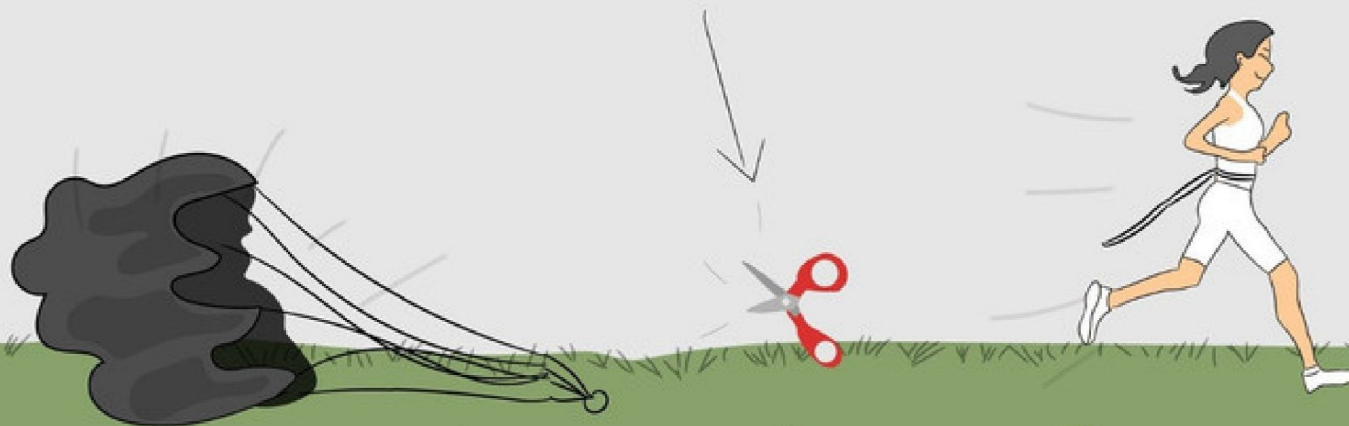


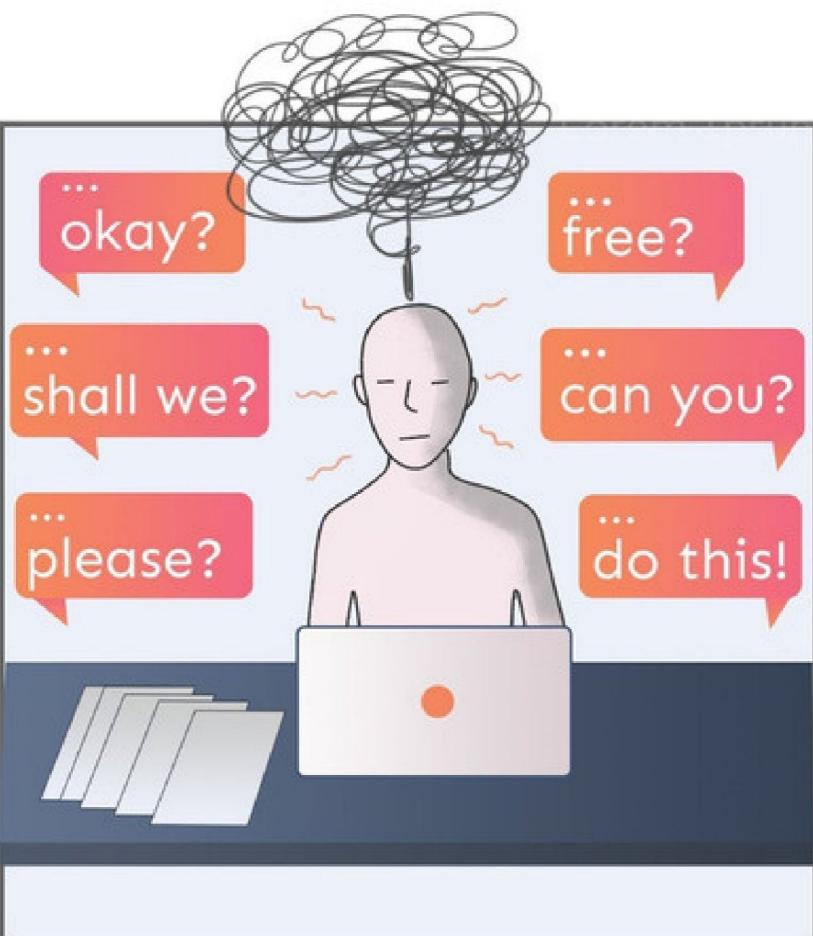
a pile of tasks
just because you don't know
how to say "NO"



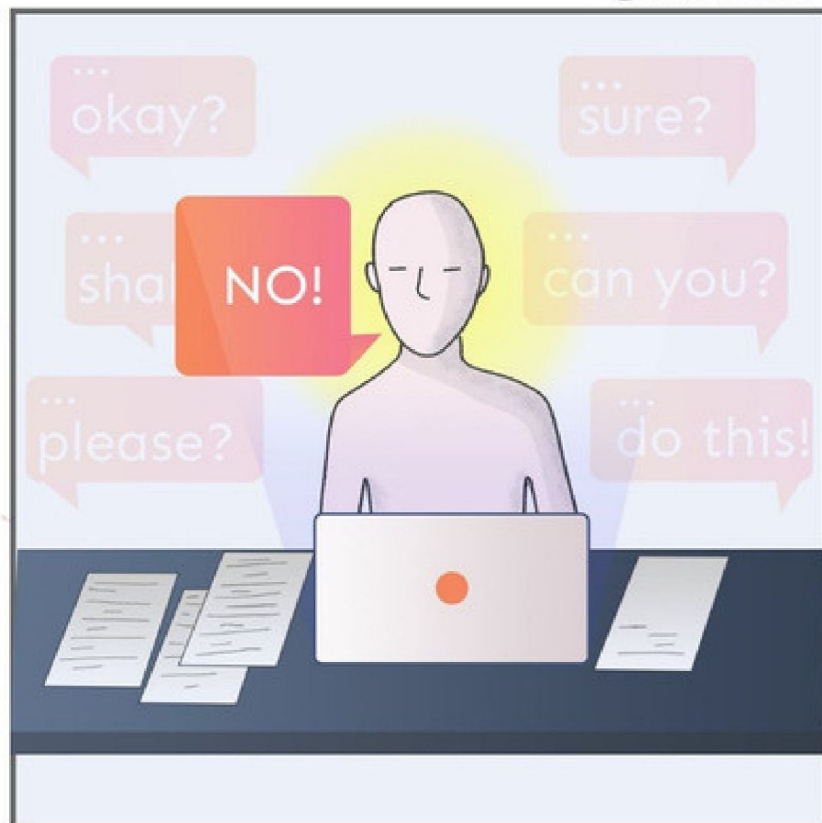
a peaceful "NO"



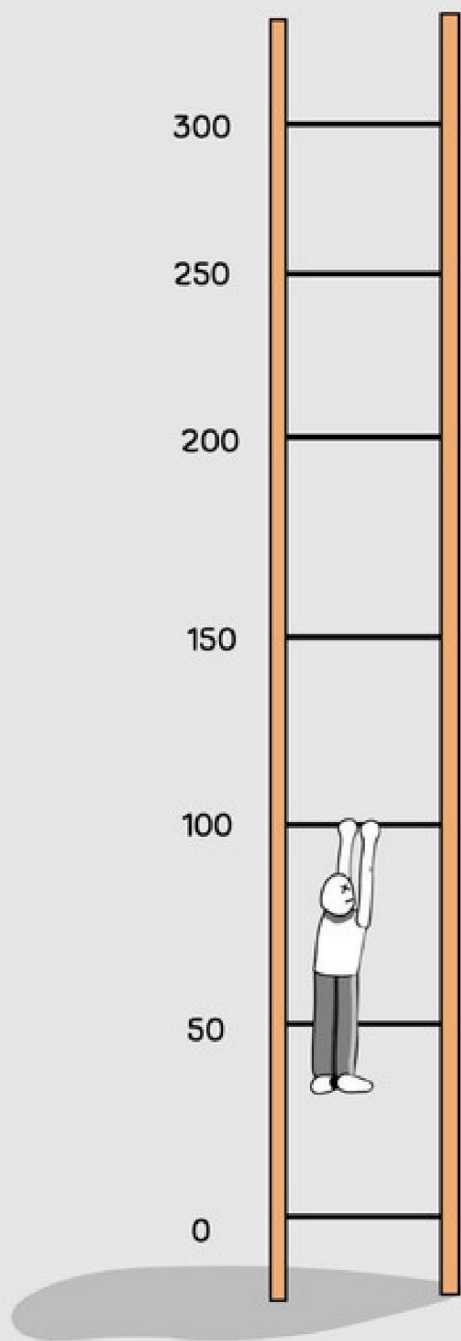
@tanosei



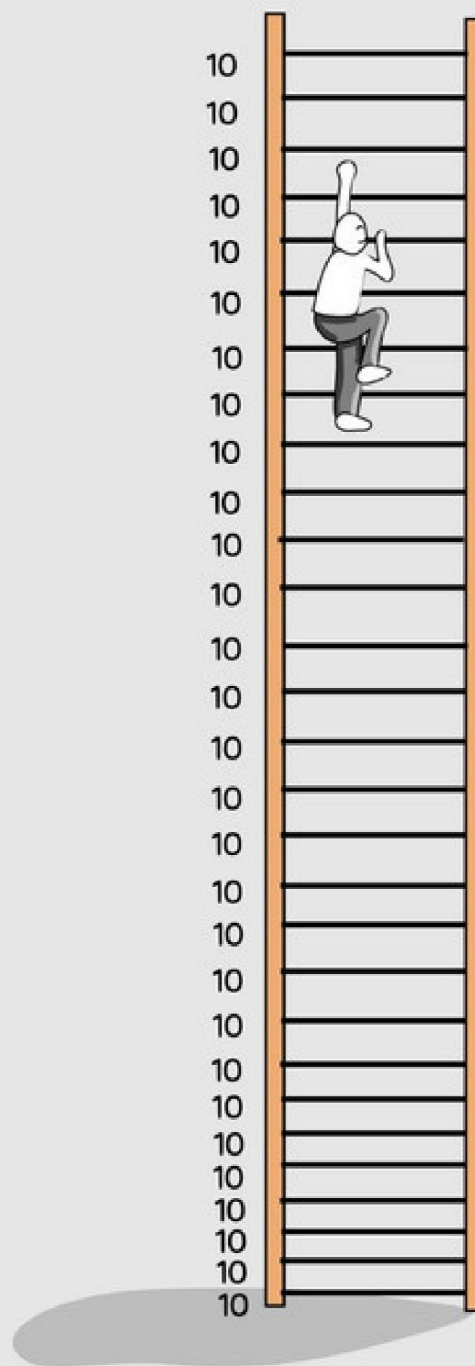
You'll get it more done



when you learn to say "NO"



inconsistent
ladder



consistent
ladder

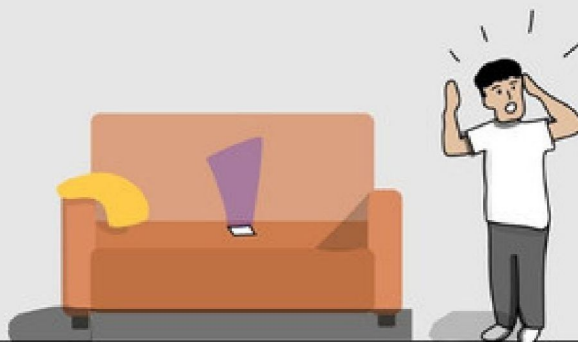
That's easy I will do it tomorrow!



TASK



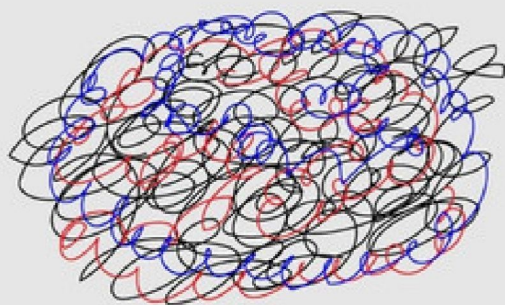
Initial days



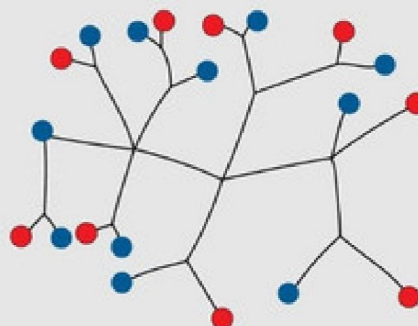
TASK



Final Day



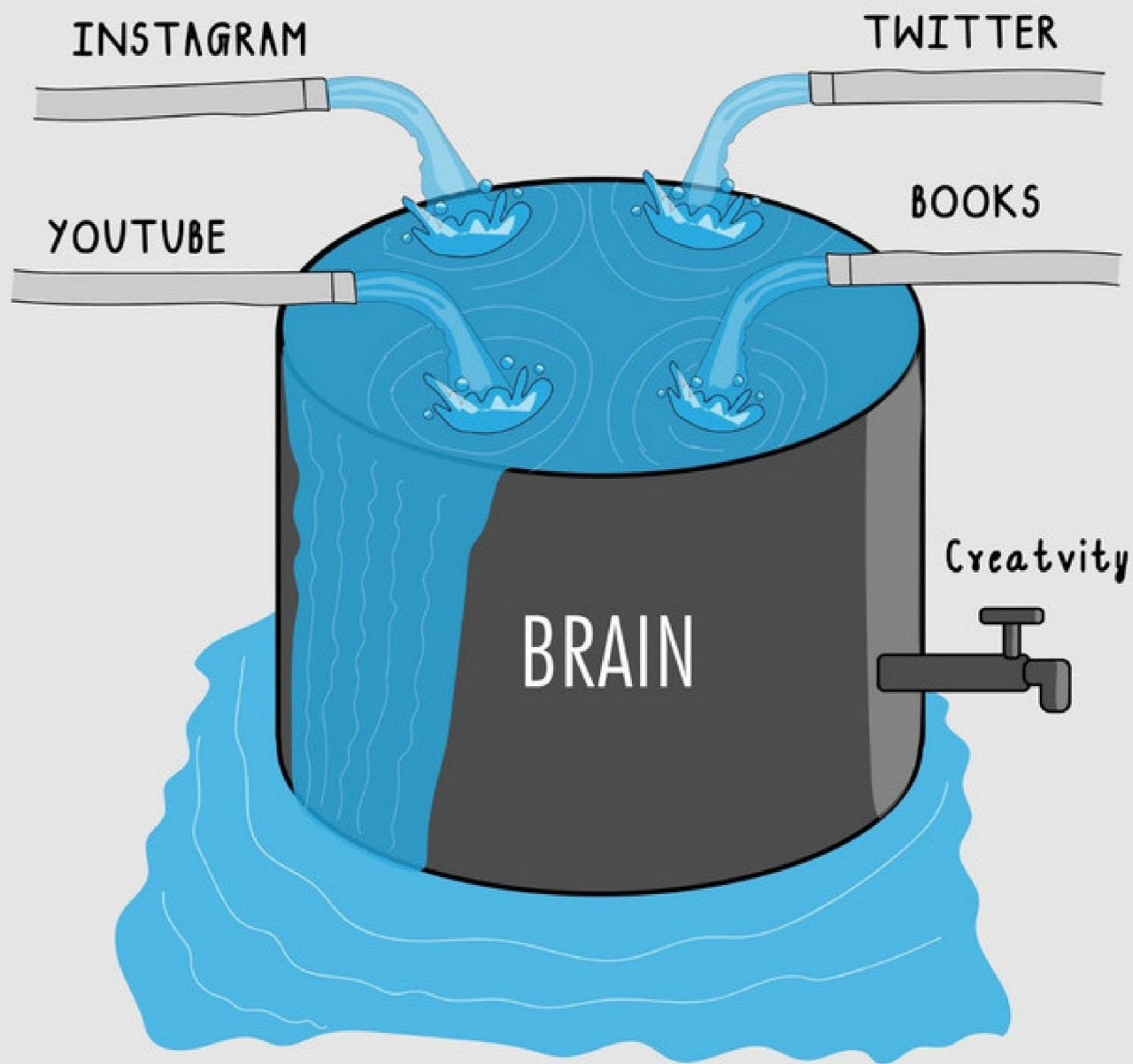
Things to be done



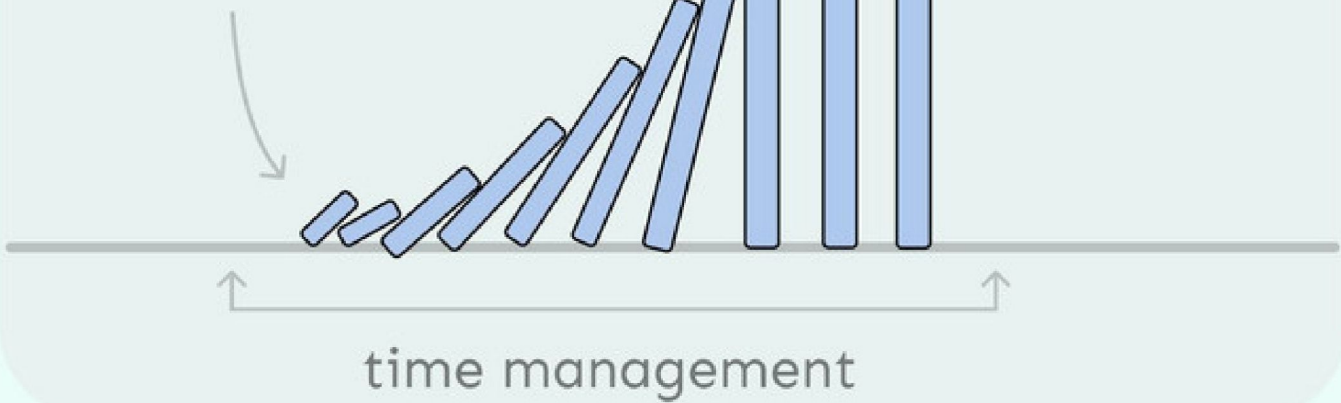
Things to be done

- Send a letter to Lucius.
- Attend meeting with Fronto.
- Attend Philosophy class.
- Write.

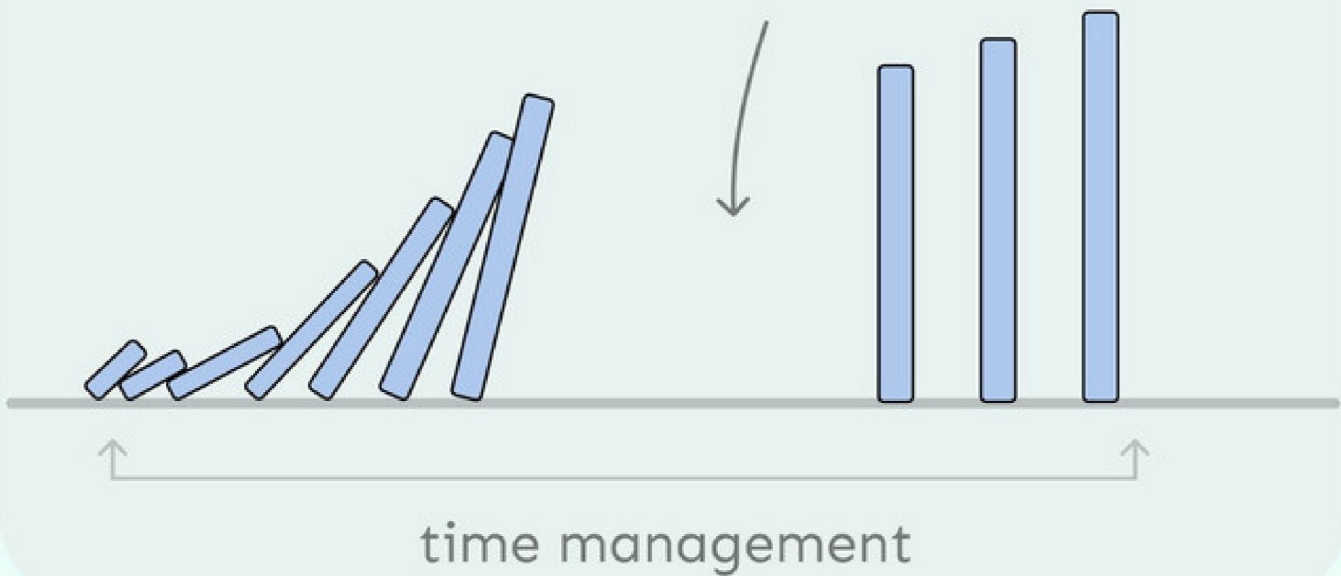


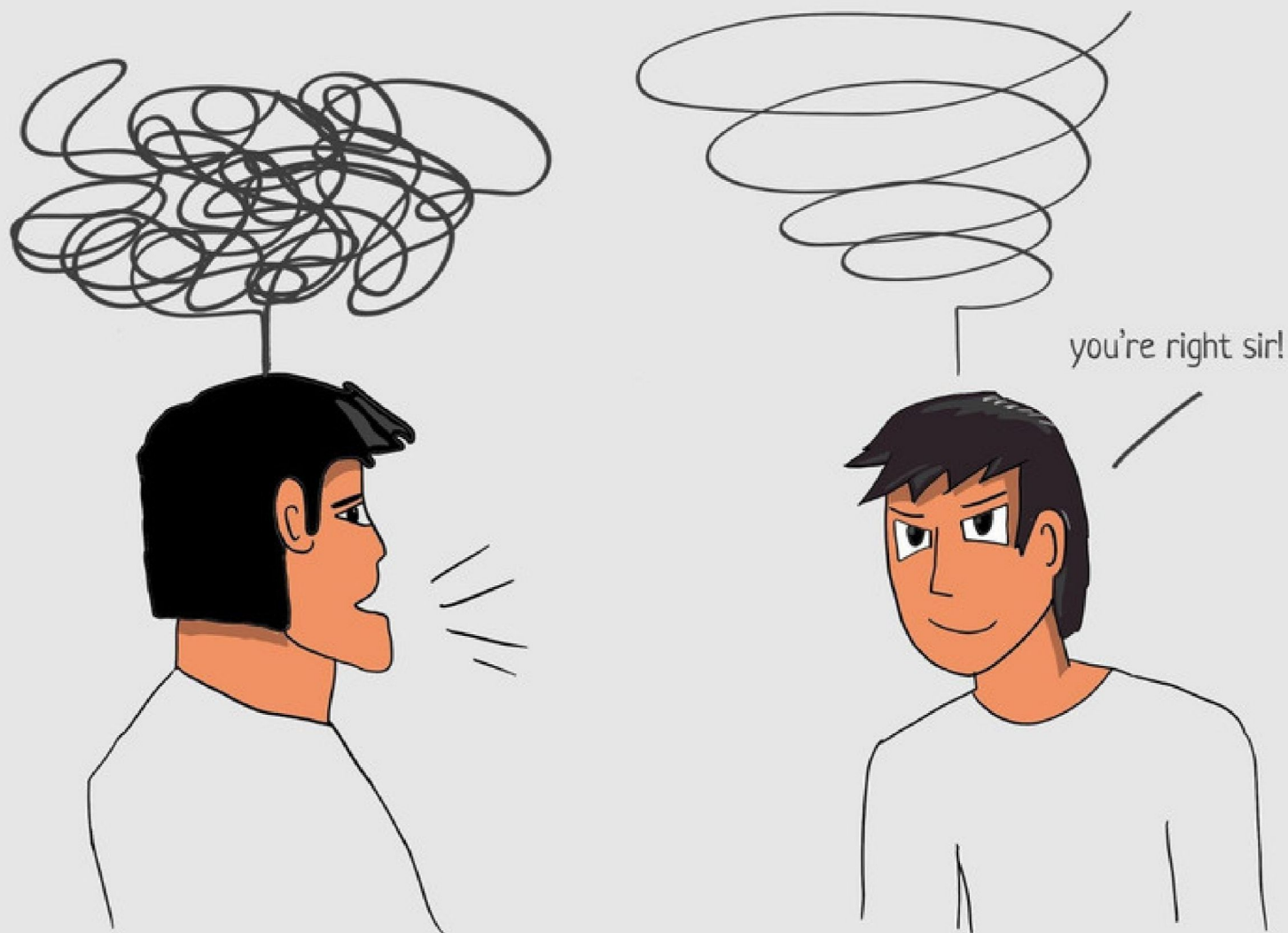


unpredictable
events



extra time





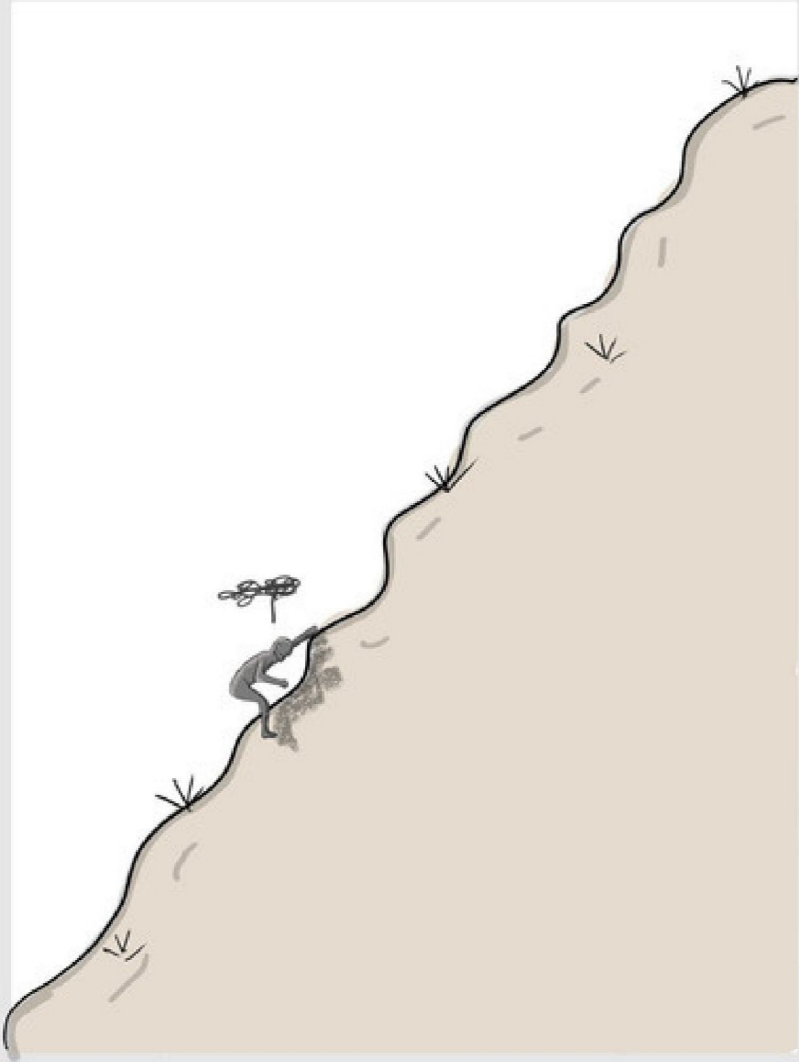
letting people win an argument on purpose is good
for you inner peace



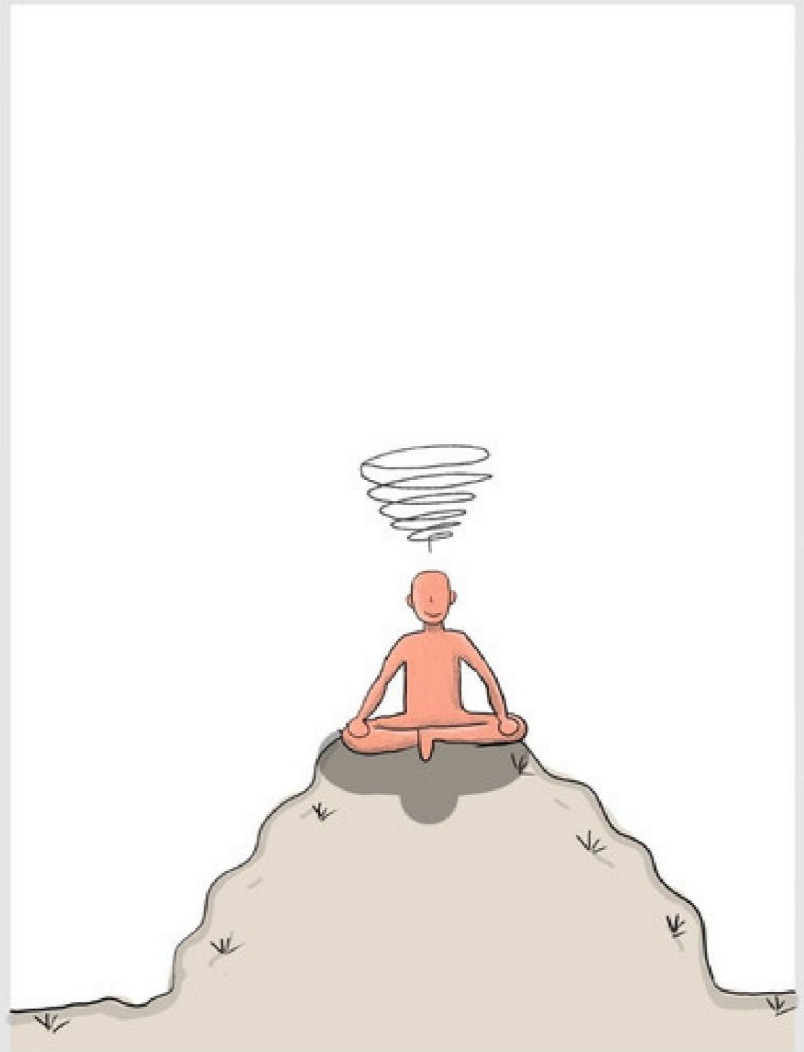
nurture this



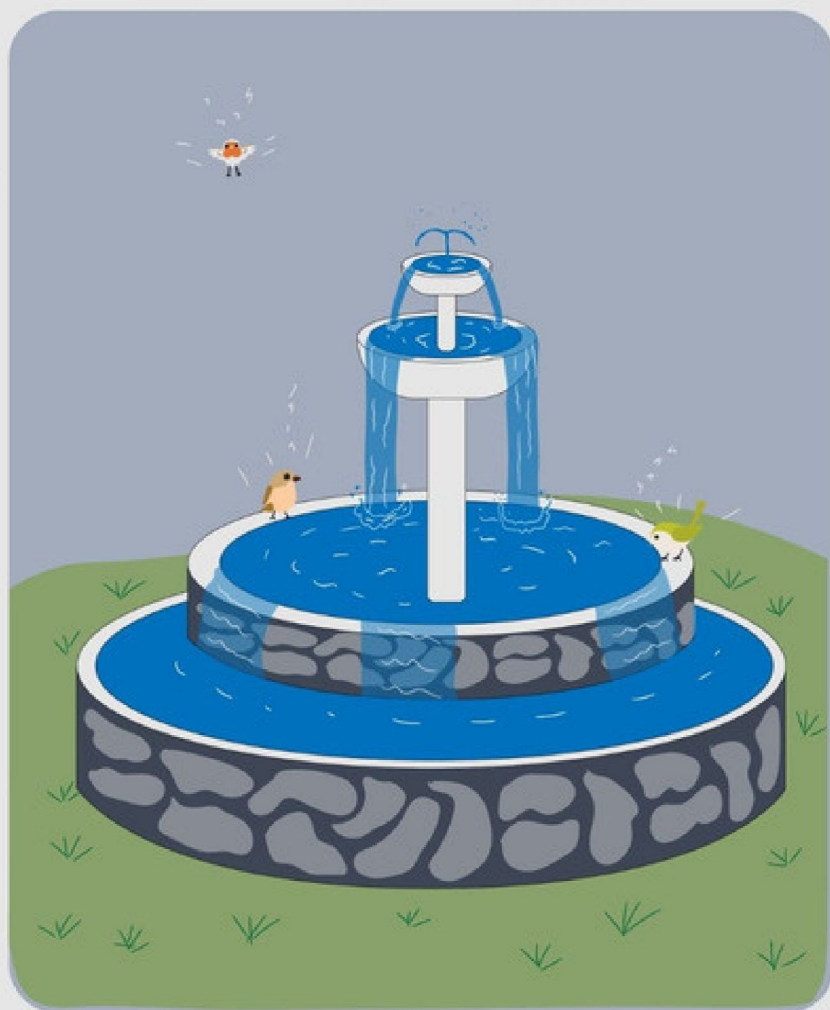
not this



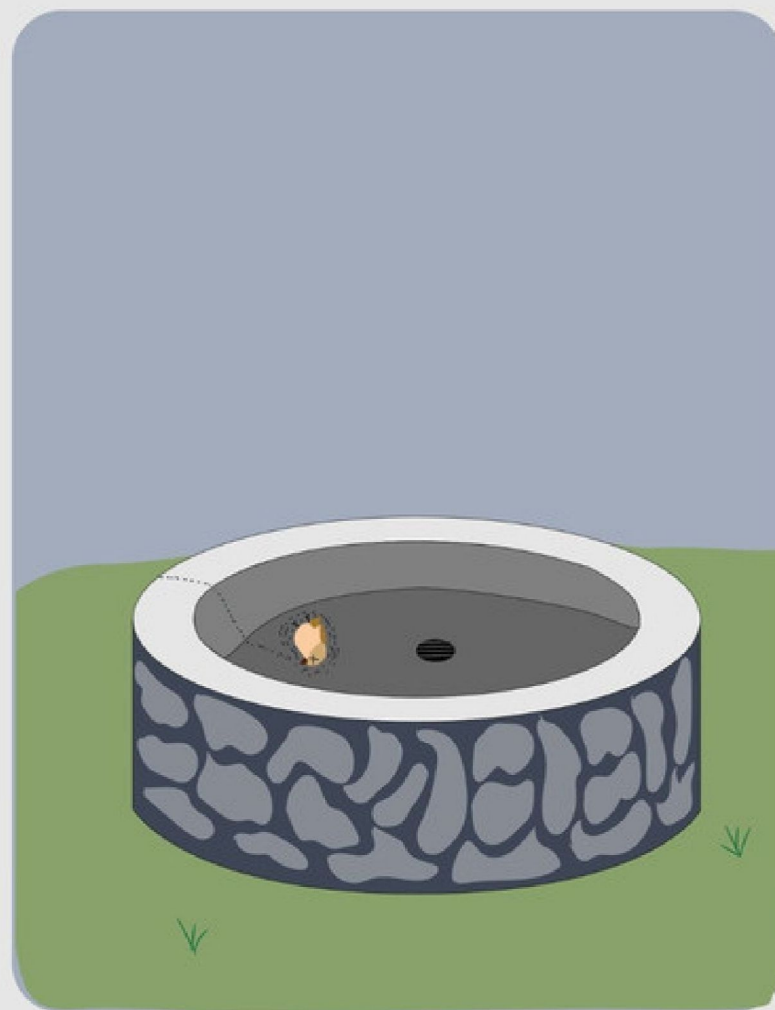
not prioritizing your task



prioritizing your task

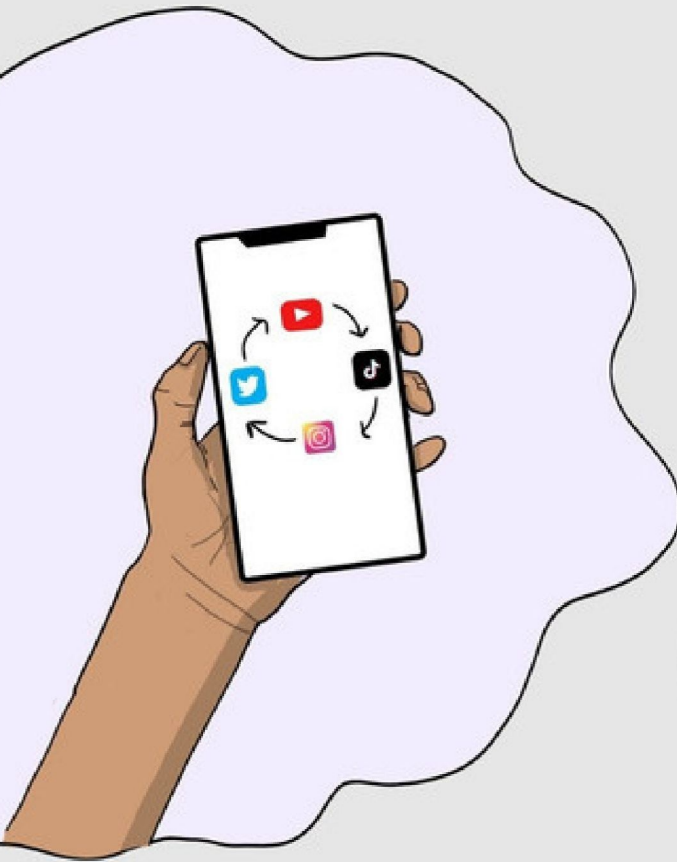


be a fountain

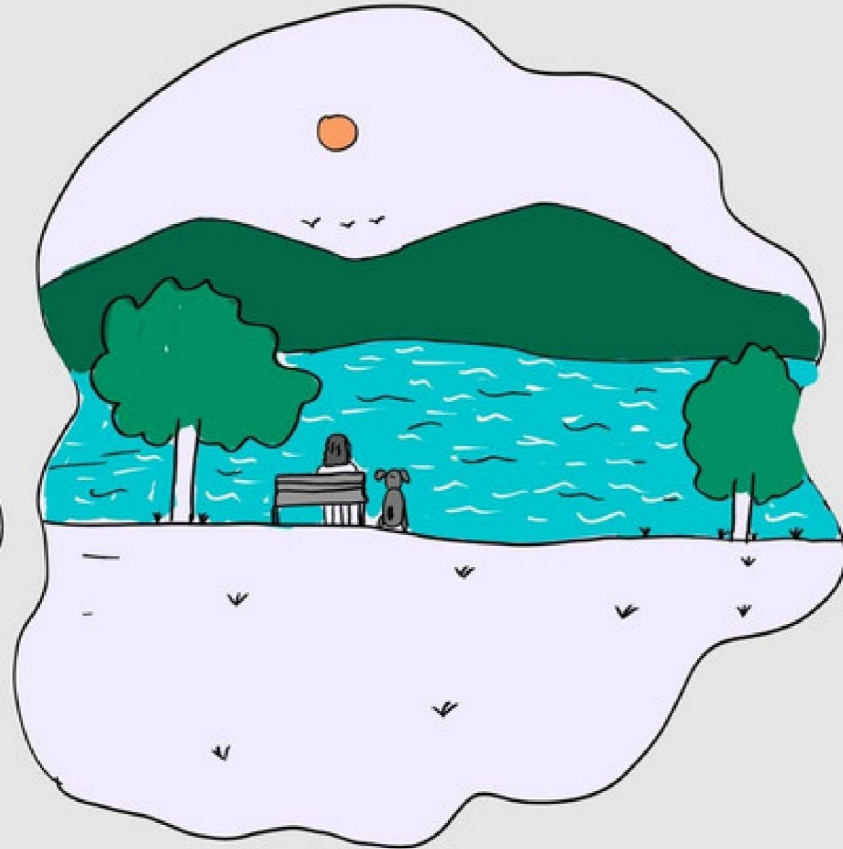


not a sink

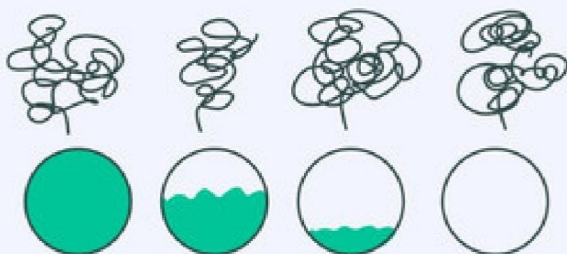
the right way to take a break



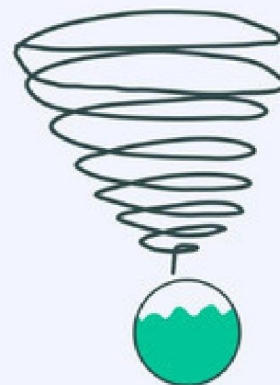
is not by doing this



but by doing this



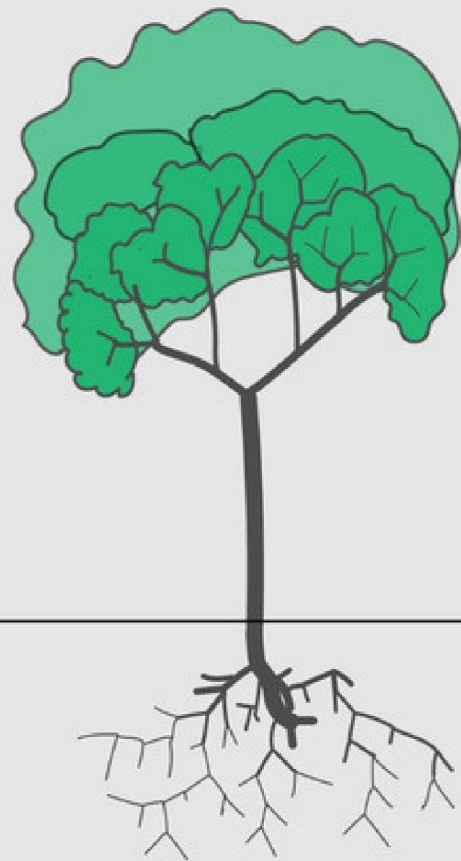
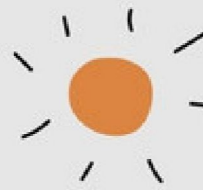
multiple tasks



single task



This is what you want to avoid



But that is what makes you grow