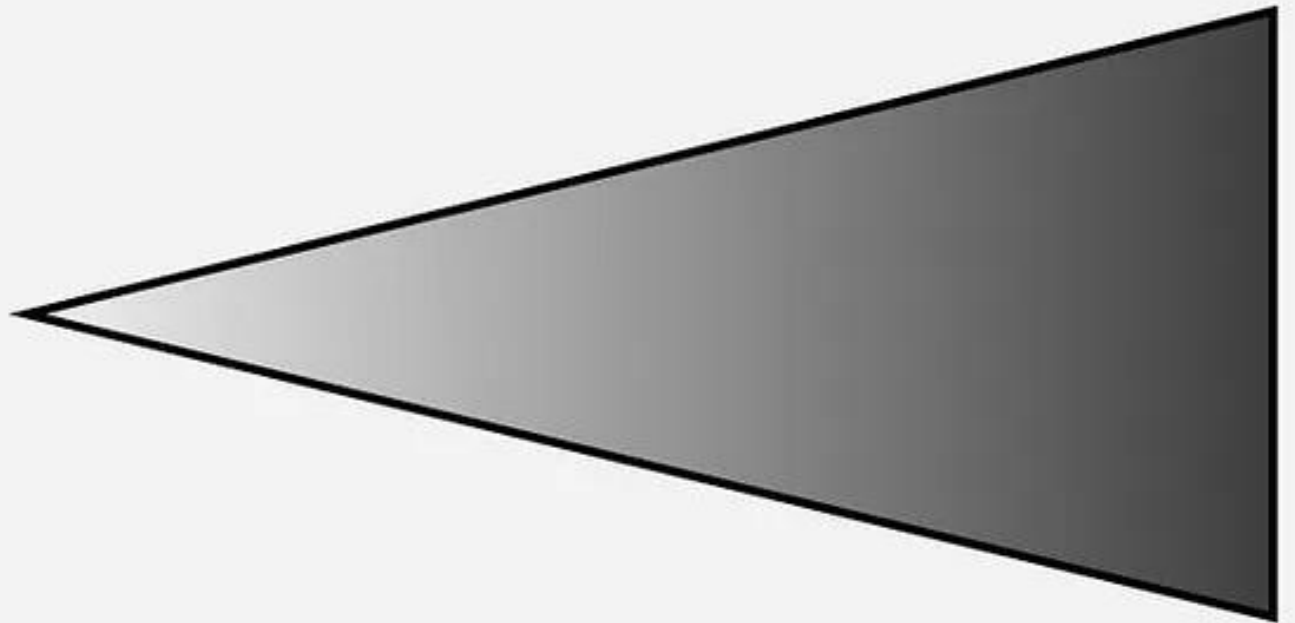


**Self-validation will free you from  
all kinds of validation**

**CONFIRMATION**



**CURIOSITY**

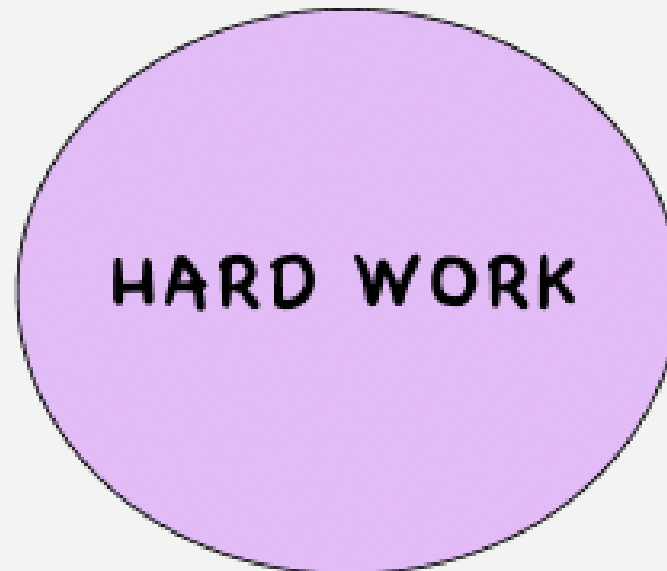


**Confirmation Vs Curiosity**

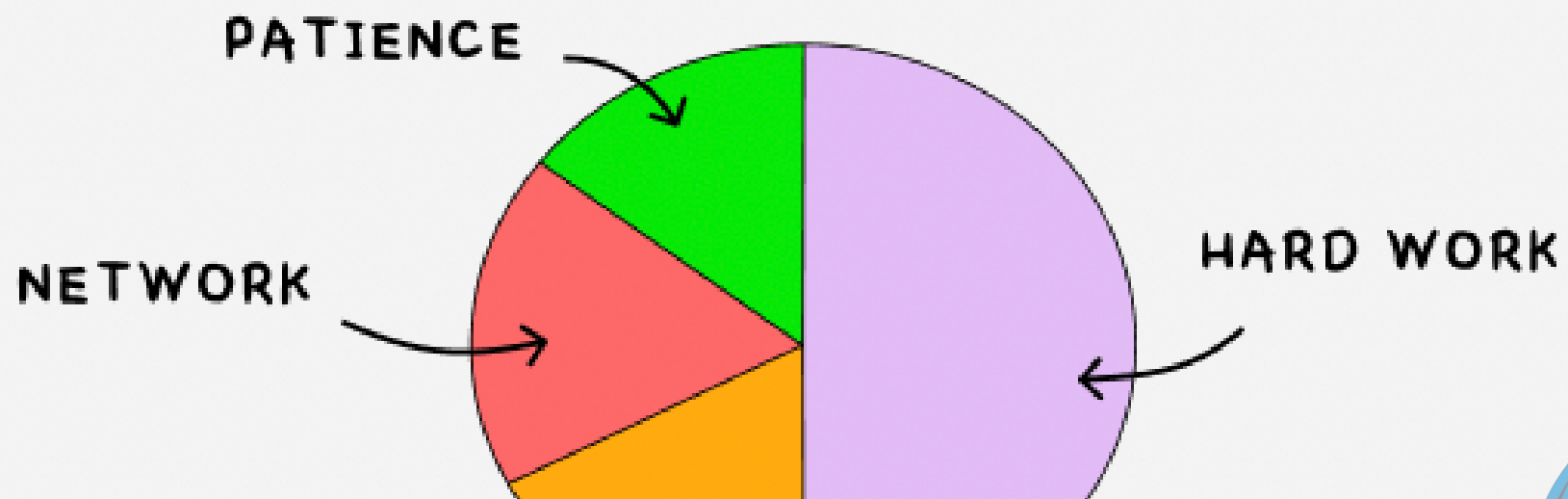


**ABNASIA.ORG**

**WHAT I THOUGHT WOULD MAKE ME  
SUCCESSFUL**



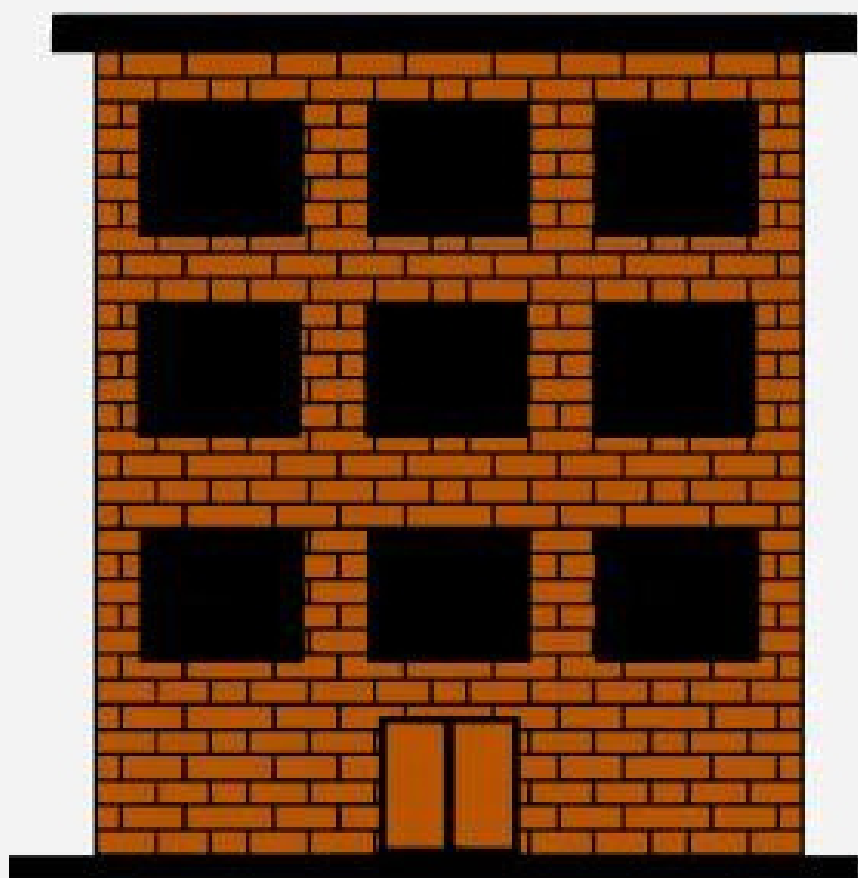
**WHAT ACTUALLY WILL**



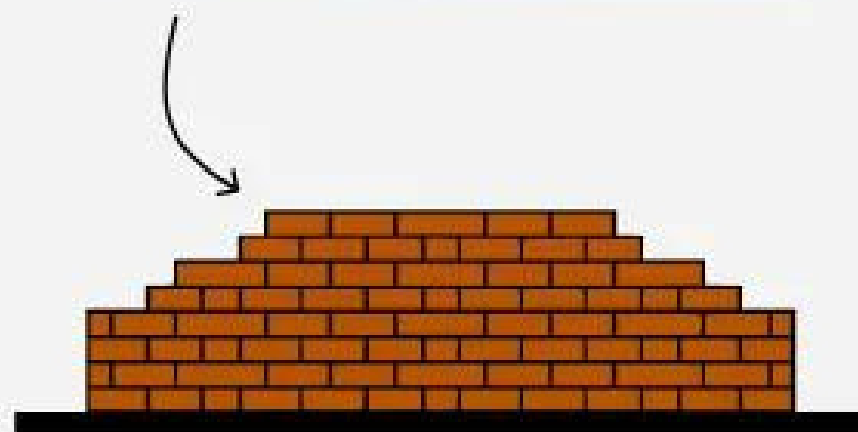
**The success combination**



MAKE BIG PLANS

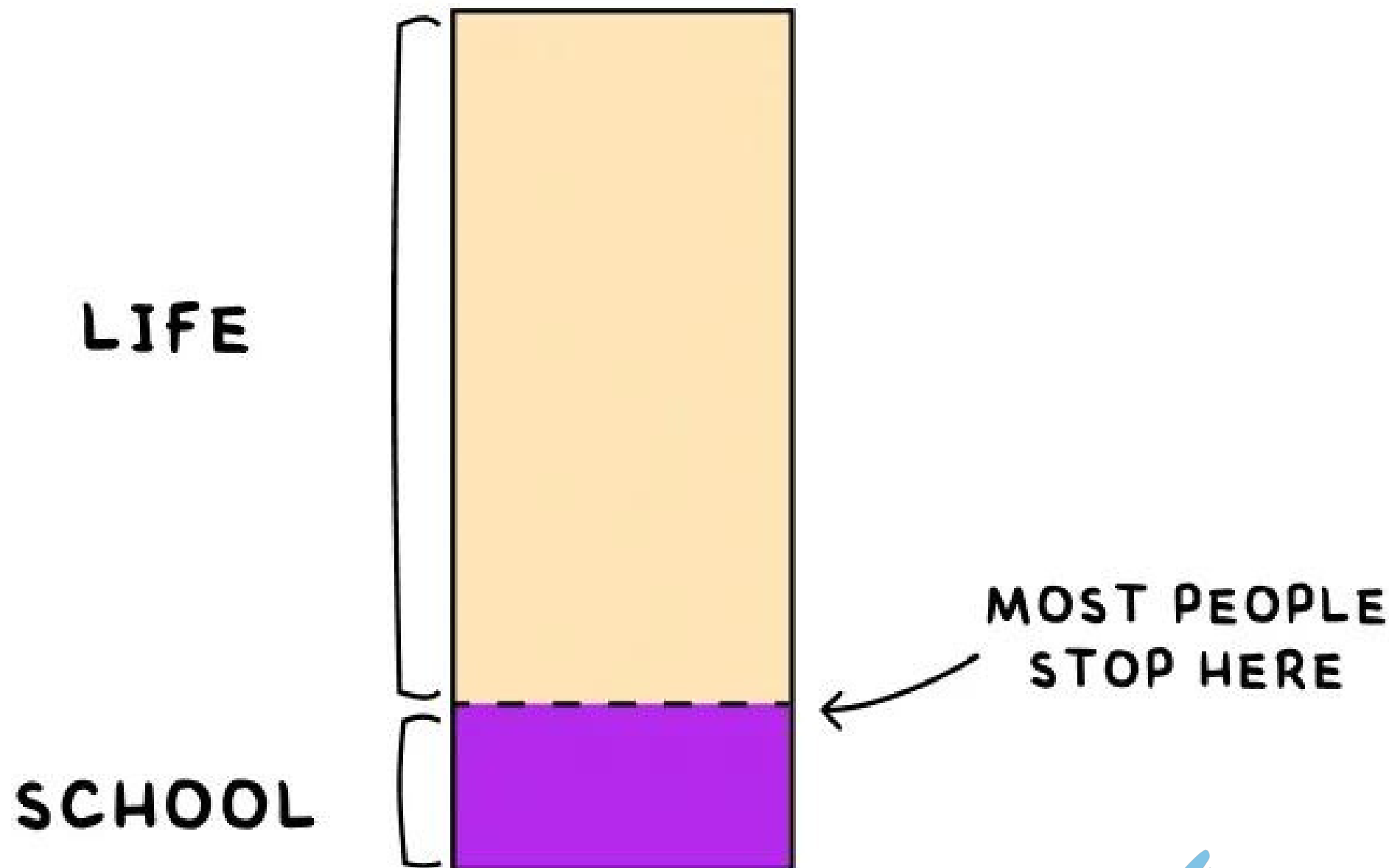


ENJOY LITTLE THINGS



**Make big plans, and enjoy little things**

# LEARNING



**Learning is a life-long process**



WHAT WE THINK SELF  
CARE LOOKS LIKE

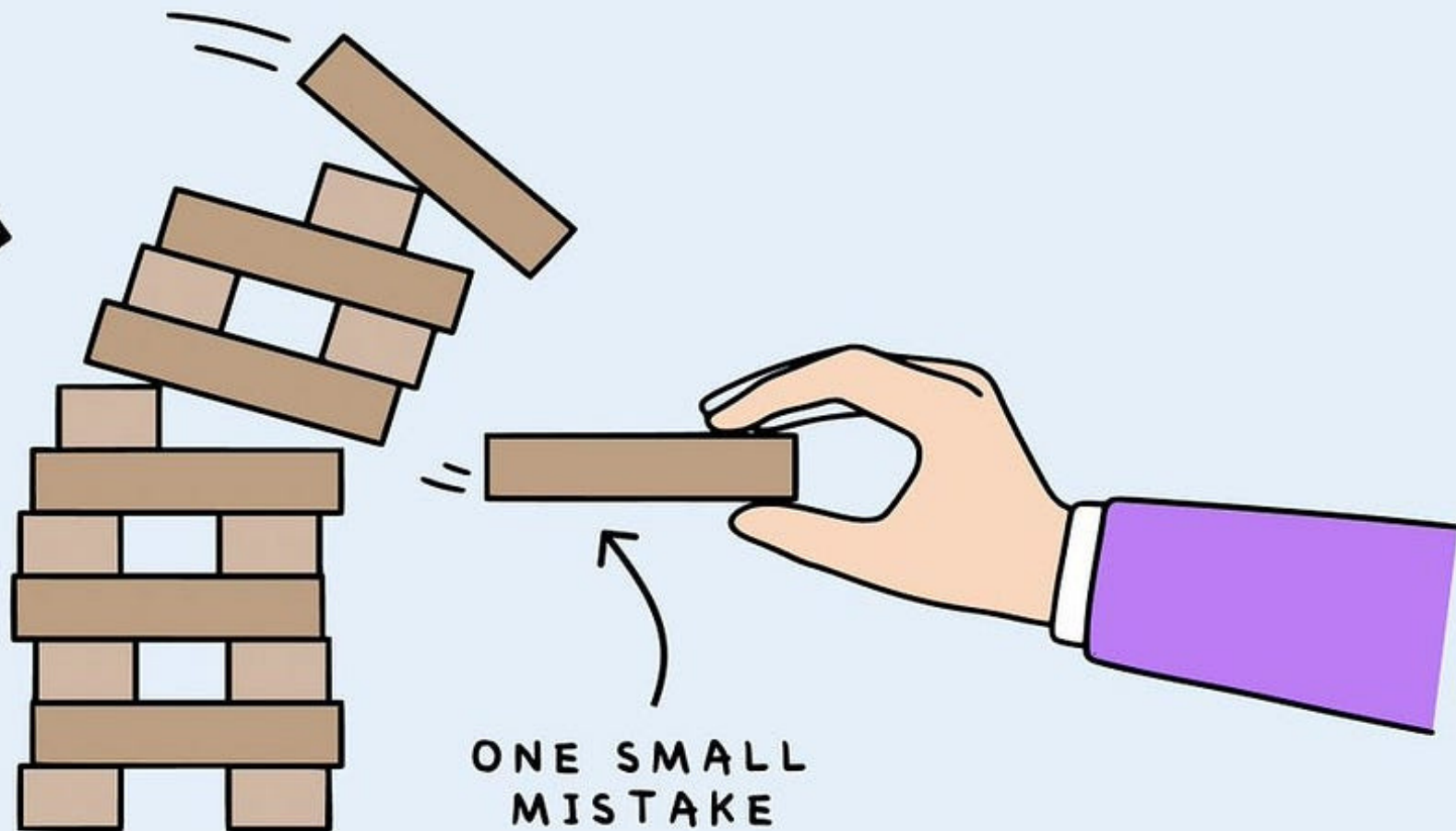
TO-DO	MON	TUE	WED	THU	FRI	SAT	SUN
MEDITATION	✓	✓	✓	✓	✓	✓	✓
JOURNALING	✓	✓	✓	✓	✓	✓	✓
EXERCISING	✓	✓	✓	✓	✓	✓	✓

WHAT IT ACTUALLY  
LOOKS LIKE

TO-DO	MON	TUE	WED	THU	FRI	SAT	SUN
MEDITATION	✓	✓	✗	✓	✓	✓	✗
JOURNALING	✓	✗	✓	✓	✓	✗	✓
EXERCISING	✓	✓	✓	✓	✓	✗	✗

**Self-care is not the same every  
day**

20 YEARS OF  
REPUTATION



**Reputation is a fragile house**