

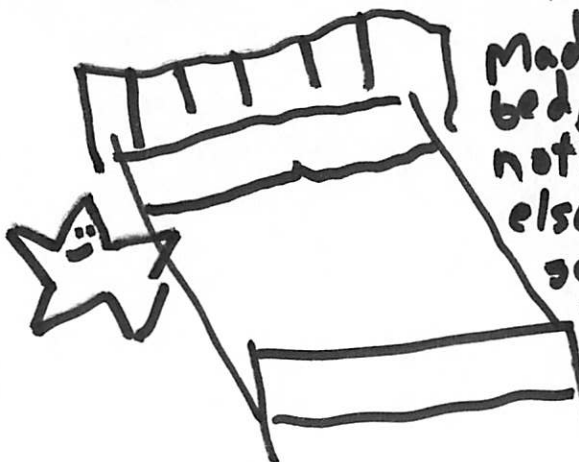


Waking up  
is my call to  
action



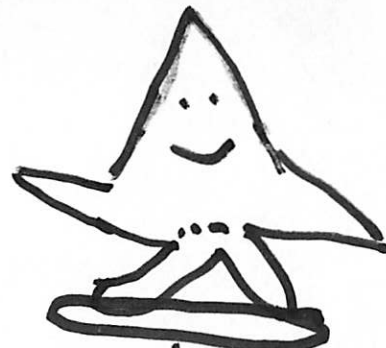
Time  
to work on  
myself  
using  
mindful  
progress

I gradually build  
a set of positive habits  
with the mindful progress  
app supporting me.  
cc Habit Chaining??



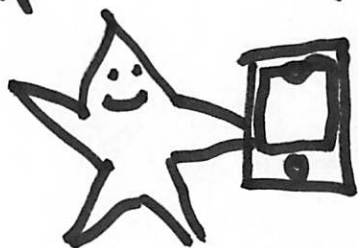
Made the  
bed, if  
nothing  
else, I've  
gotten  
something  
done  
today!

OK, next step  
guided meditation  
for 3 minutes.



Yesterday it was 2.

Love the positive  
feedback after  
I mark each task  
done. I can choose  
to give feedback on  
difficulty, whether  
to skip next step, etc.



I've got good traction  
on these habits right  
now, and I just  
unlocked writing  
a gratitude list.  
Do I want to hear  
more?



I've had a  
string of good  
days, but this  
app also encourages  
me and adjusts  
the load when I ~~forget~~  
~~the app~~  
miss some  
days.