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!

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200 199 198 197 196        175 174 173 172 171        150 149 148 147 146        125 124 123 122 121
195 194 193 192 191        170 169 168 167 166        145 144 143 142 141        120 119 118 117 116
190 189 188 187 186        165 164 163 162 161        140 139 138 137 136        115 114 113 112 111
185 184 183 182 181        160 159 158 157 156        135 134 133 132 131        110 109 108 107 106
180 179 178 177 176        155 154 153 152 151        130 129 128 127 126        105 104 103 102 101
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HALFWAY THERE! KEEP ON PUSHING!

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100  99  98  97  96        75 74 73 72 71        50 49 48 47 46        25 24 23 22 21
 95  94  93  92  91        70 69 68 67 66        45 44 43 42 41        20 19 18 17 16
 90  89  88  87  86        65 64 63 62 61        40 39 38 37 36        15 14 13 12 11
 85  84  83  82  81        60 59 58 57 56        35 34 33 32 31        10  9  8  7  6
 80  79  78  77  76        55 54 53 52 51        30 29 28 27 26         5  4  3  2  1
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CONGRATULATIONS ON 200 DAYS OF GETTING BETTER! 🥳