

Andrew ✅

@andymewborn

10 visuals on self-care that you must see:

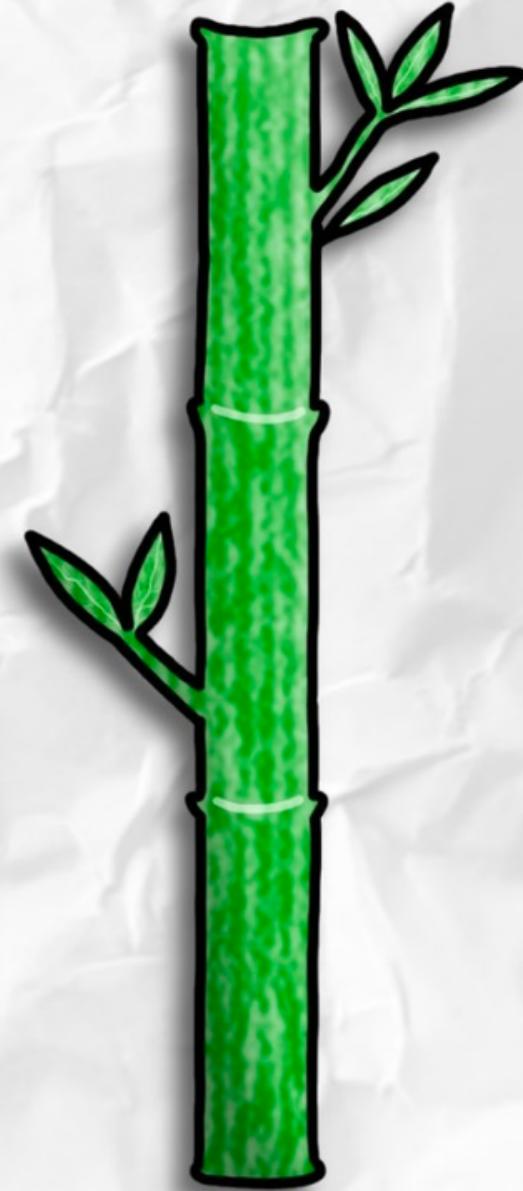
1:



2. THE ONLY COMPARISON WORTH MAKING



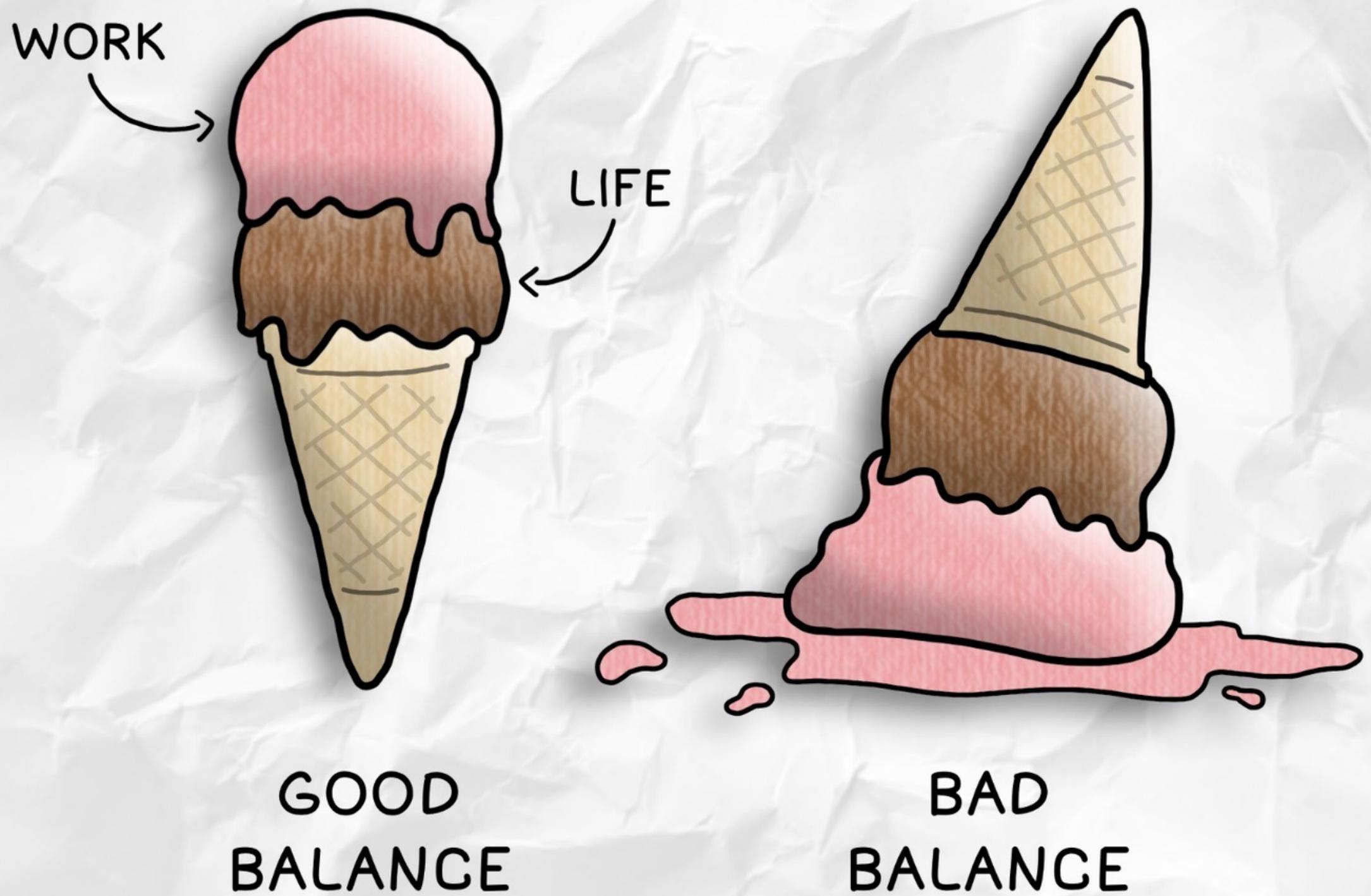
YESTERDAY'S YOU



TODAY'S YOU

3.

WORK-LIFE BALANCE



4.

STRESS



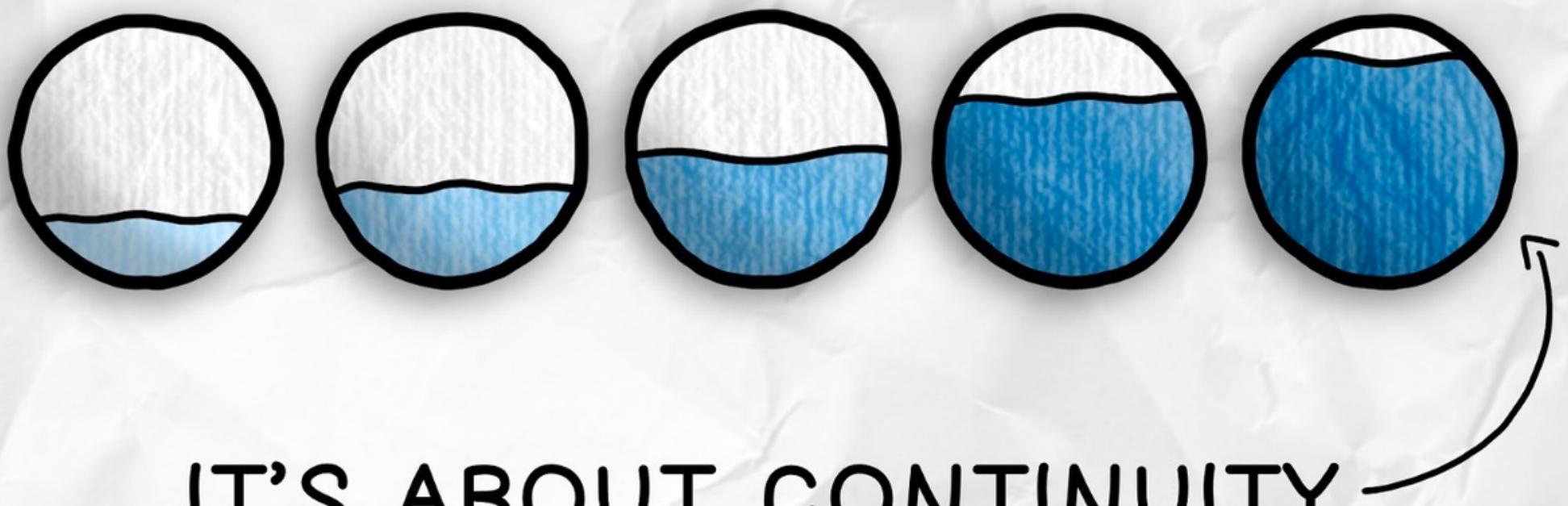
WITH HABITS



WITHOUT HABITS

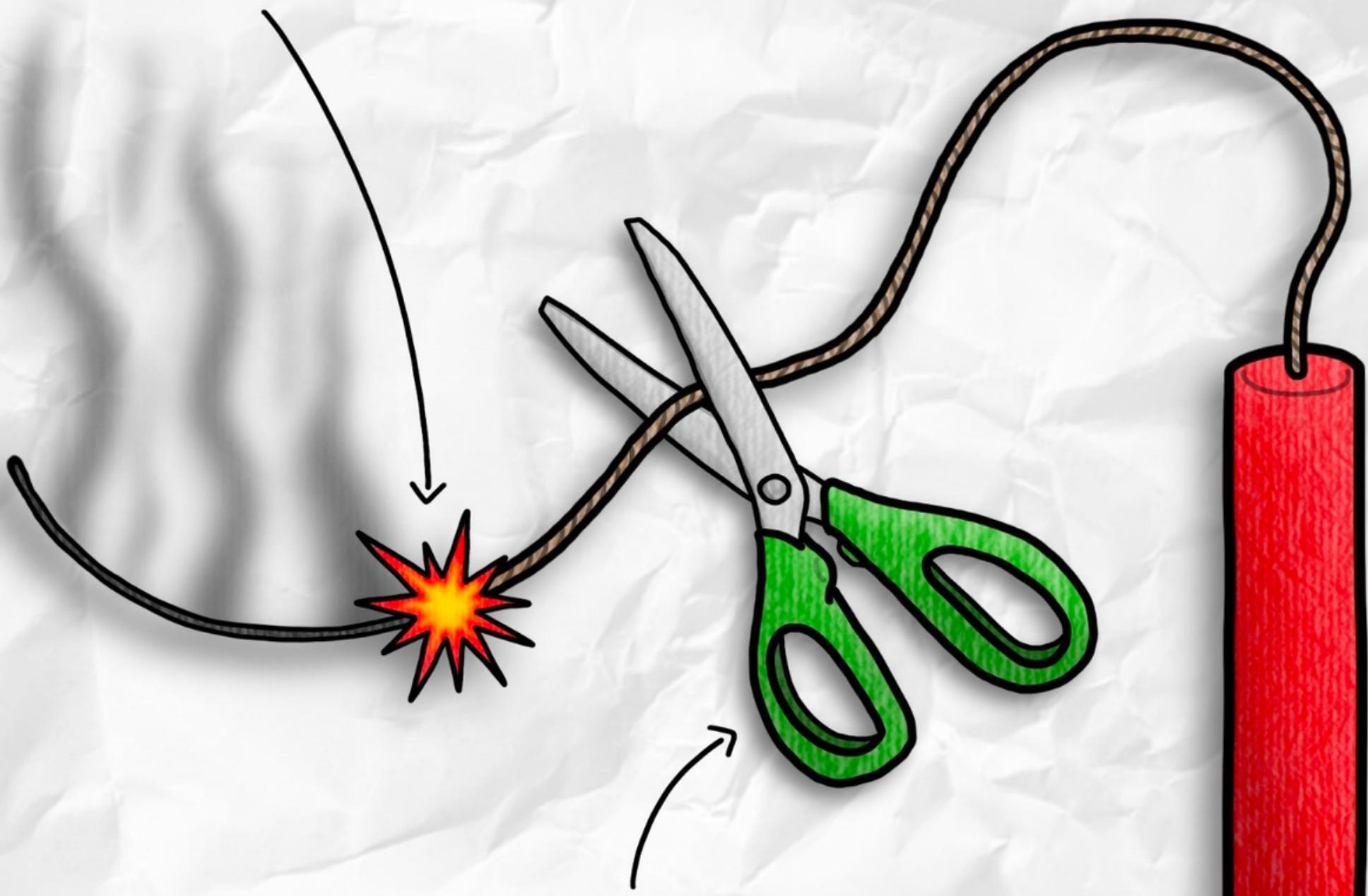
5.

DISCIPLINE



6.

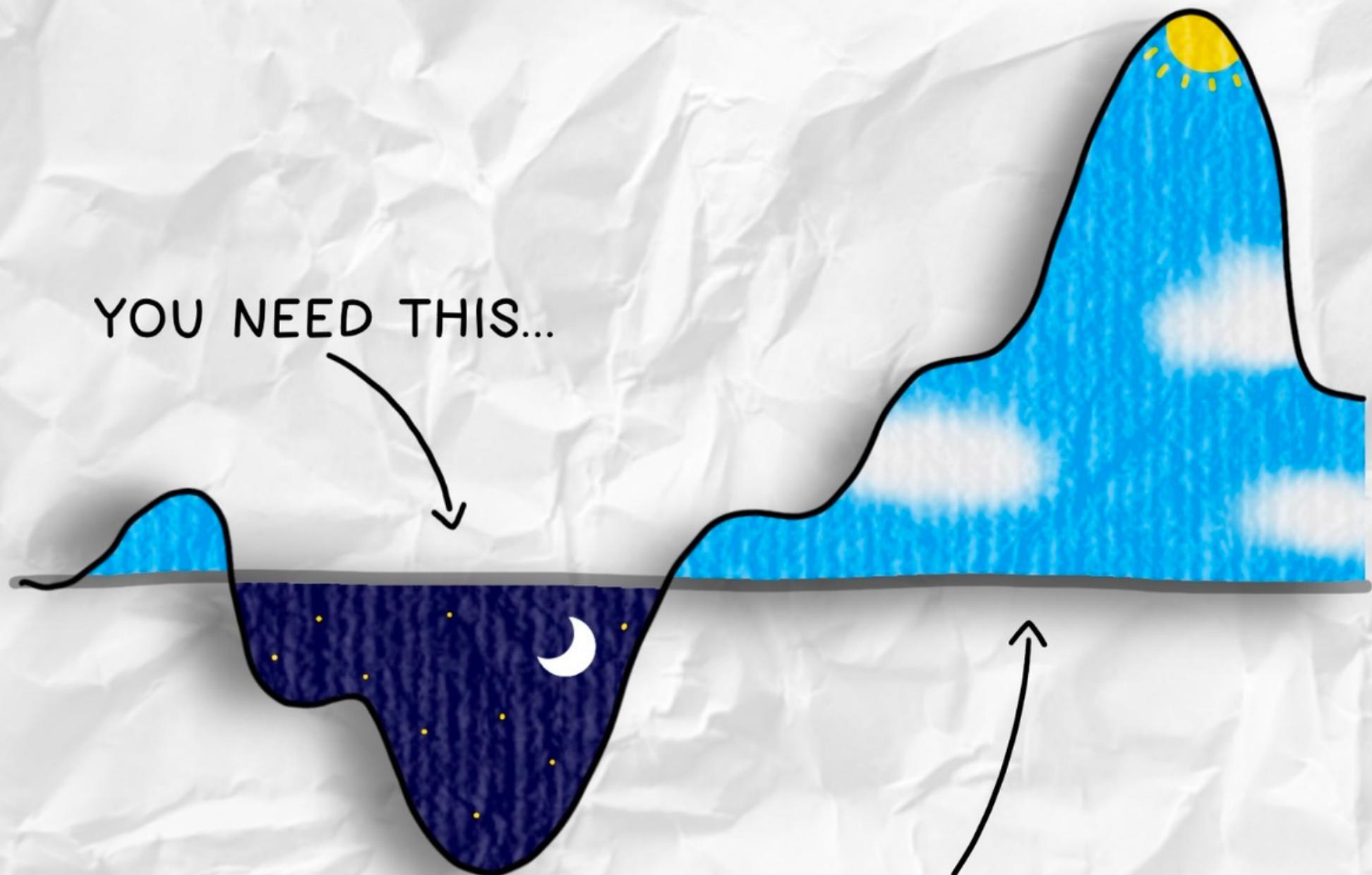
HAVING A
BAD DAY



A RANDOM ACT
OF KINDNESS

7.

EMOTIONS

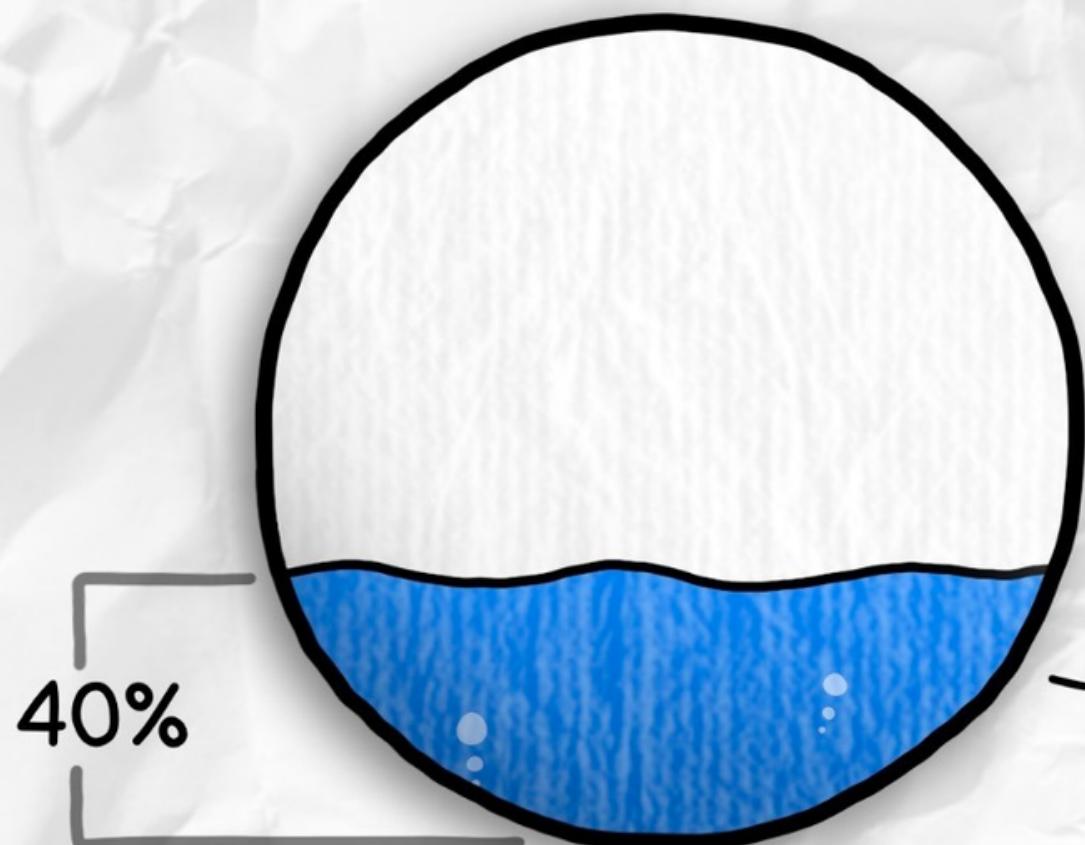


...TO TRULY
APPRECIATE THIS!

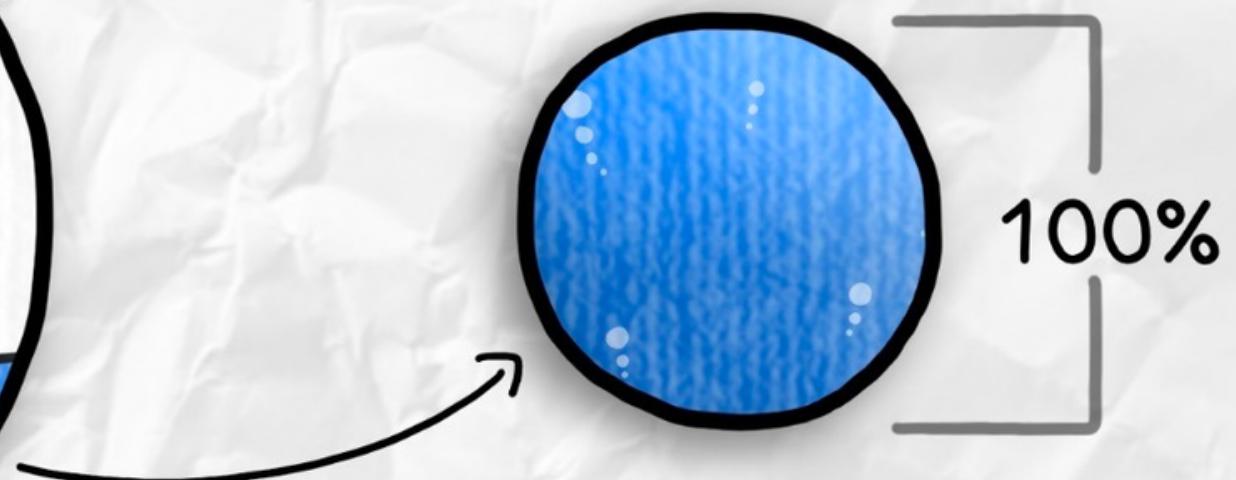
8.

WHEN YOU ONLY HAVE
40%, AND YOU GIVE 40%,

YOUR TANK

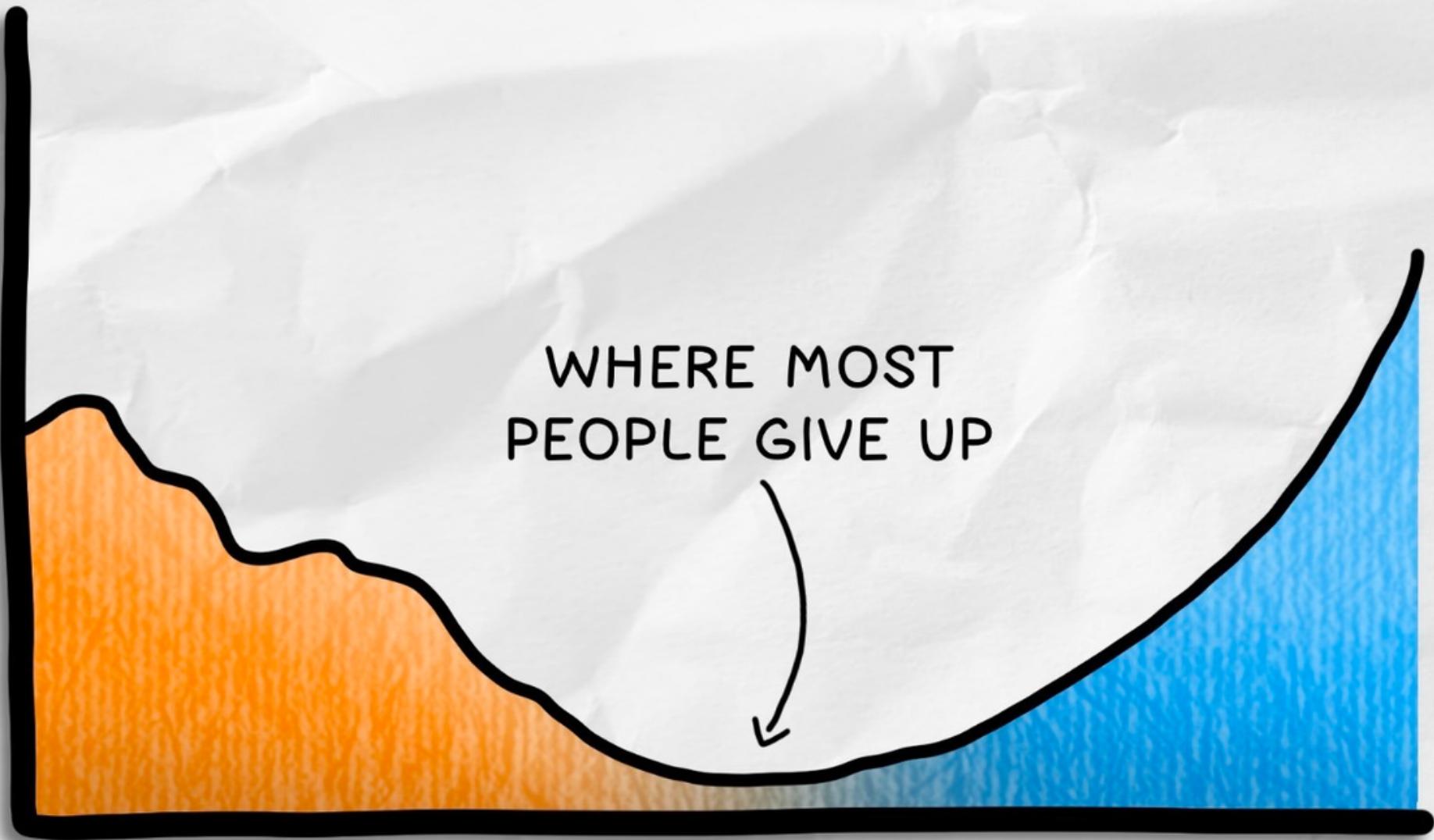


YOUR EFFORT



YOU GAVE 100%

9. WHEN EVERYTHING IS GOING WRONG



DON'T GIVE UP,
KEEP GOING

10

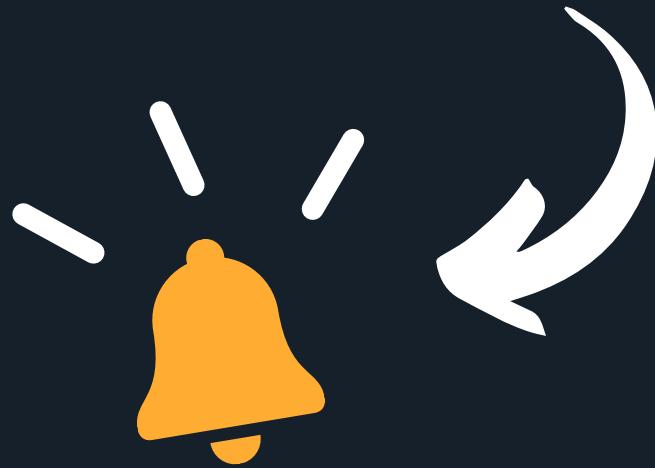
THE ONLY TIME TO CHOOSE EXCUSES OVER ACTION



IS WHEN YOU'RE
PLAYING SCRABBLE

That's a wrap!

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**PS - These AMAZING visuals are brought
to you by:**

@Michael Boorman