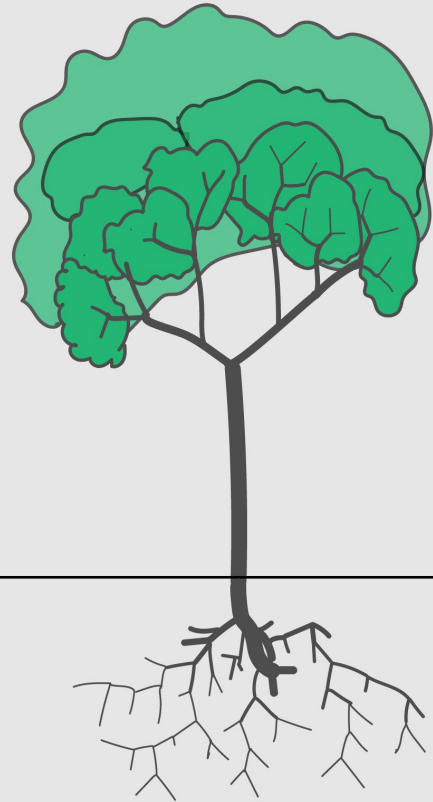
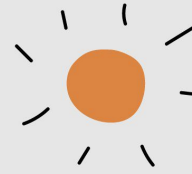


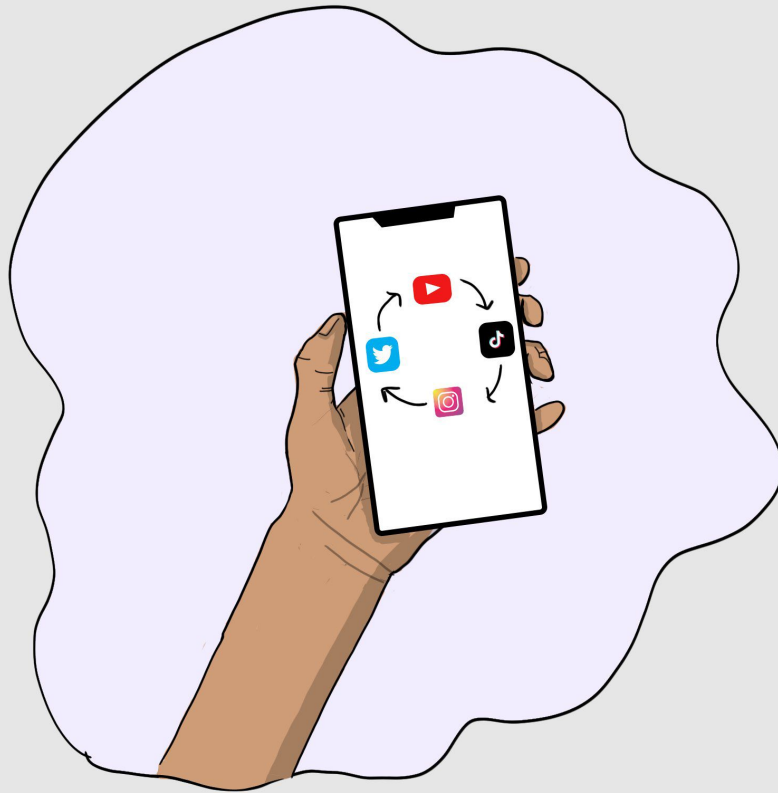


This is what you want to avoid

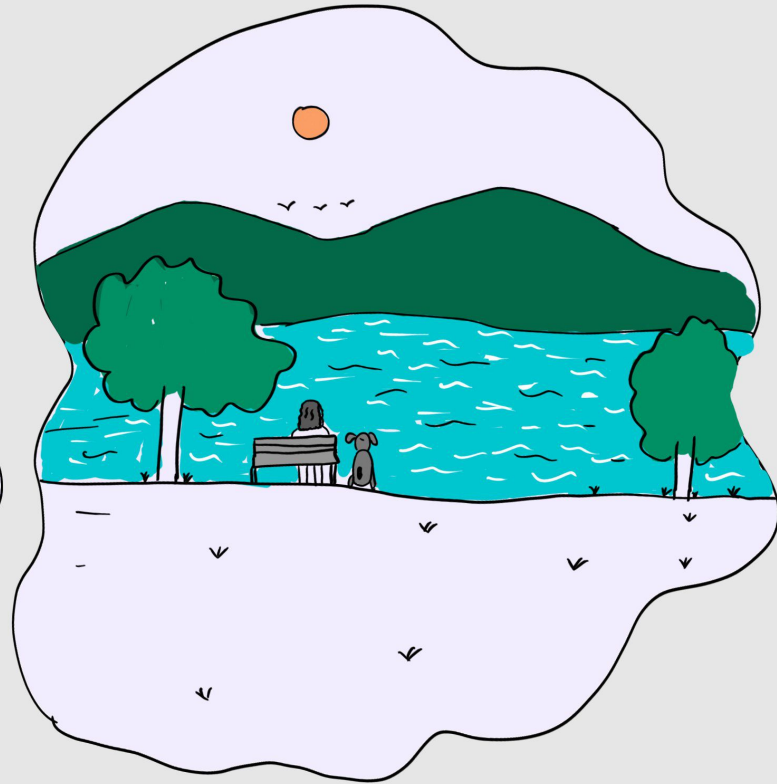


But that is what makes you grow

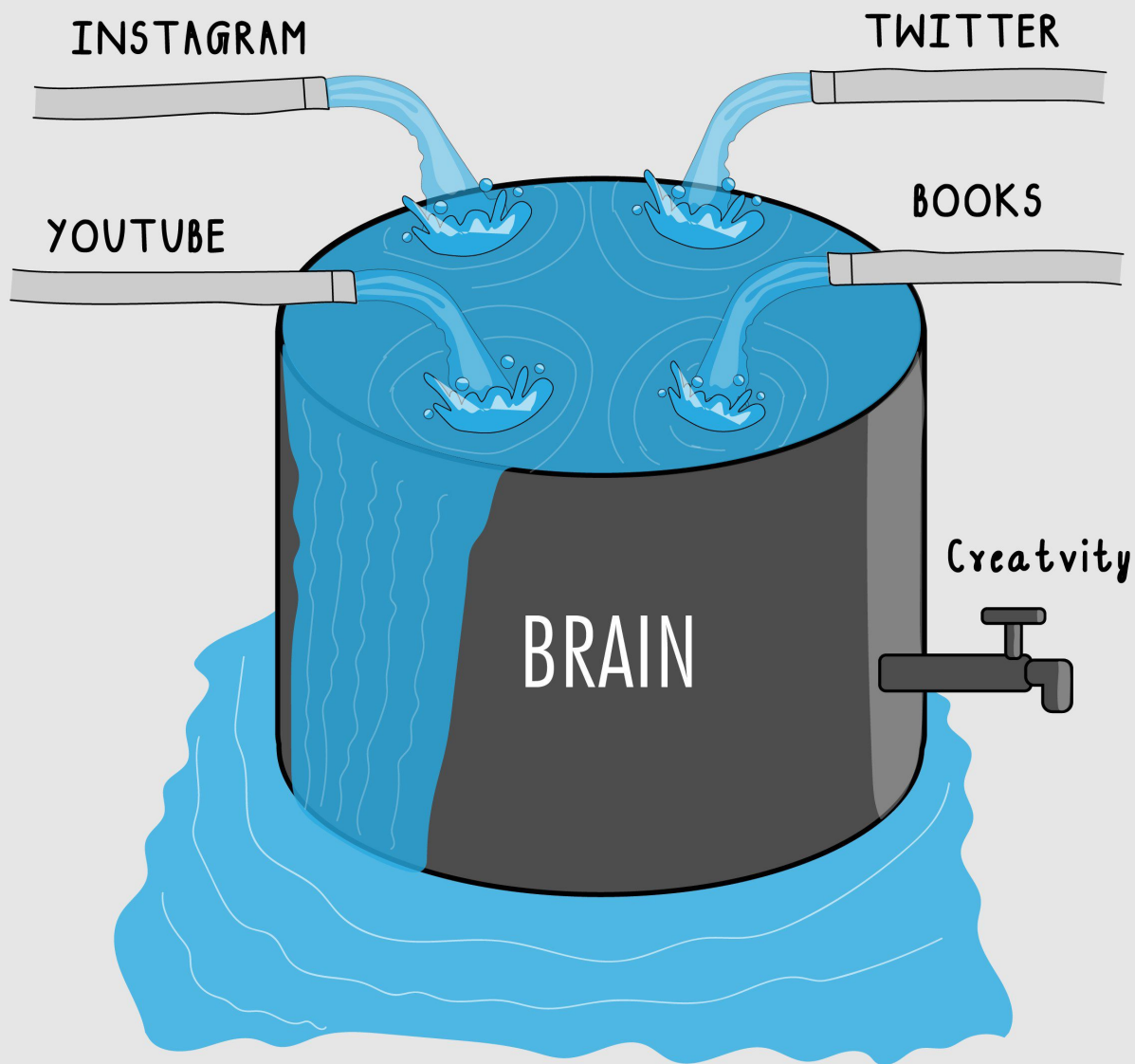
the right way to take a break



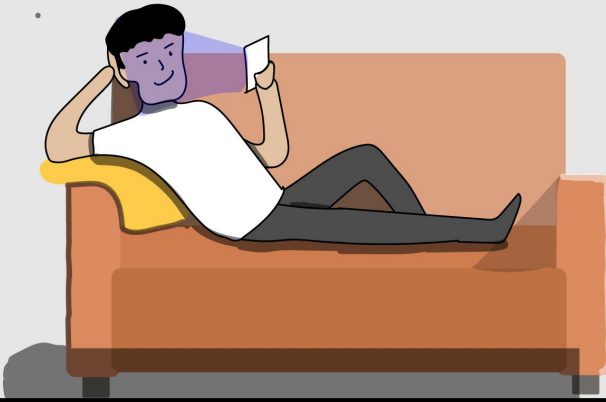
is not by doing this



but by doing this



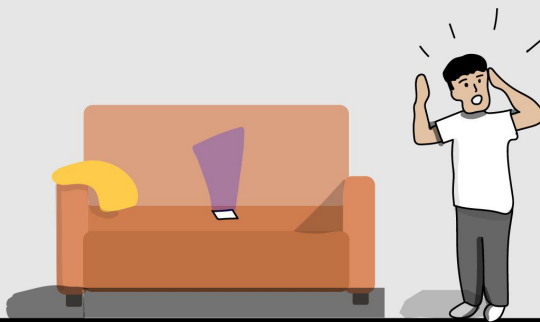
That's easy I will do it tomorrow!



TASK



Initial days



TASK



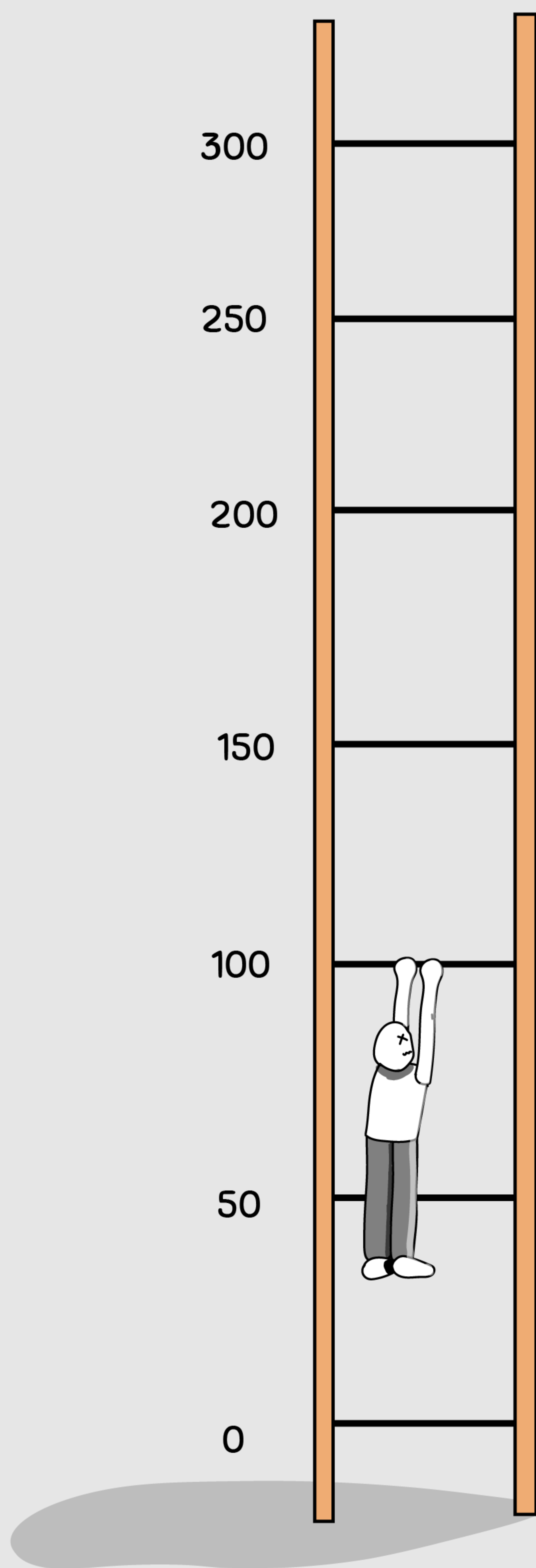
Final Day



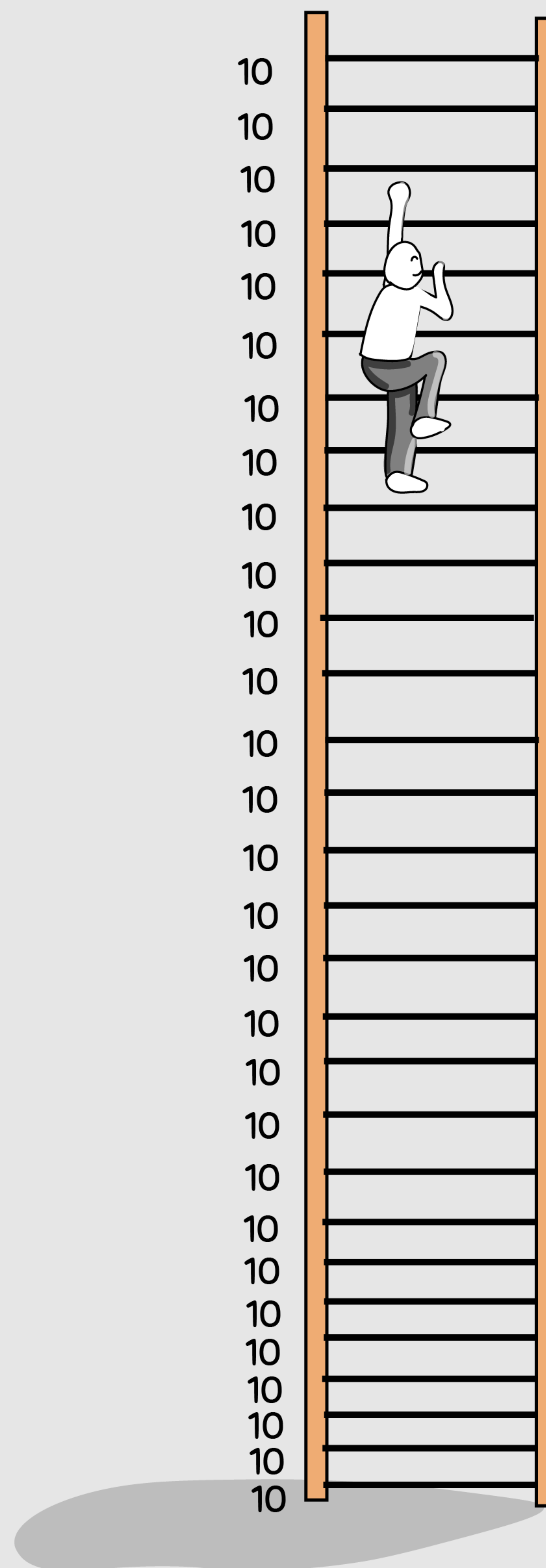
nurture this



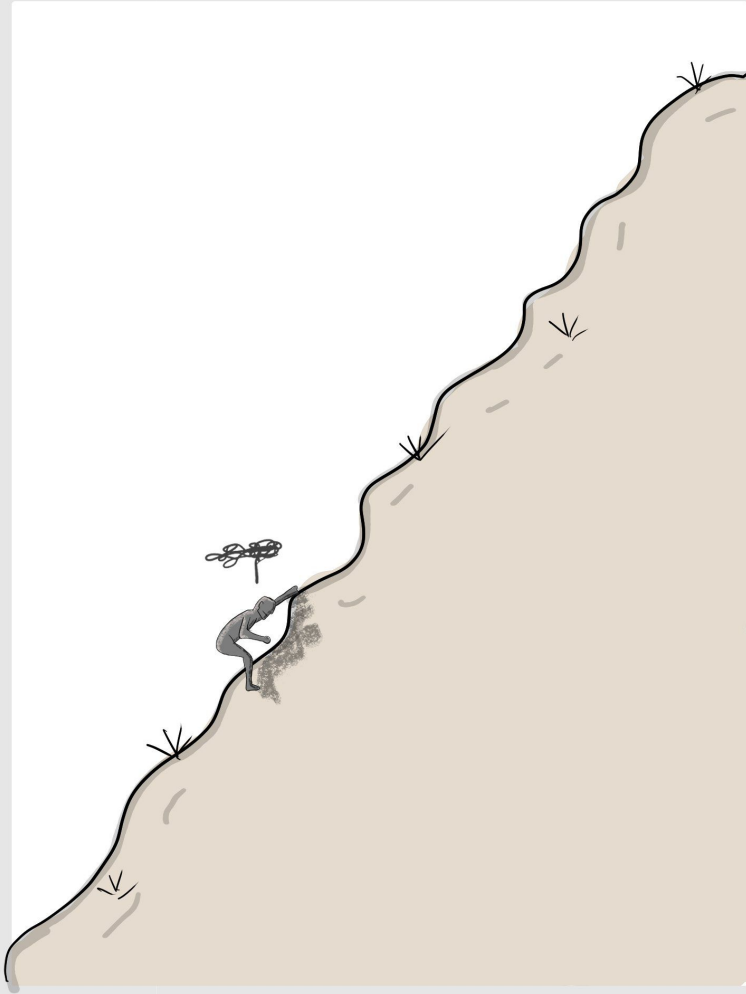
not this



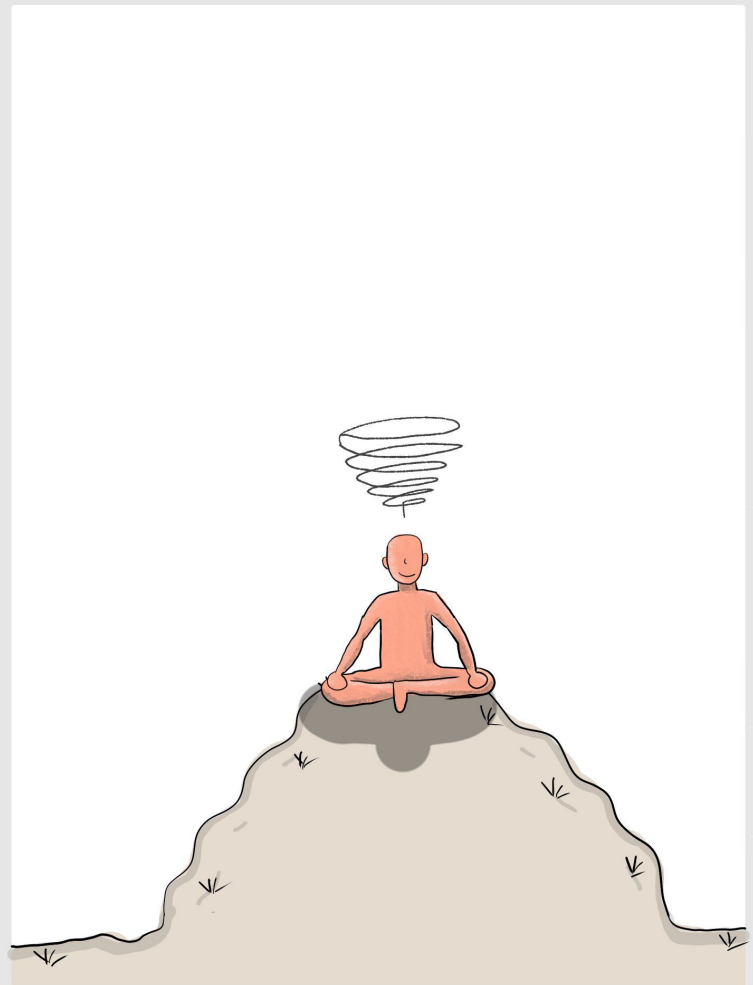
inconsistent  
ladder



consistent  
ladder

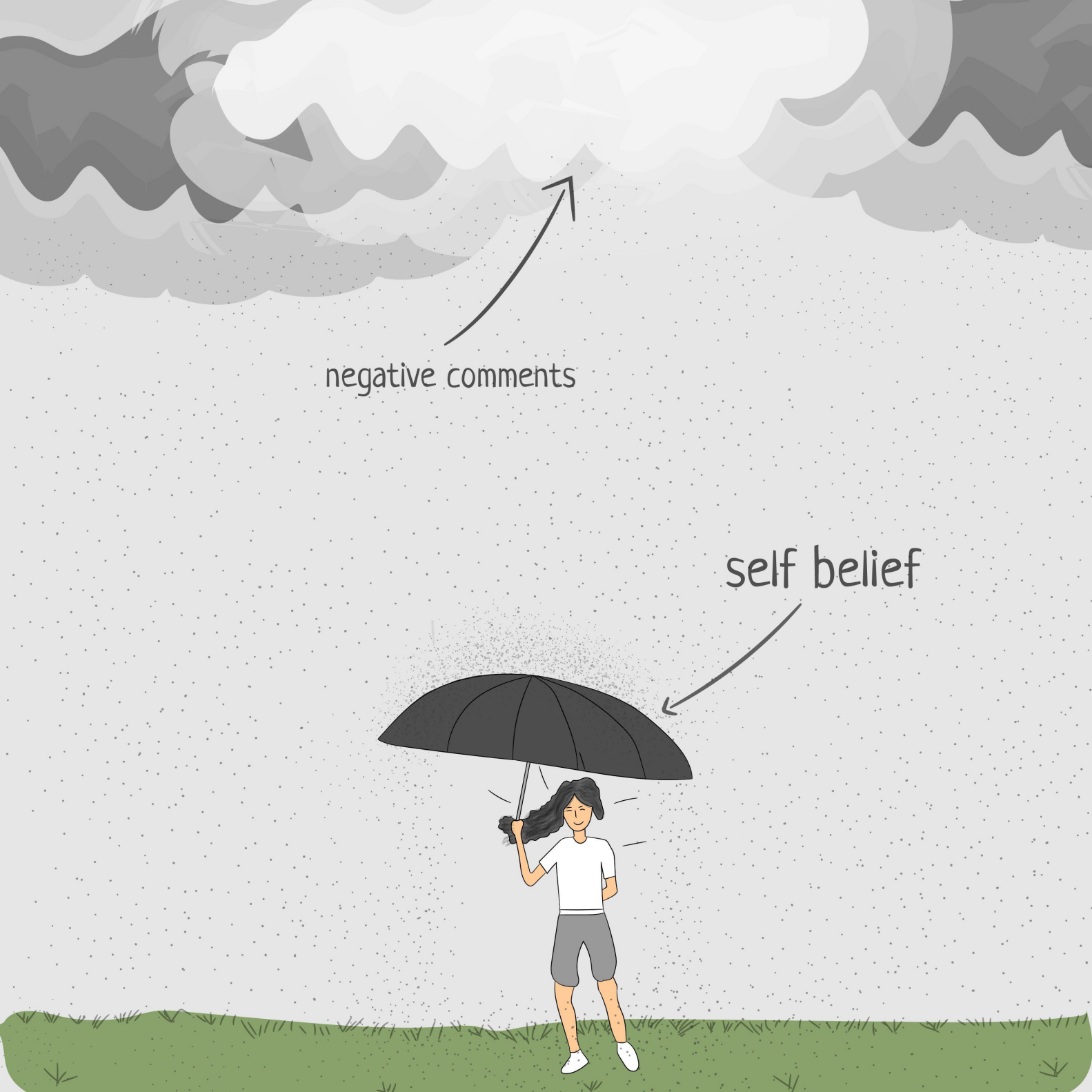


not prioritizing your task



prioritizing your task





negative comments

self belief



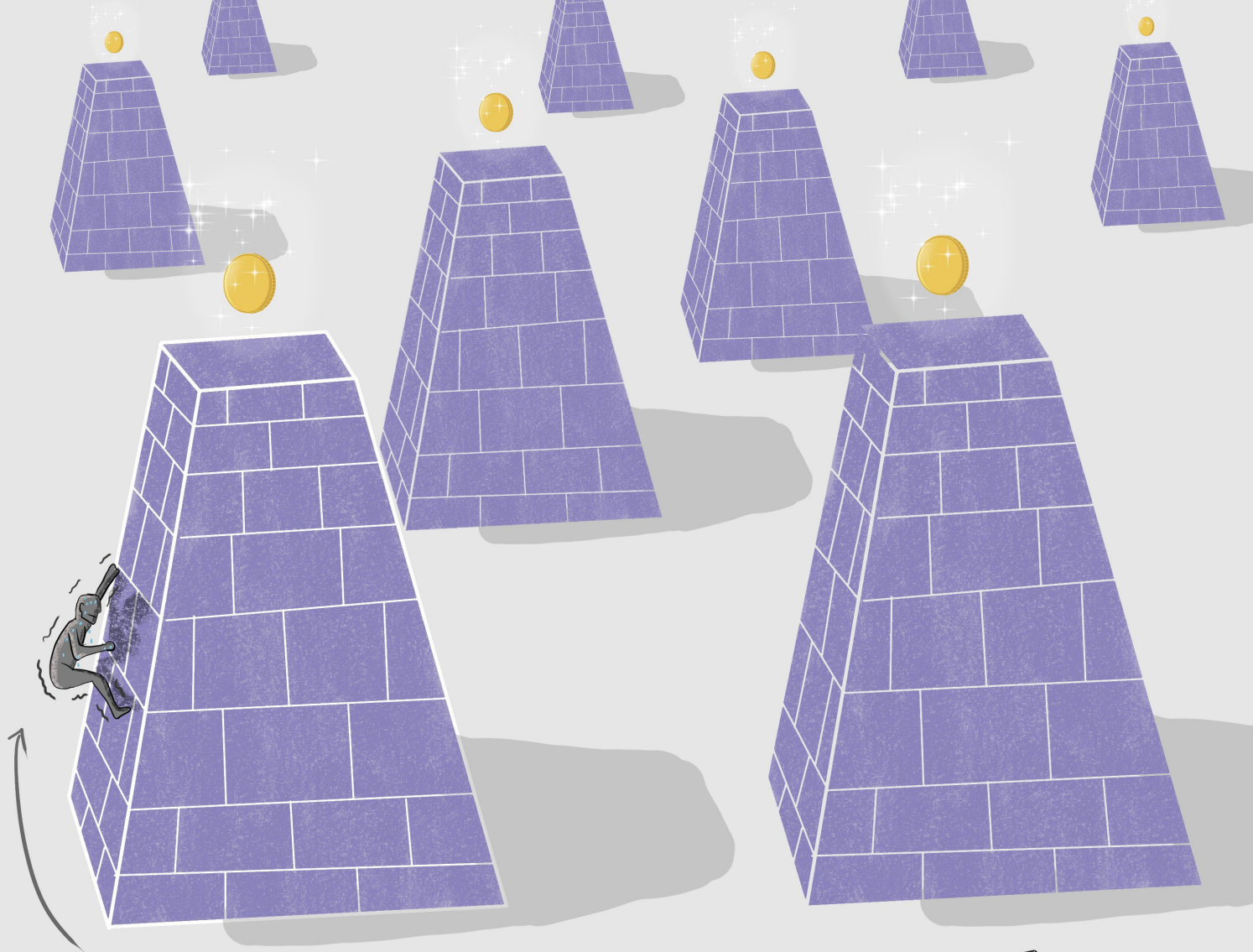
the right way to spend your weekend



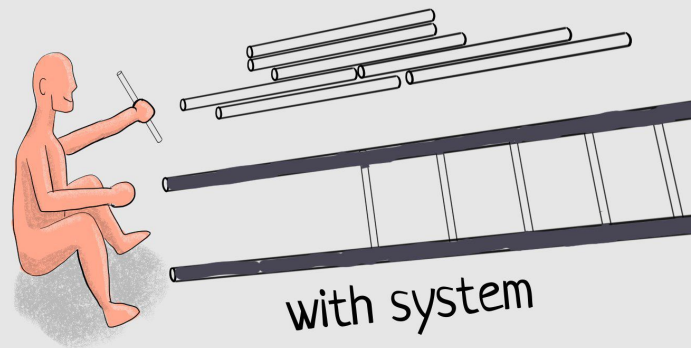
is not by doing this



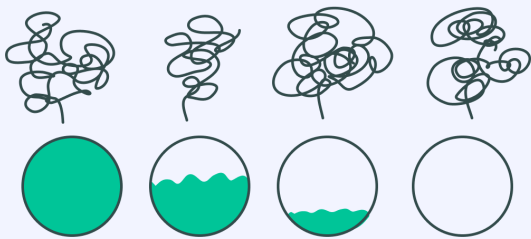
but by doing this



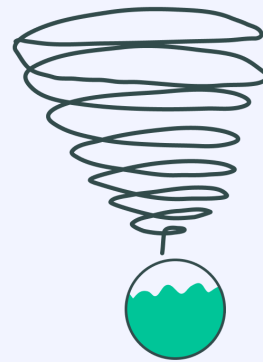
without system



with system



multiple tasks



single task