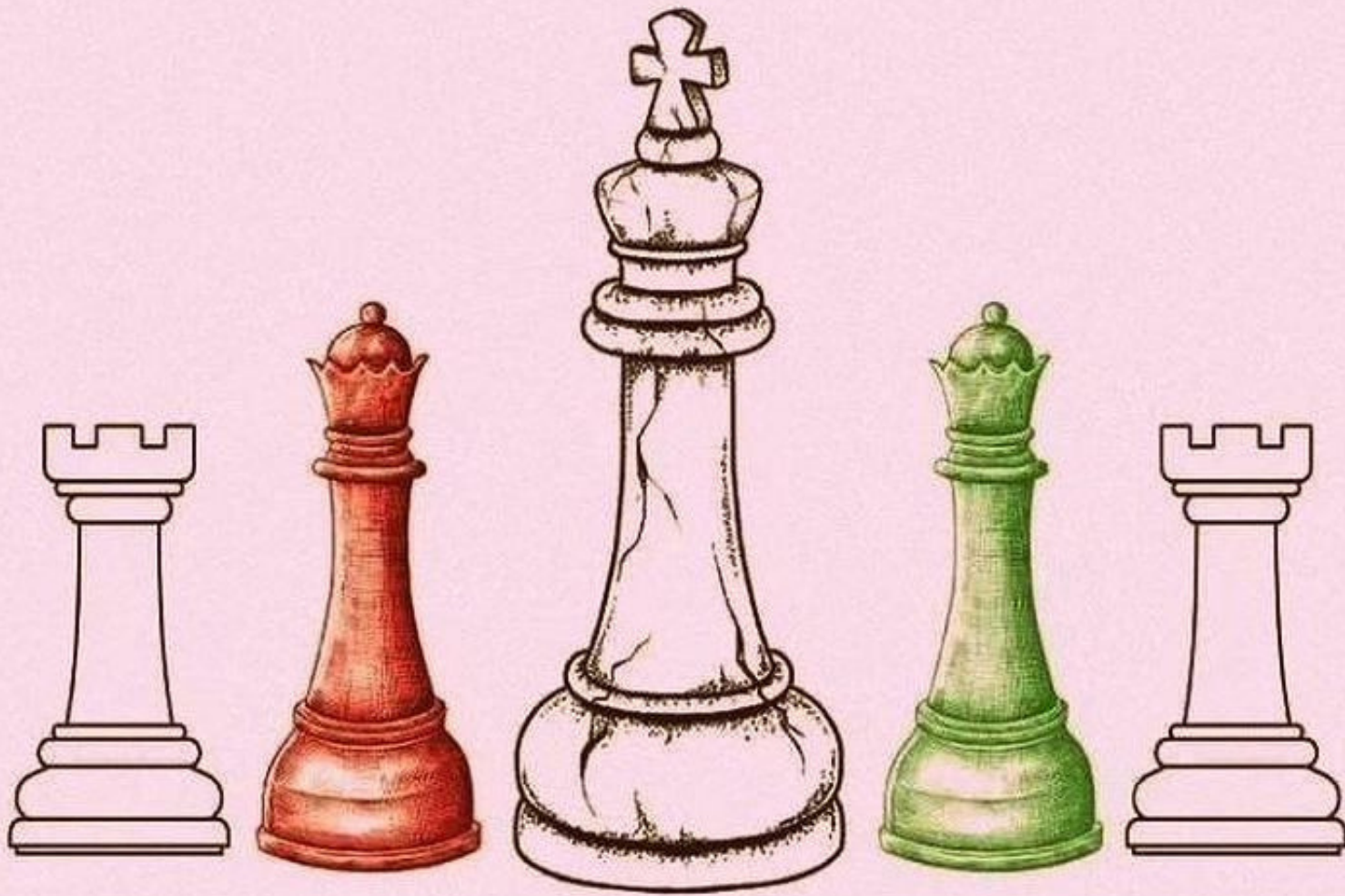


Life is a game



We can't
undo a move

But

We can make
the next one better

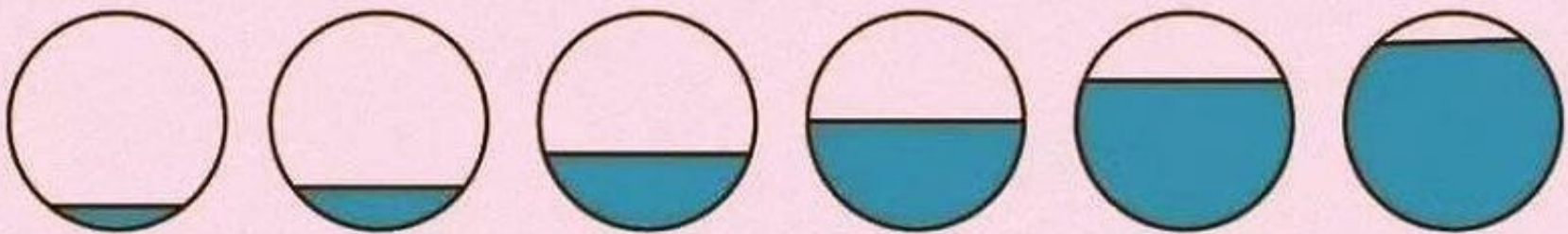


When your
brain needs
rest.

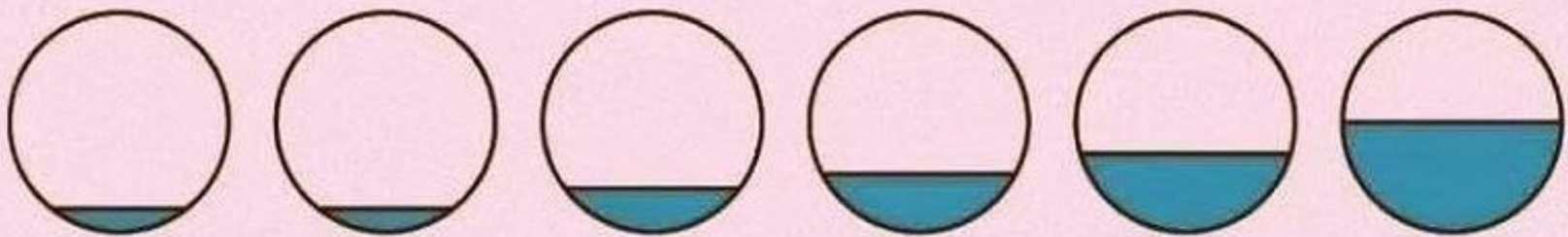


when your
body needs
rest

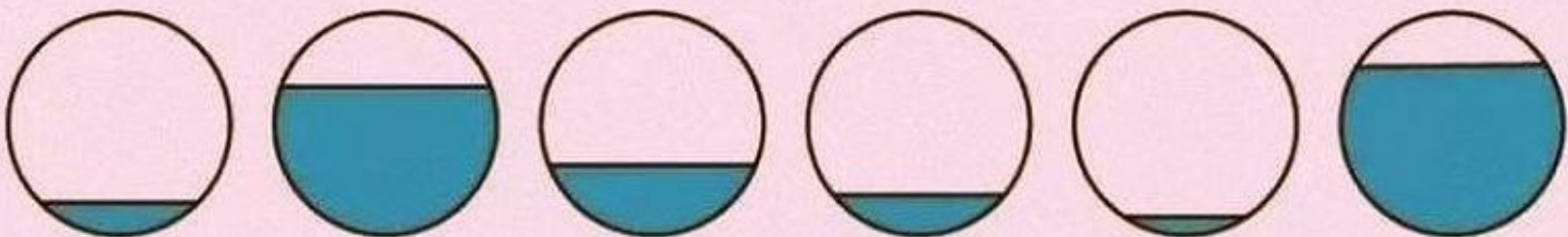
This is progress

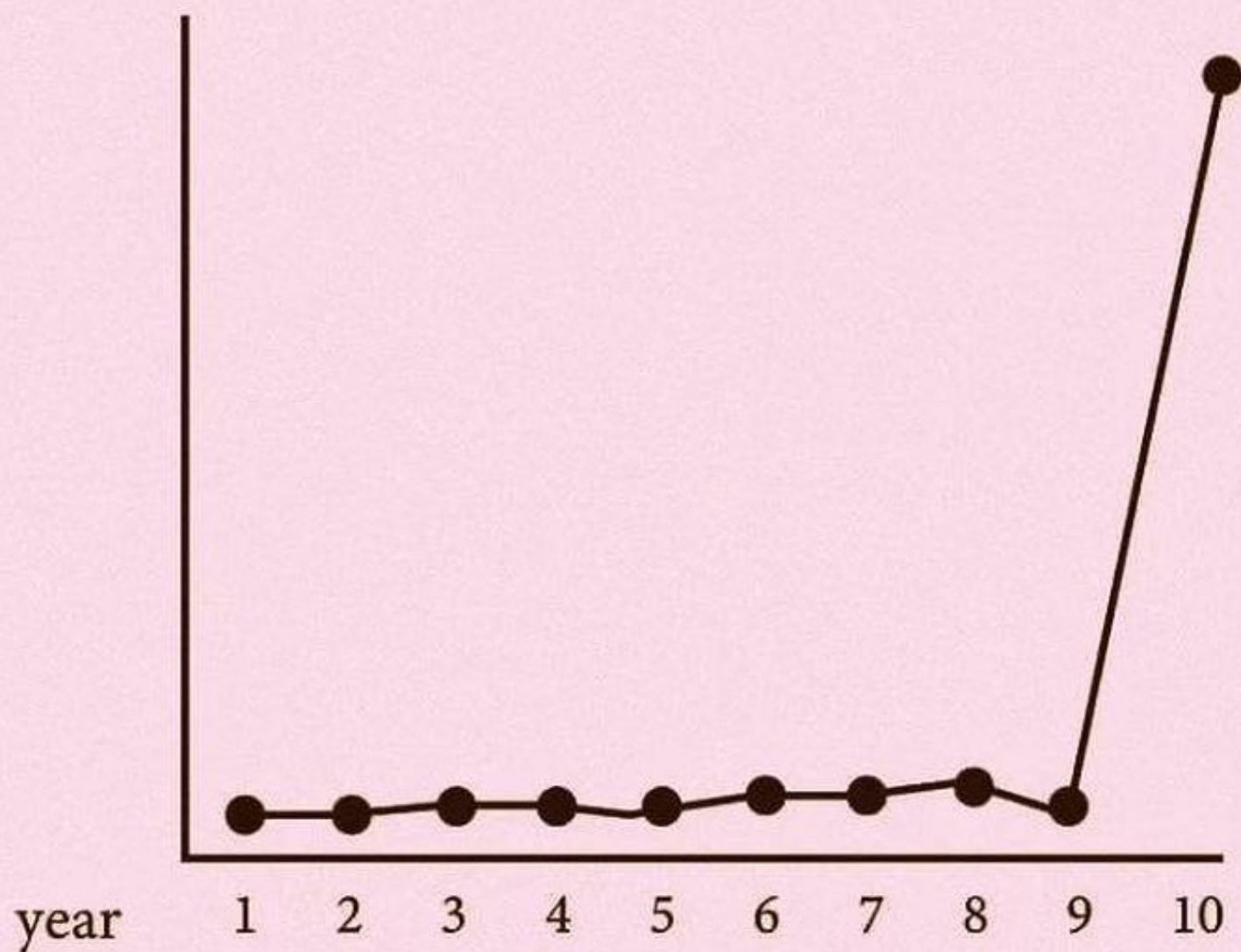


This also progress

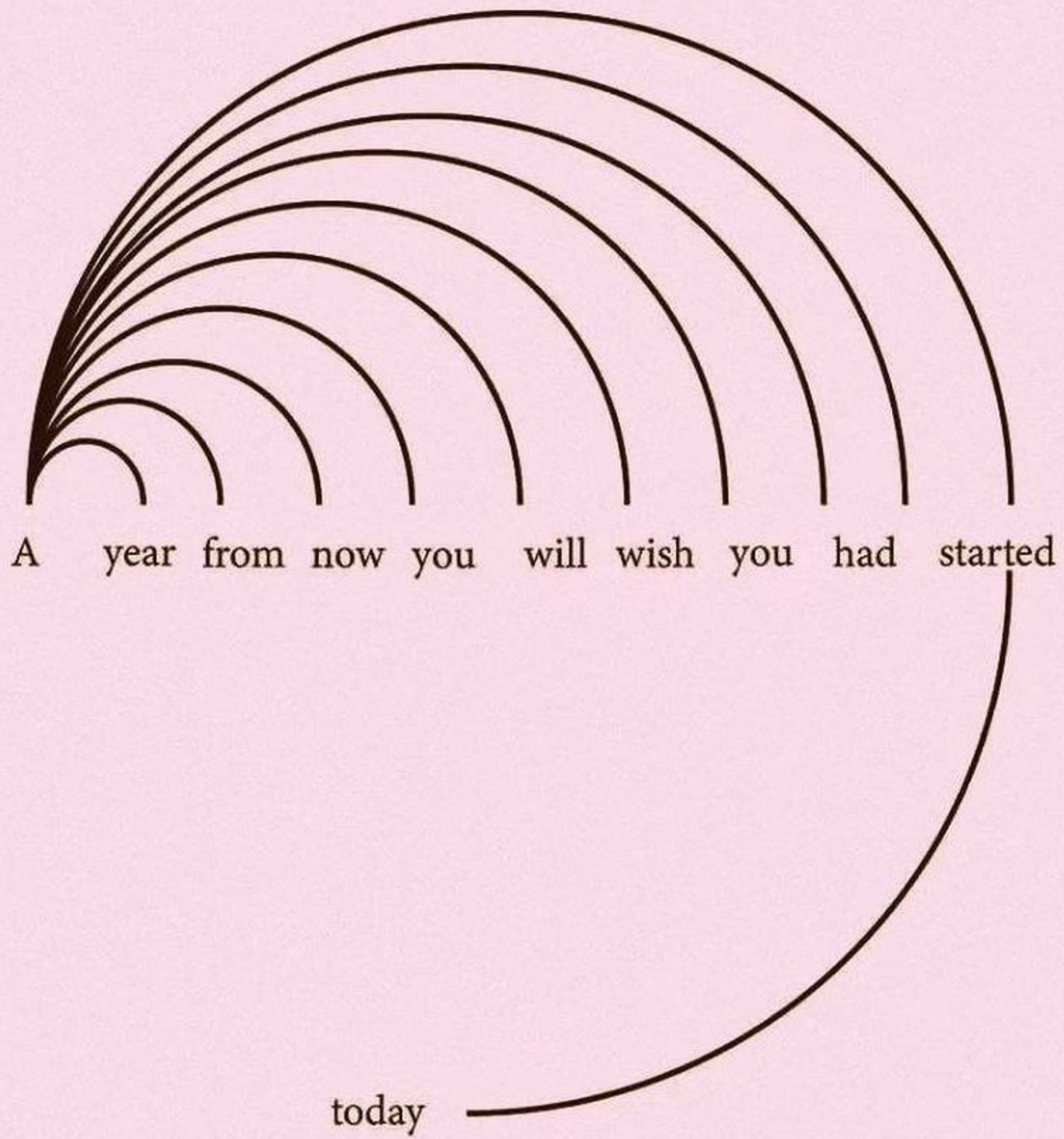


And so this





Sometimes it takes ten years
to get that one year that changes
your life.



No



one



can



be



100%



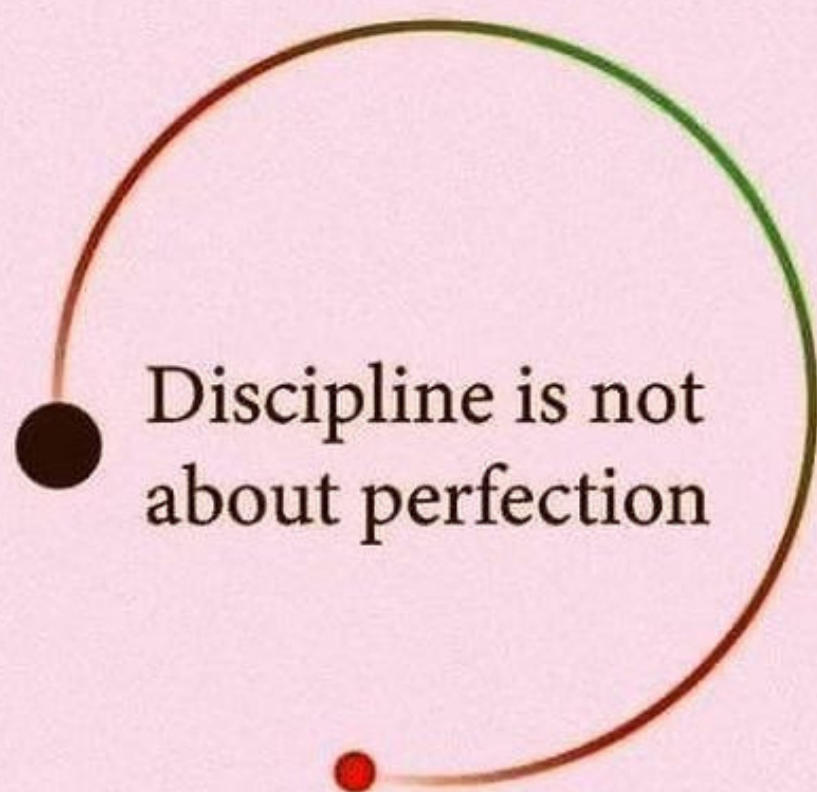
every



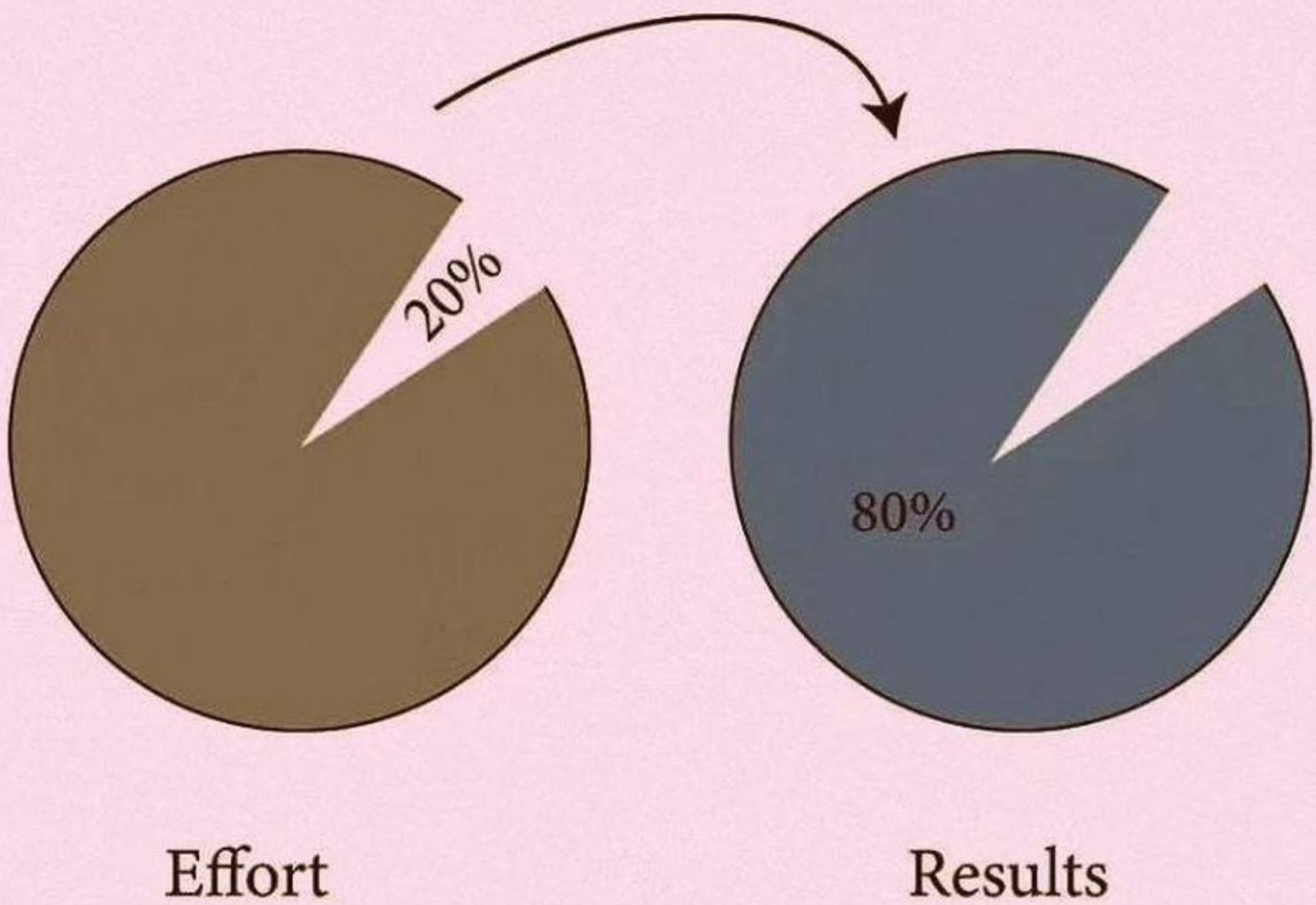
day



and thats okay...



Pareto's law



80% of results stem from 20% of actions.
prioritise and focus on what's important.