

Explanation for frame: frame\_0.png

The whole frame contains unstructured text or content:

→ \_ vedrs



Explanation for frame: frame\_1.png

The whole frame contains unstructured text or content:

→ \_ vedrs



Explanation for frame: frame\_11.png

The whole frame contains unstructured text or content:

→ LBRY



Explanation for frame: frame\_12.png

The whole frame contains unstructured text or content:

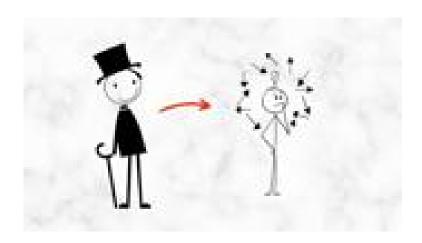
→ LBRY



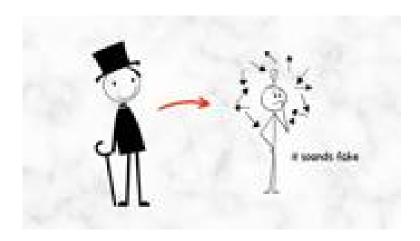
Explanation for frame: frame\_13.png

The whole frame contains unstructured text or content:

→ LBRY



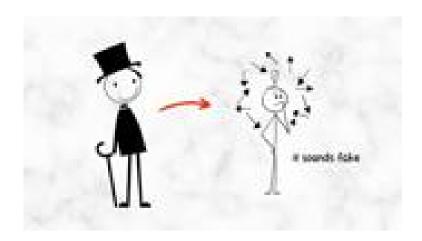
Explanation for frame: frame\_15.png



Explanation for frame: frame\_16.png

The whole frame contains unstructured text or content:

→ it sounds fuke



Explanation for frame: frame\_17.png

The whole frame contains unstructured text or content:

→ it sounds fuke



Explanation for frame: frame\_21.png

The whole frame contains unstructured text or content:

→ Uelcome to +



Explanation for frame: frame\_22.png

The whole frame contains unstructured text or content:

→ Uelcome to the Most Expensive 9 Mlinutes 0f



Explanation for frame: frame\_23.png

The whole frame contains unstructured text or content:

→ Uelcome to the Most Expensive 9 Mlinutes of Your Life



Explanation for frame: frame\_27.png

The whole frame contains unstructured text or content:

٤ خHINUT ع ∙ر٤٢R۲



Explanation for frame: frame\_28.png

The whole frame contains unstructured text or content:

عذTUNIH ع۲۰ R۲3۰ →



Explanation for frame: frame\_36.png

The whole frame contains unstructured text or content:

→ Vou re urong!



Explanation for frame: frame\_37.png

The whole frame contains unstructured text or content:

→ Vou re urong!



Explanation for frame: frame\_57.png

The whole frame contains unstructured text or content:

→ No toddlers doing cartuheels off the couch



Explanation for frame: frame\_58.png

The whole frame contains unstructured text or content:

→ No toddlers doing cartuheels off the couch



Explanation for frame: frame\_59.png

The whole frame contains unstructured text or content:

 $\rightarrow$  No toddlers doing cartuheels off the couch Just pure, uninterrupted



Explanation for frame: frame\_60.png

The whole frame contains unstructured text or content:

→ No toddlers doing cartuheels off the couch Just pure, laser-bedm uninterrupted focus



Explanation for frame: frame\_63.png



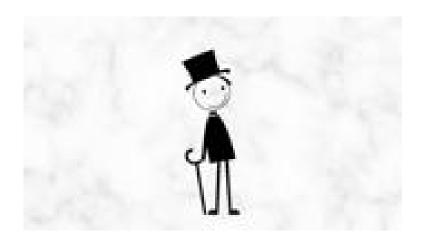
Explanation for frame: frame\_64.png



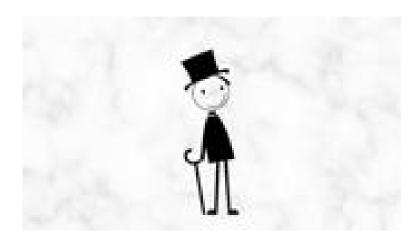
Explanation for frame: frame\_65.png



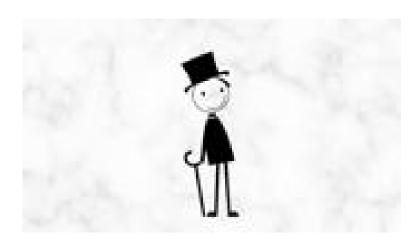
Explanation for frame: frame\_66.png



Explanation for frame: frame\_76.png



Explanation for frame: frame\_77.png



Explanation for frame: frame\_78.png



Explanation for frame: frame\_79.png

The whole frame contains unstructured text or content:

→ GRIUD HARDER! in wour face like d bad gum meme



Explanation for frame: frame\_80.png

The whole frame contains unstructured text or content:

→ GRIND HARDER! in vour fcce like d bad gum meme



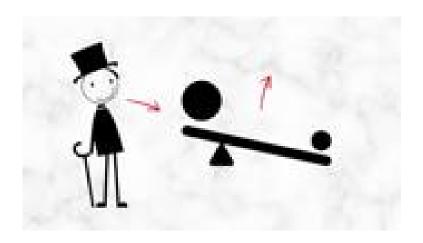
Explanation for frame: frame\_81.png

The whole frame contains unstructured text or content:

→ GRIND HARDER! in vour fcce like d bad gum meme



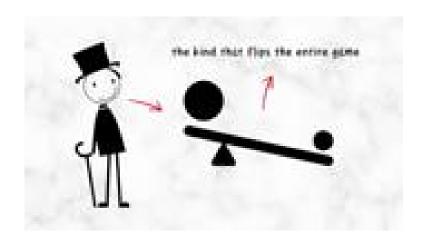
Explanation for frame: frame\_83.png



Explanation for frame: frame\_84.png

The whole frame contains unstructured text or content:

**→** 7 9



Explanation for frame: frame\_85.png

The whole frame contains unstructured text or content:

 $\rightarrow$  the kind that Flips the entire game 7



Explanation for frame: frame\_92.png



Explanation for frame: frame\_93.png



Explanation for frame: frame\_94.png



Explanation for frame: frame\_95.png



Explanation for frame: frame\_96.png



Explanation for frame: frame\_125.png

The whole frame contains unstructured text or content:

→ FLAi



Explanation for frame: frame\_126.png

The whole frame contains unstructured text or content:

→ PLAN ¬∧¬∧∧∧∧



Explanation for frame: frame\_127.png

The whole frame contains unstructured text or content:

→ PLAN You re cementing grouth v ٦٦٨٥



Explanation for frame: frame\_128.png

The whole frame contains unstructured text or content:

→ PLAN You re cementing grouth Redl compounding tdke-over-the-uorld grouth. T、フ、



Explanation for frame: frame\_129.png

The whole frame contains unstructured text or content:

→ PLAN You re cementing grouth Redl compounding tdke-over-the-uorld grouth. T、フ、



Explanation for frame: frame\_135.png



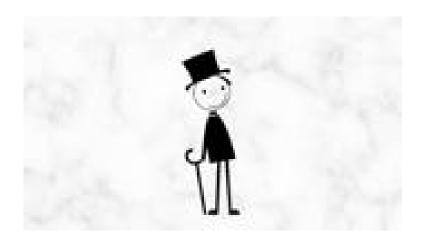
Explanation for frame: frame\_136.png



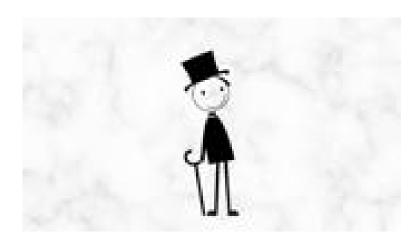
Explanation for frame: frame\_137.png



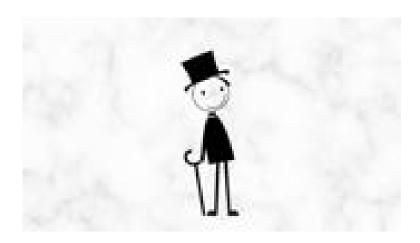
Explanation for frame: frame\_138.png



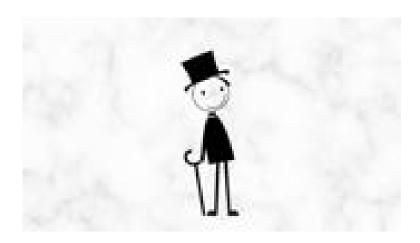
Explanation for frame: frame\_141.png



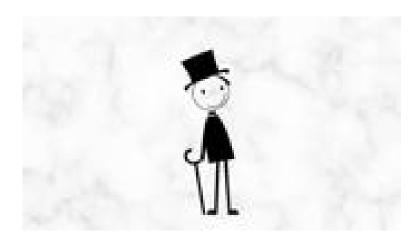
Explanation for frame: frame\_142.png



Explanation for frame: frame\_143.png



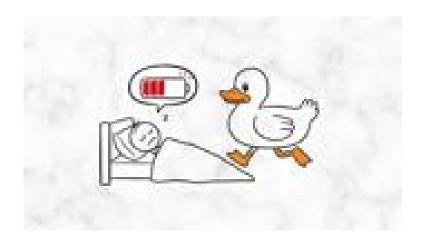
Explanation for frame: frame\_144.png



Explanation for frame: frame\_145.png



Explanation for frame: frame\_159.png



Explanation for frame: frame\_160.png



Explanation for frame: frame\_161.png



Explanation for frame: frame\_173.png

The whole frame contains unstructured text or content:

 $\rightarrow$  0 no 7 4 11-pcge mcnifesto dbout hou vou'll "get qour life together



Explanation for frame: frame\_174.png

The whole frame contains unstructured text or content:

 $\rightarrow$  0 no 7 4 11-pcge mcnifesto dbout hou vou'll "get qour life together



Explanation for frame: frame\_175.png

The whole frame contains unstructured text or content:

 $\rightarrow$  0 no 7 4 11-pcge mcnifesto dbout hou vou'll "get qour life together



Explanation for frame: frame\_176.png



Explanation for frame: frame\_178.png

The whole frame contains unstructured text or content:

→ Ĩ5



Explanation for frame: frame\_179.png

The whole frame contains unstructured text or content:

ightarrow Hit one domino toddy Gnd tomorrou's dlreddu eusier  $\tilde{\text{I}}\text{5}$ 



Explanation for frame: frame\_180.png

The whole frame contains unstructured text or content:

ightarrow Hit one domino toddy Gnd tomorrou's dlreddu eusier  $\tilde{\text{I}}\text{5}$ 



Explanation for frame: frame\_184.png



Explanation for frame: frame\_185.png



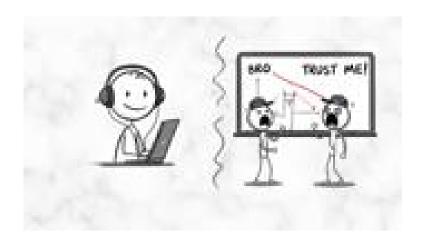
Explanation for frame: frame\_188.png

The whole frame contains unstructured text or content:



Explanation for frame: frame\_189.png

The whole frame contains unstructured text or content:



Explanation for frame: frame\_190.png

The whole frame contains unstructured text or content:



Explanation for frame: frame\_191.png

The whole frame contains unstructured text or content:



Explanation for frame: frame\_195.png

The whole frame contains unstructured text or content:

→ Sacred Hour 00 doom scrolling



Explanation for frame: frame\_196.png

The whole frame contains unstructured text or content:

→ Sacred Hour 00 doom scrolling No texts



Explanation for frame: frame\_197.png

The whole frame contains unstructured text or content:

→ Sacred Hour 00 doom scrolling No texts No emcils.



Explanation for frame: frame\_198.png

The whole frame contains unstructured text or content:

→ Sacred Hour Mo doom scrolling No texts No emcils.



Explanation for frame: frame\_209.png

The whole frame contains unstructured text or content:

→ INTENTION



Explanation for frame: frame\_210.png

The whole frame contains unstructured text or content:



Explanation for frame: frame\_211.png

The whole frame contains unstructured text or content:



Explanation for frame: frame\_212.png

The whole frame contains unstructured text or content:



Explanation for frame: frame\_213.png

The whole frame contains unstructured text or content:



Explanation for frame: frame\_214.png

The whole frame contains unstructured text or content:



Explanation for frame: frame\_221.png

The whole frame contains unstructured text or content:

 $\rightarrow$  Vou re voting For  $\dot{\tau}$ he version of gou thats focused



Explanation for frame: frame\_222.png

The whole frame contains unstructured text or content:

 $\rightarrow$  Vou re voting For  $\dot{z}$ he version of gou thats focused Trusted by vourself



Explanation for frame: frame\_225.png

The whole frame contains unstructured text or content:

**₹ 1000 %** → **1000** 



Explanation for frame: frame\_226.png

The whole frame contains unstructured text or content:



Explanation for frame: frame\_227.png

The whole frame contains unstructured text or content:



Explanation for frame: frame\_228.png

The whole frame contains unstructured text or content:



Explanation for frame: frame\_229.png

The whole frame contains unstructured text or content:



Explanation for frame: frame\_230.png

The whole frame contains unstructured text or content:



Explanation for frame: frame\_241.png

The whole frame contains unstructured text or content:

→ 15 DAYS 2 uninterrupted self-mastery



Explanation for frame: frame\_242.png

The whole frame contains unstructured text or content:

→ No+ crammed into ueekends



Explanation for frame: frame\_243.png

The whole frame contains unstructured text or content:

→ No+ crammed into ueekends



Explanation for frame: frame\_244.png

The whole frame contains unstructured text or content:

→ Not squeezedinto half-baked some dcus.



Explanation for frame: frame\_245.png

The whole frame contains unstructured text or content:

→ Not squeezedinto half-baked some dcus.



Explanation for frame: frame\_246.png

The whole frame contains unstructured text or content:

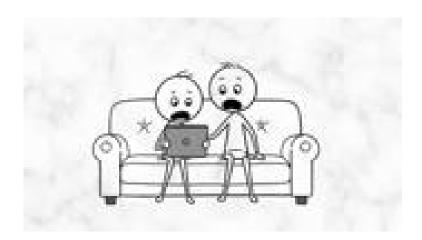
→ Dediccted Sharp Stacked



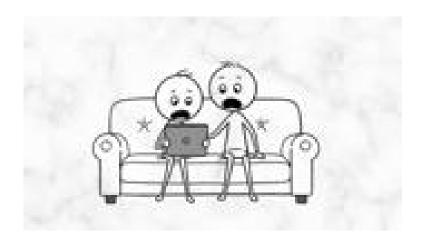
Explanation for frame: frame\_247.png

The whole frame contains unstructured text or content:

→ Dediccted Sharp Stacked



Explanation for frame: frame\_253.png



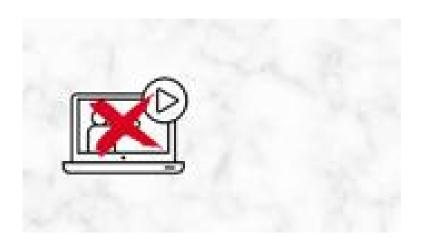
Explanation for frame: frame\_254.png



Explanation for frame: frame\_255.png



Explanation for frame: frame\_256.png



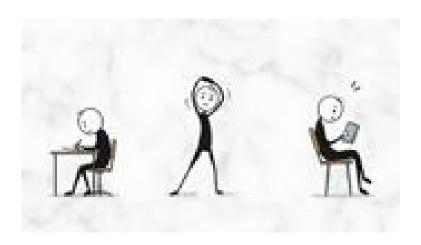
Explanation for frame: frame\_266.png



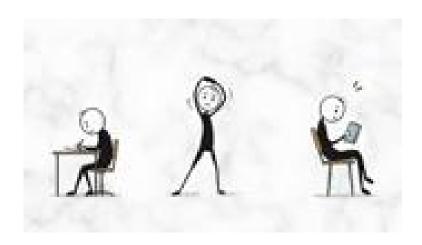
Explanation for frame: frame\_267.png



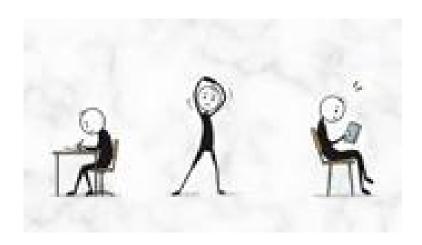
Explanation for frame: frame\_268.png



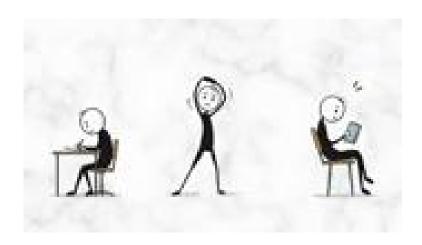
Explanation for frame: frame\_271.png



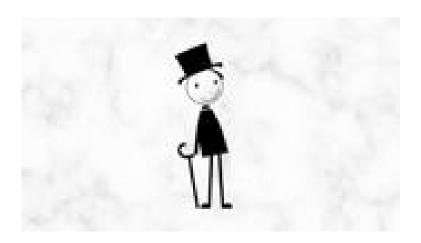
Explanation for frame: frame\_272.png



Explanation for frame: frame\_273.png



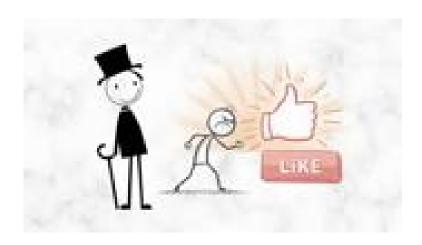
Explanation for frame: frame\_274.png



Explanation for frame: frame\_304.png



Explanation for frame: frame\_305.png



Explanation for frame: frame\_306.png

The whole frame contains unstructured text or content:

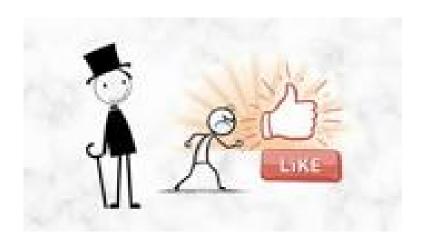
→ LiK٤



Explanation for frame: frame\_307.png

The whole frame contains unstructured text or content:

→ LiK٤



Explanation for frame: frame\_308.png

The whole frame contains unstructured text or content:

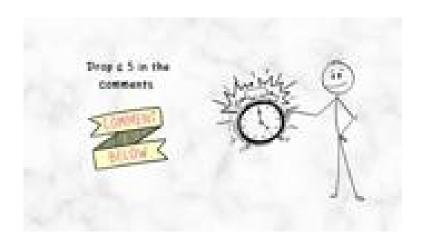
→ LiK٤



Explanation for frame: frame\_309.png

The whole frame contains unstructured text or content:

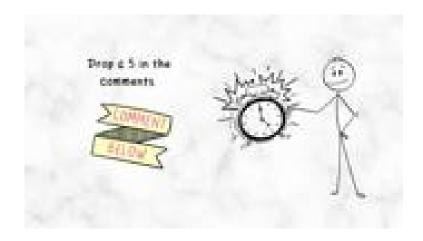
۴کزل →



Explanation for frame: frame\_311.png

The whole frame contains unstructured text or content:

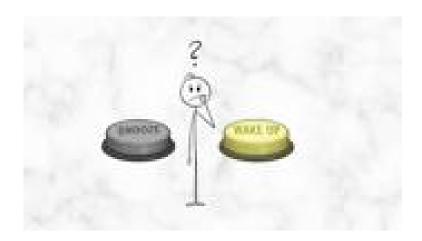
ightarrow Drop d 5 in the comments COMMENT BELOW



Explanation for frame: frame\_312.png

The whole frame contains unstructured text or content:

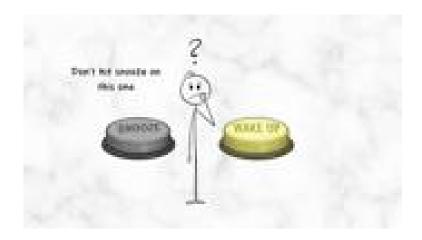
ightarrow Drop d 5 in the comments COMMENT BELOW



Explanation for frame: frame\_316.png

The whole frame contains unstructured text or content:

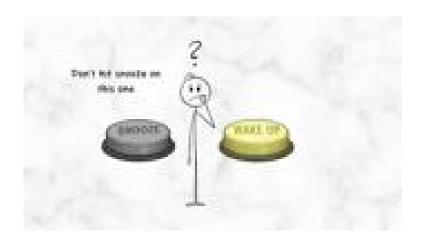
→ SNOOZE WAKE UP



Explanation for frame: frame\_317.png

The whole frame contains unstructured text or content:

→ Don + hit snooze on this one SNOOZE WAKE UP



Explanation for frame: frame\_318.png

The whole frame contains unstructured text or content:

ightarrow Don + hit snooze on this one SNOOZE WAKE UP