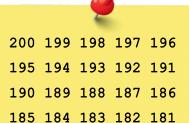
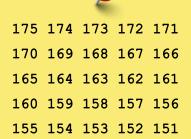


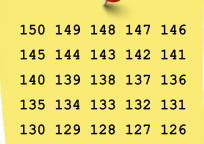
## THE POST-IT COUNTDOWN

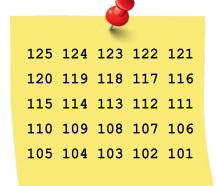
My goal was to improve by 1% every day for 200 days each year. I kept these countdowns on my desk to track and motivate myself!



180 179 178 177 176



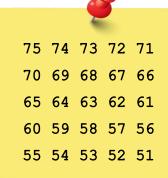




## HALFWAY THERE! KEEP ON PUSHING!



100	99	98	97	96
95	94	93	92	91
90	89	88	87	86
85	84	83	82	81
80	79	78	77	76



-							
50	49	48	47	46			
45	44	43	42	41			
40	39	38	37	36			
35	34	33	32	31			
30	29	28	27	26			



