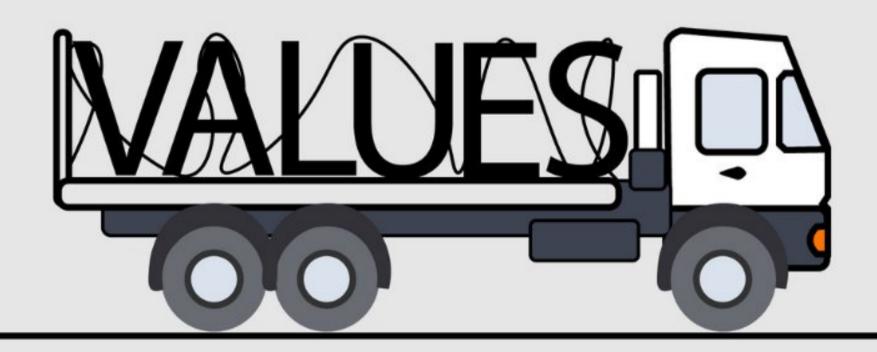
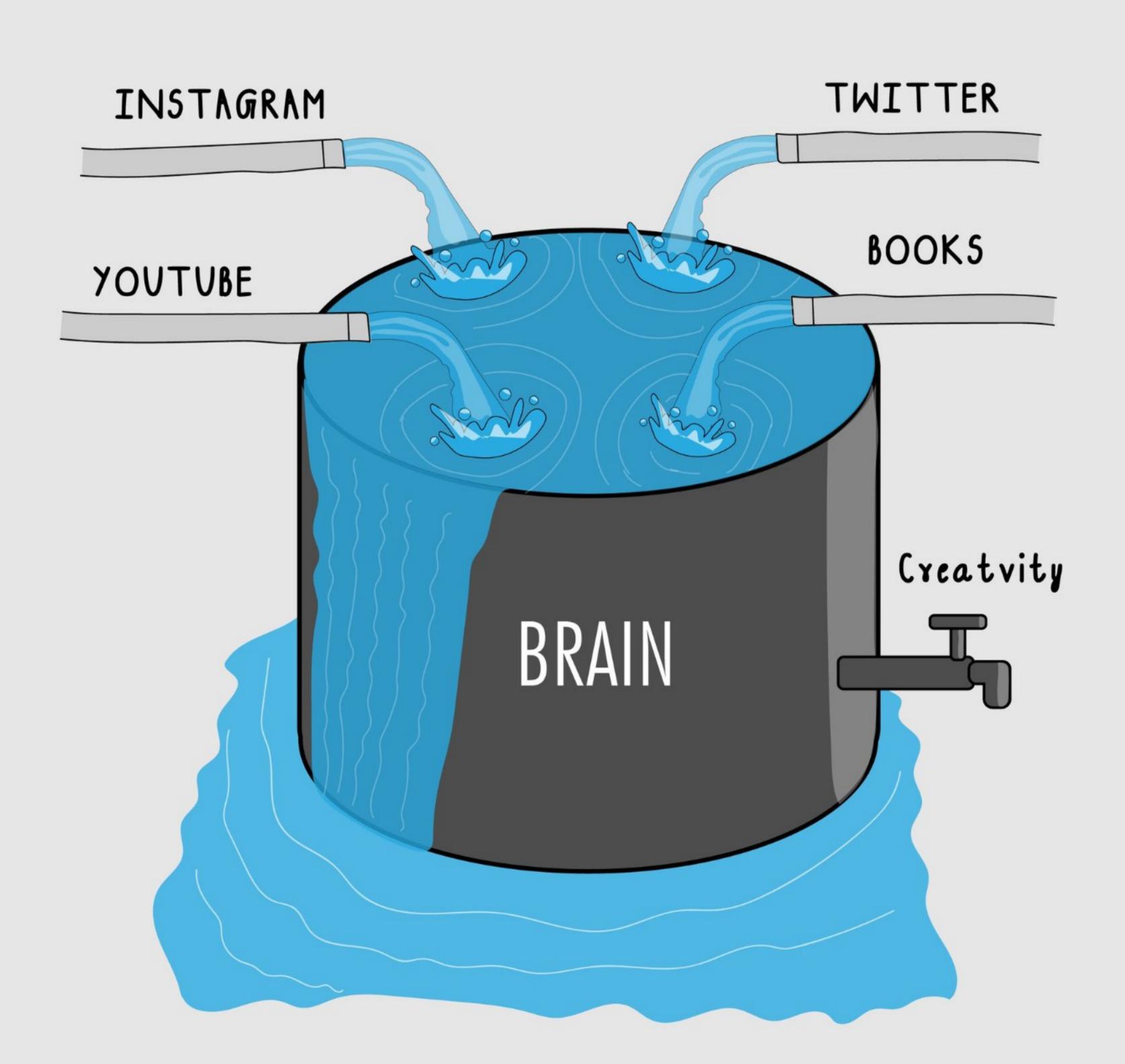


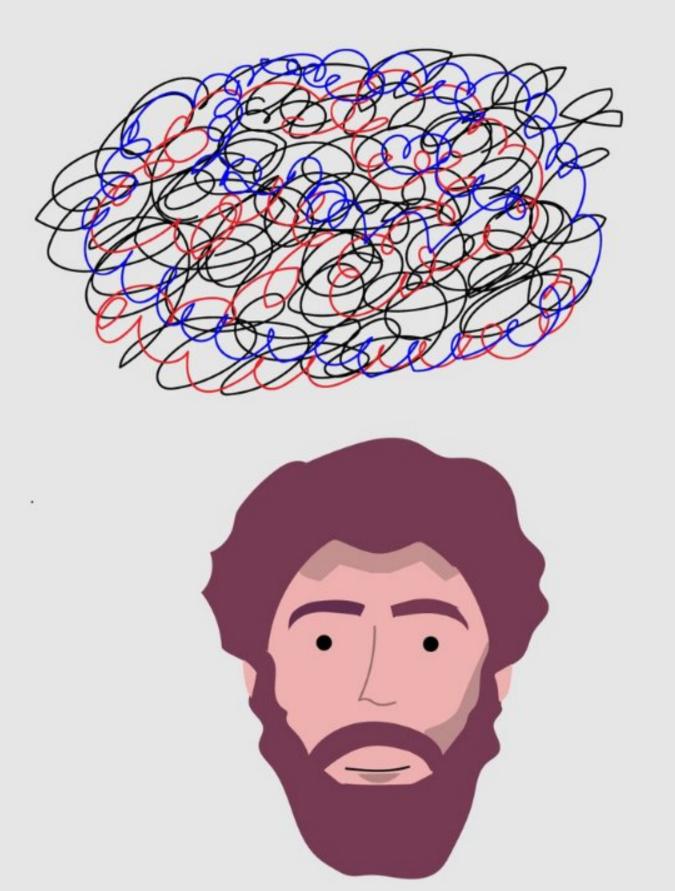
60 km/hr



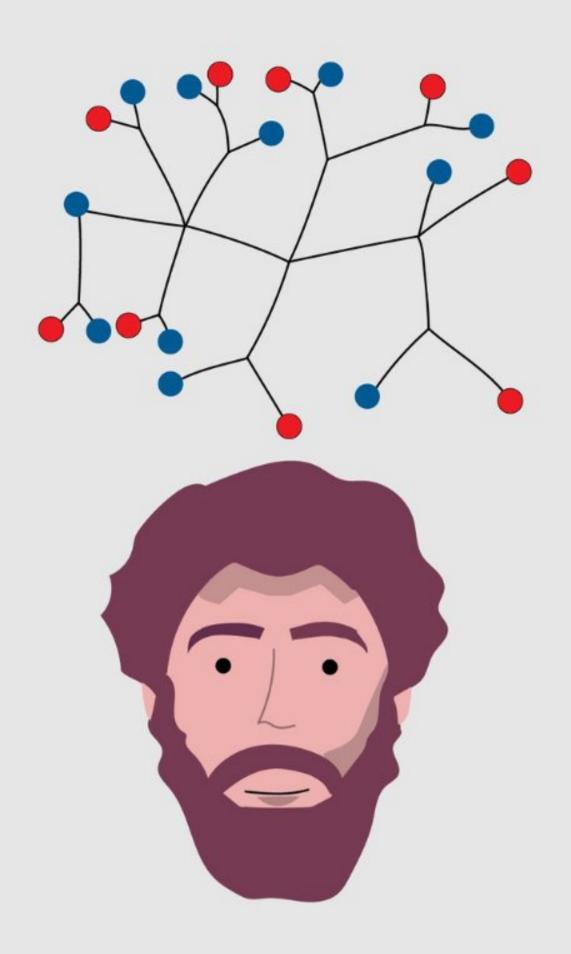
GOAL

GOAL)







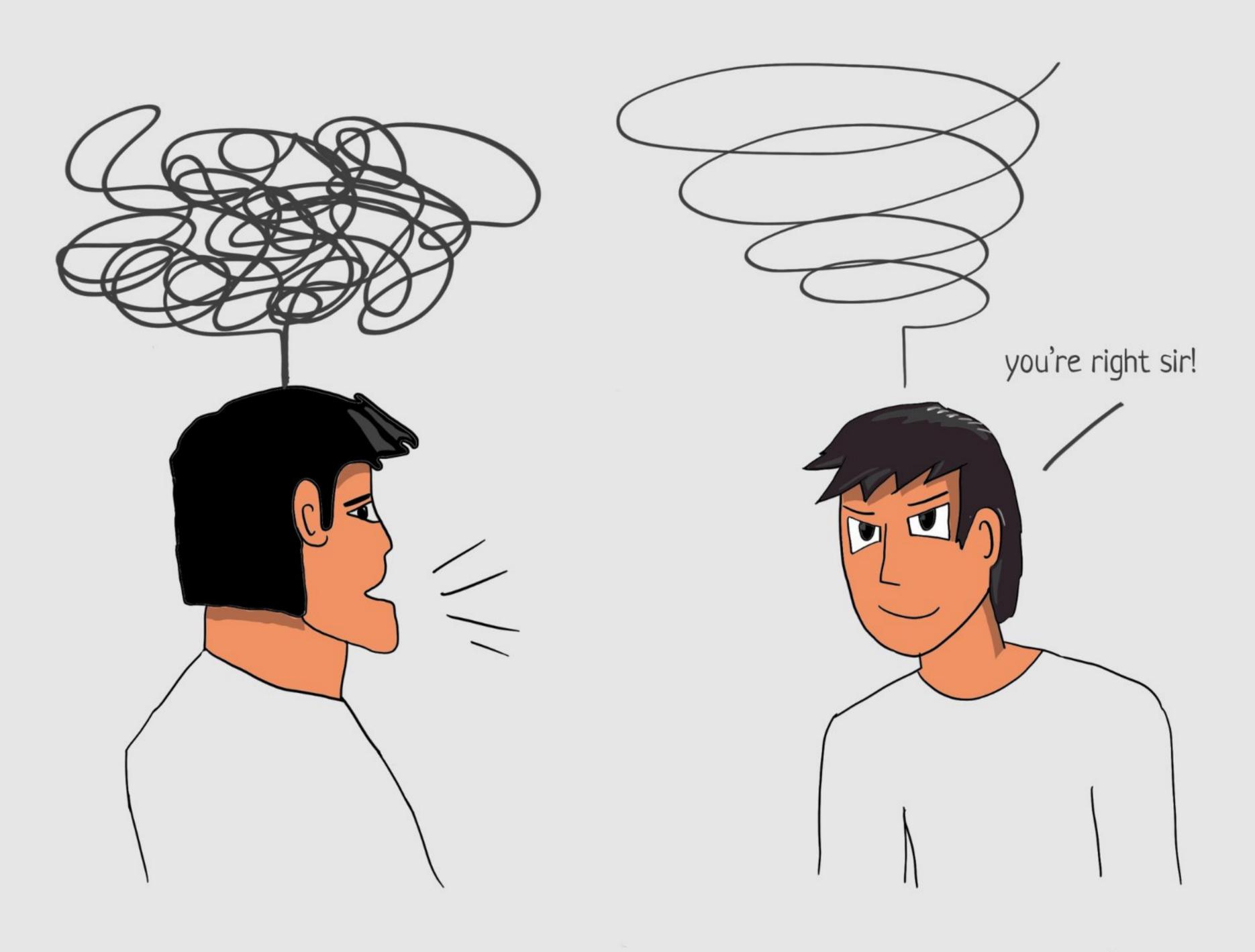


Thing	S	to	be	do	n
1 111111	3	00	<i>U</i>	u	411

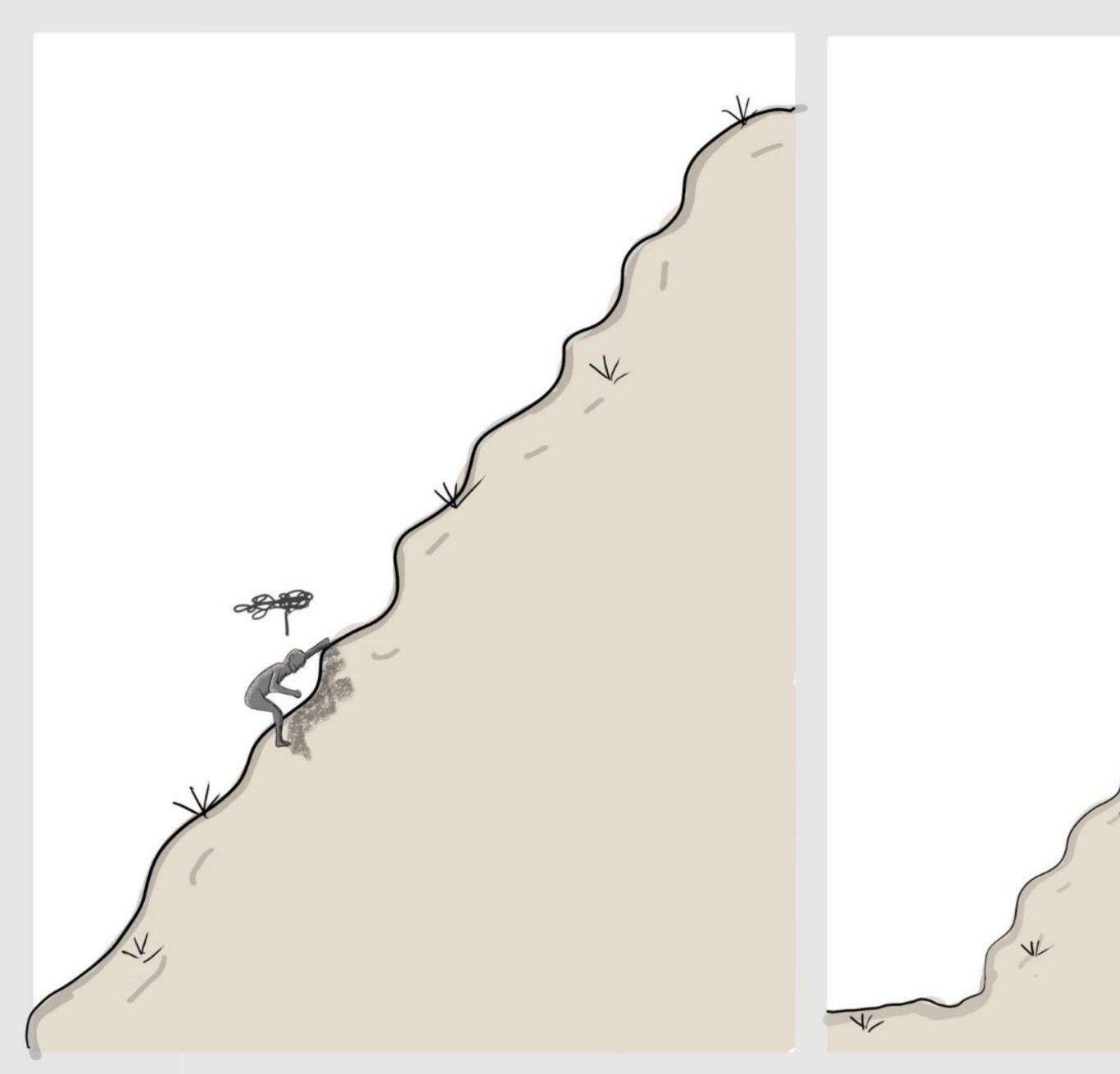
- Send a letter to Lucius.
- Attend meeting with Fronto.
- . Attend Philsophy class.
- · Write.

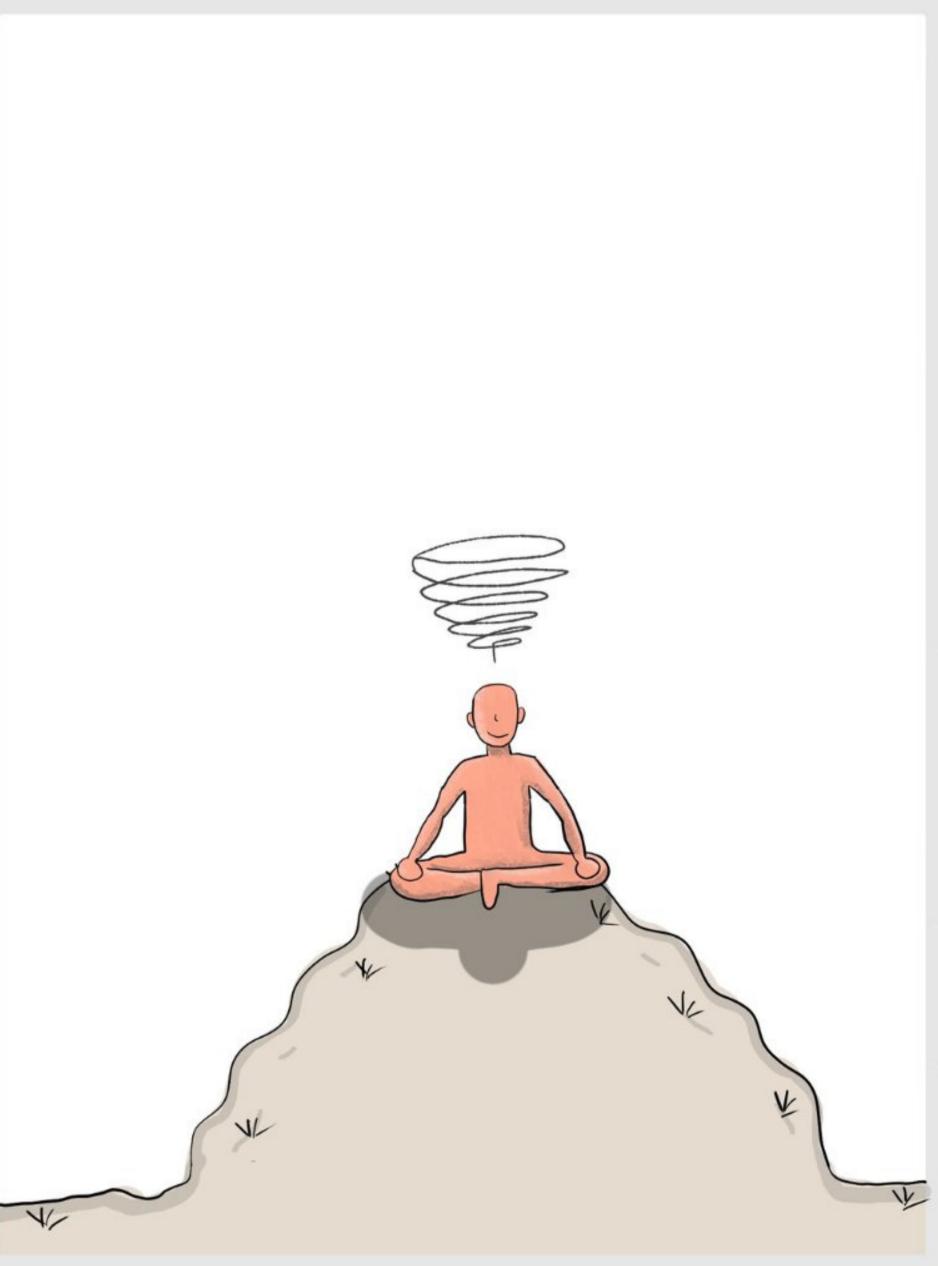






letting people win an argument on purpose is good for you inner peace



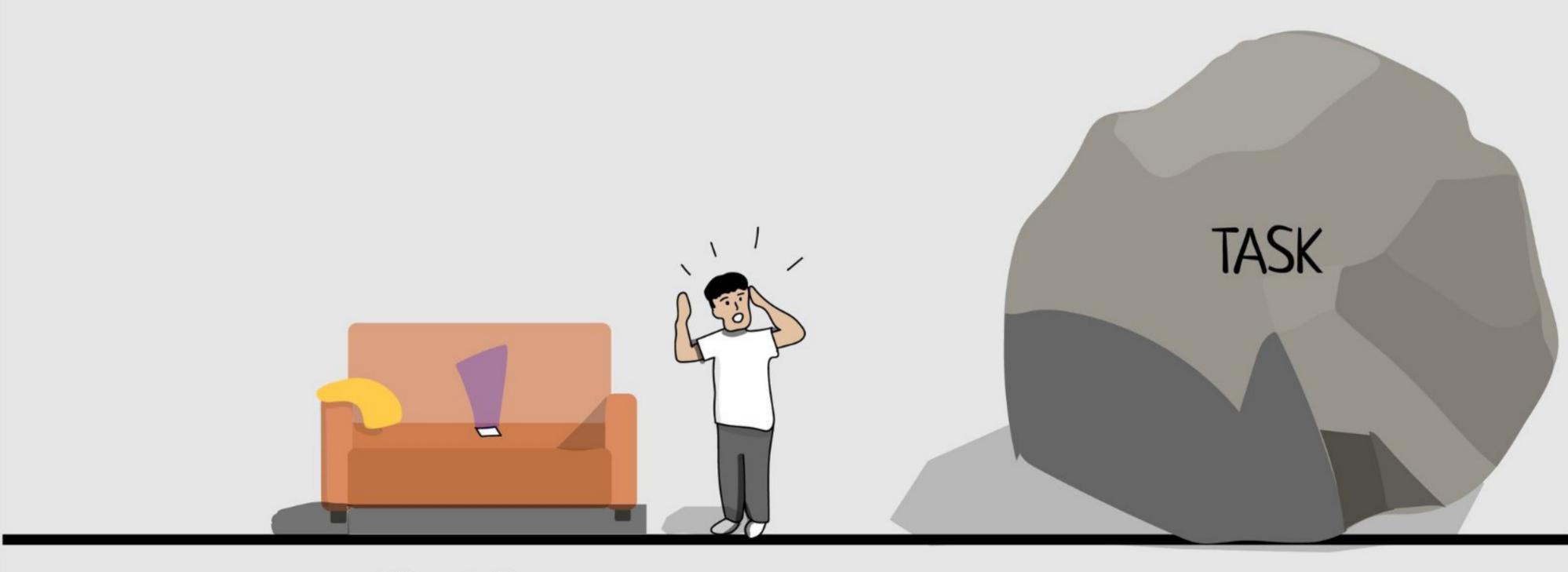


not prioritizing your task

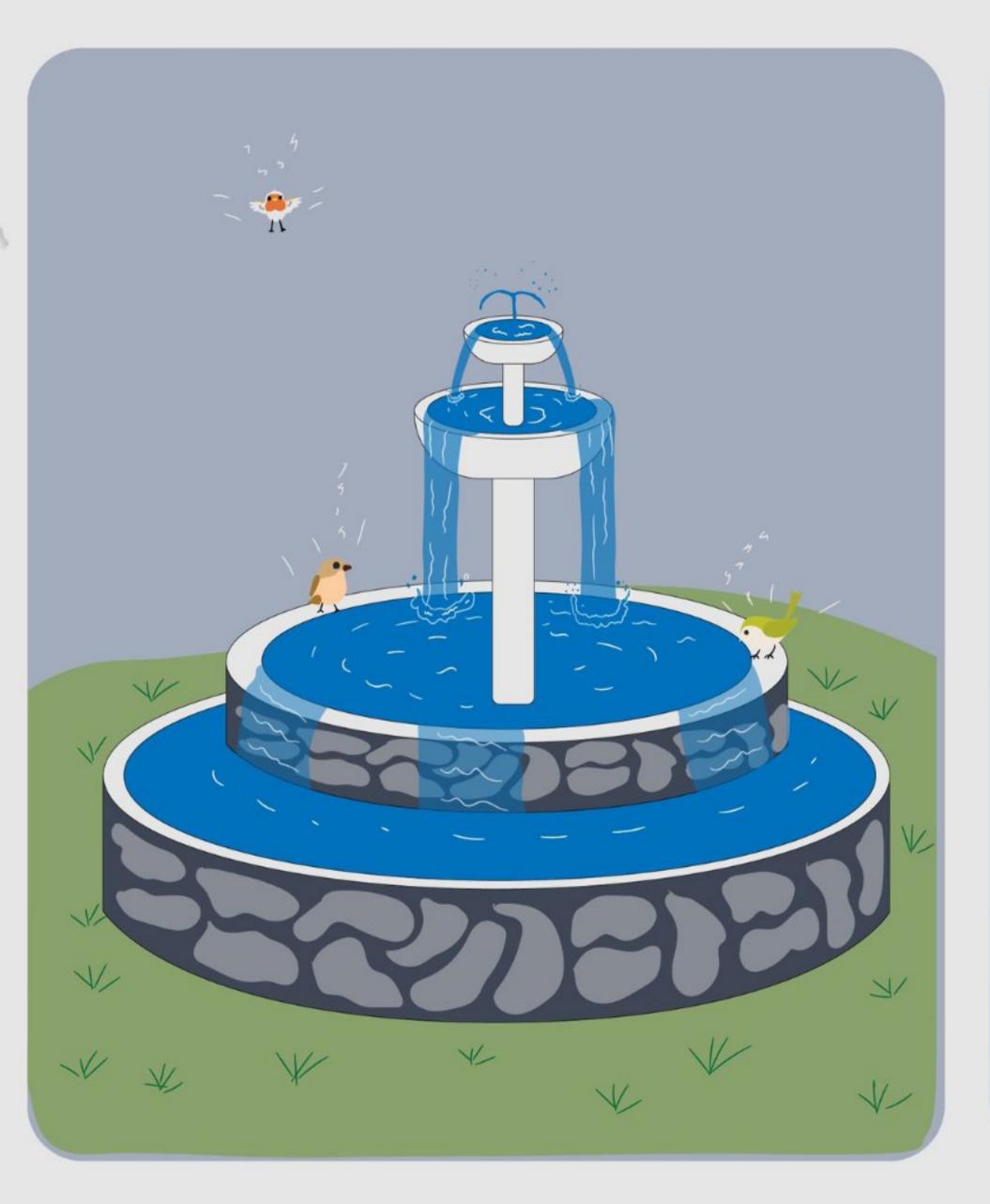
prioritizing your task

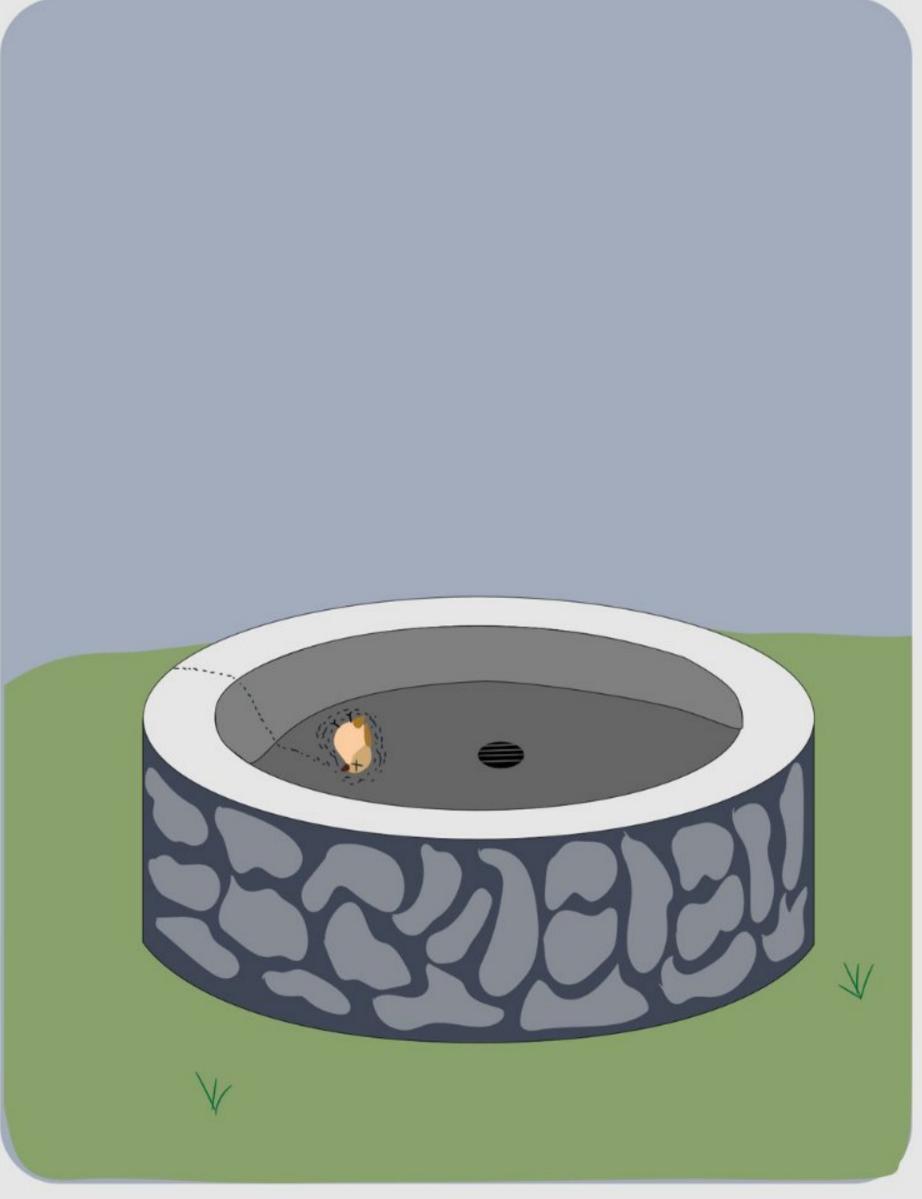


Initial days



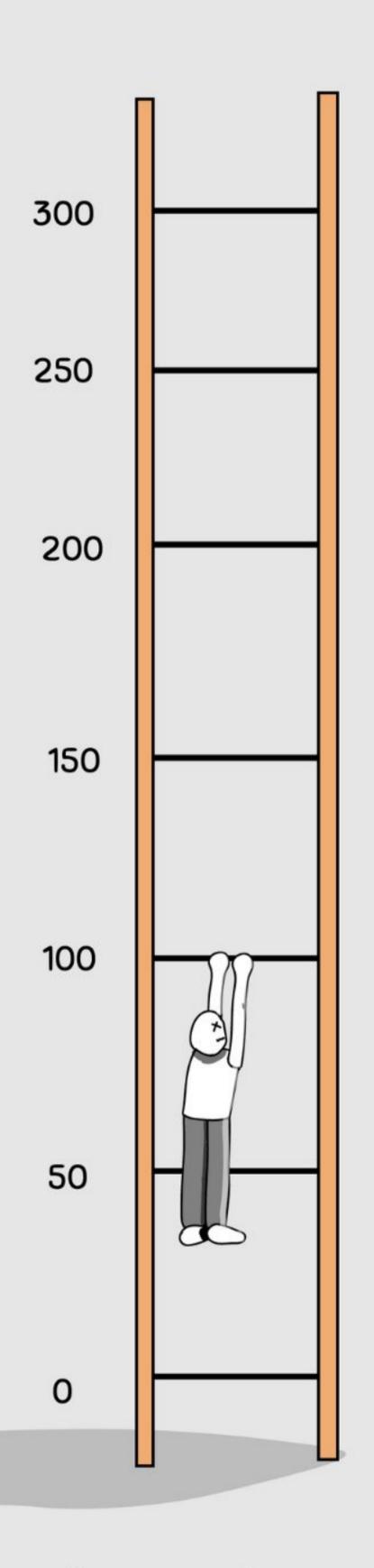
Final Day

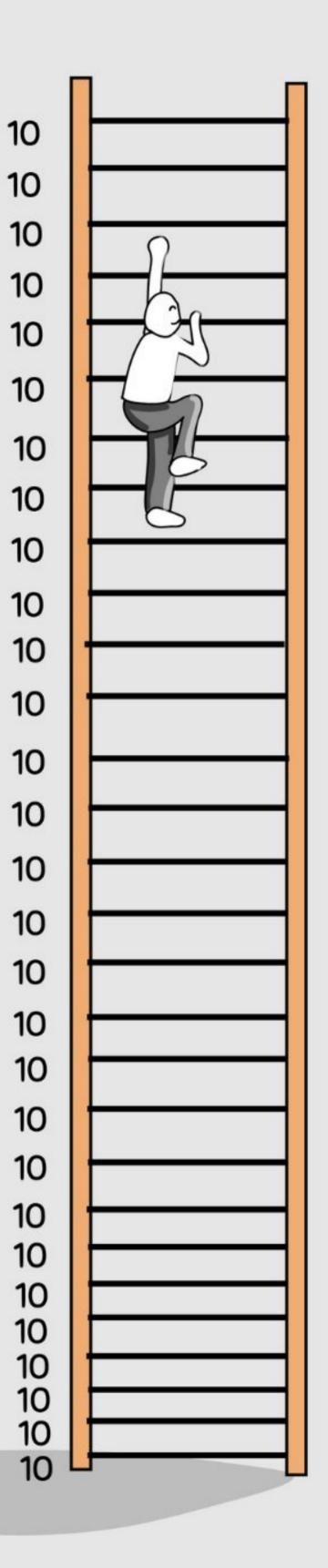




be a fountain

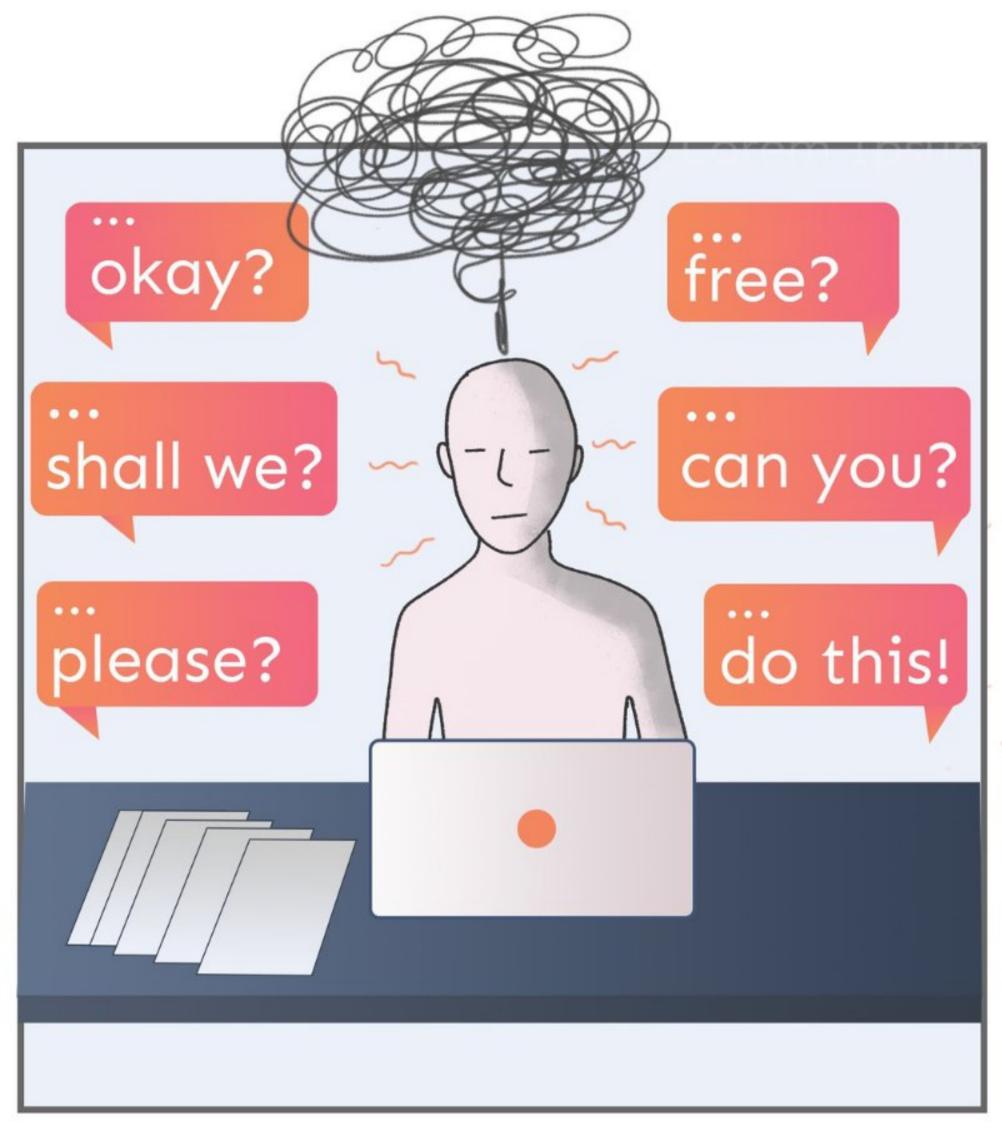
not a sink



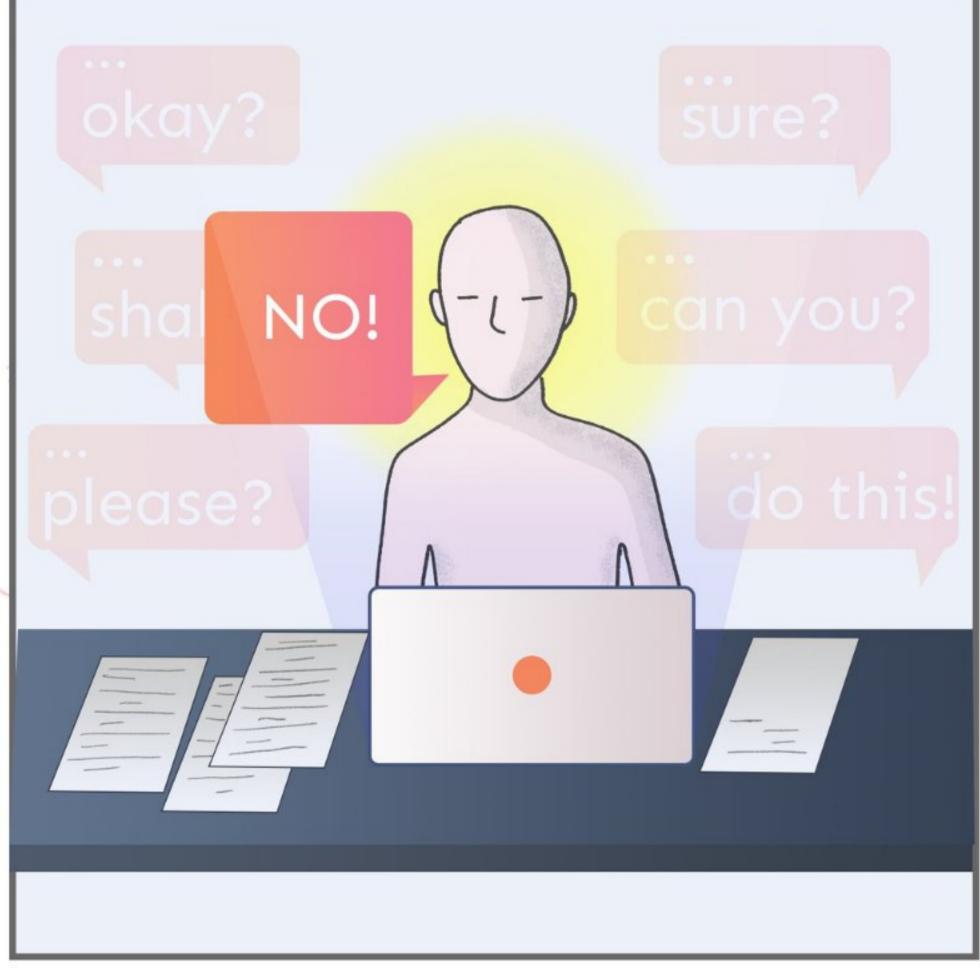


inconsistent ladder

consistent ladder

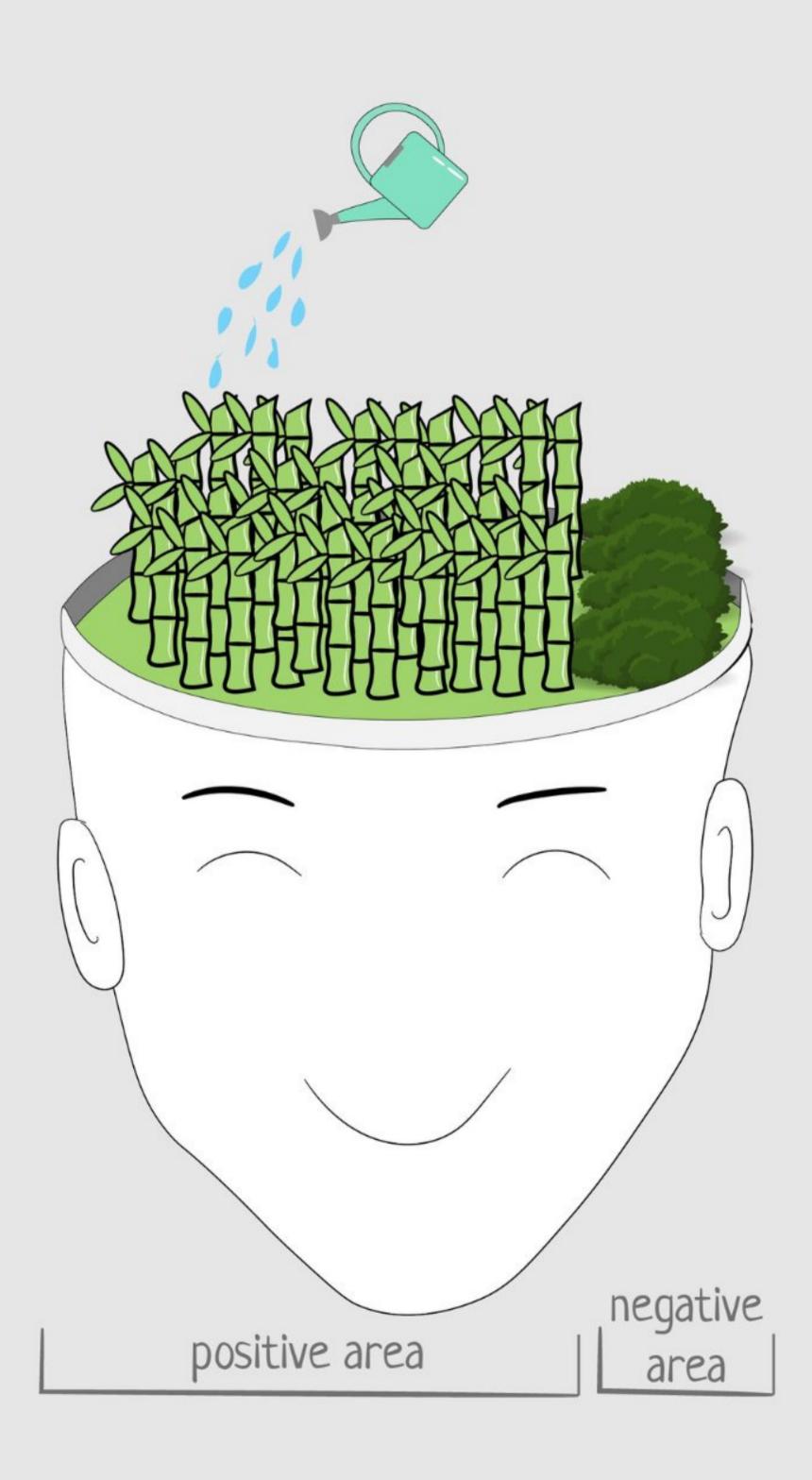


@tanosei



You'll get it more done

when you learn to say "NO"

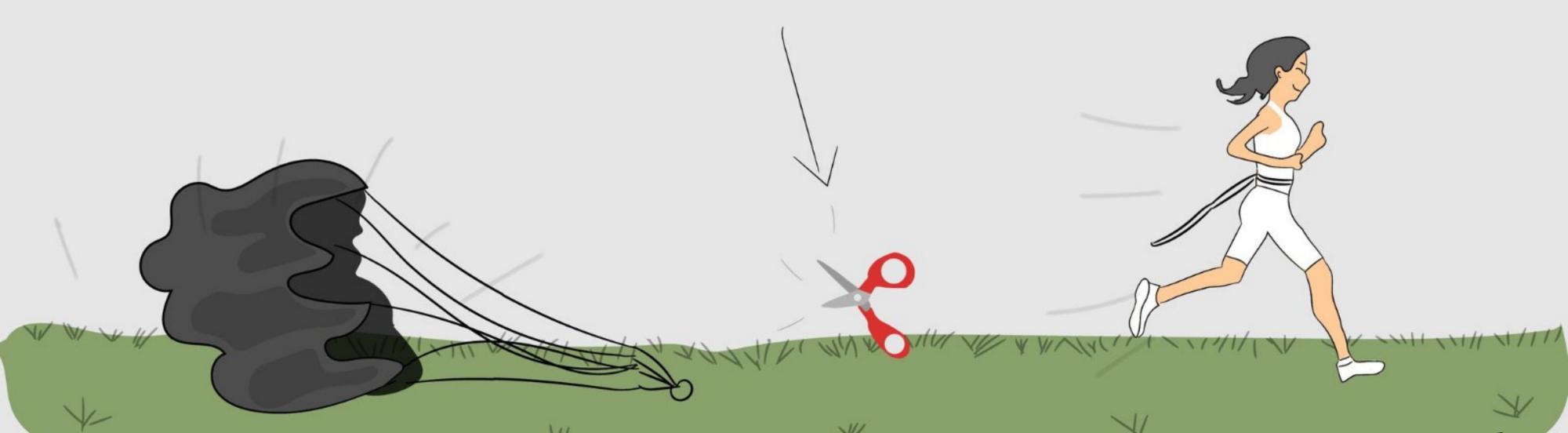




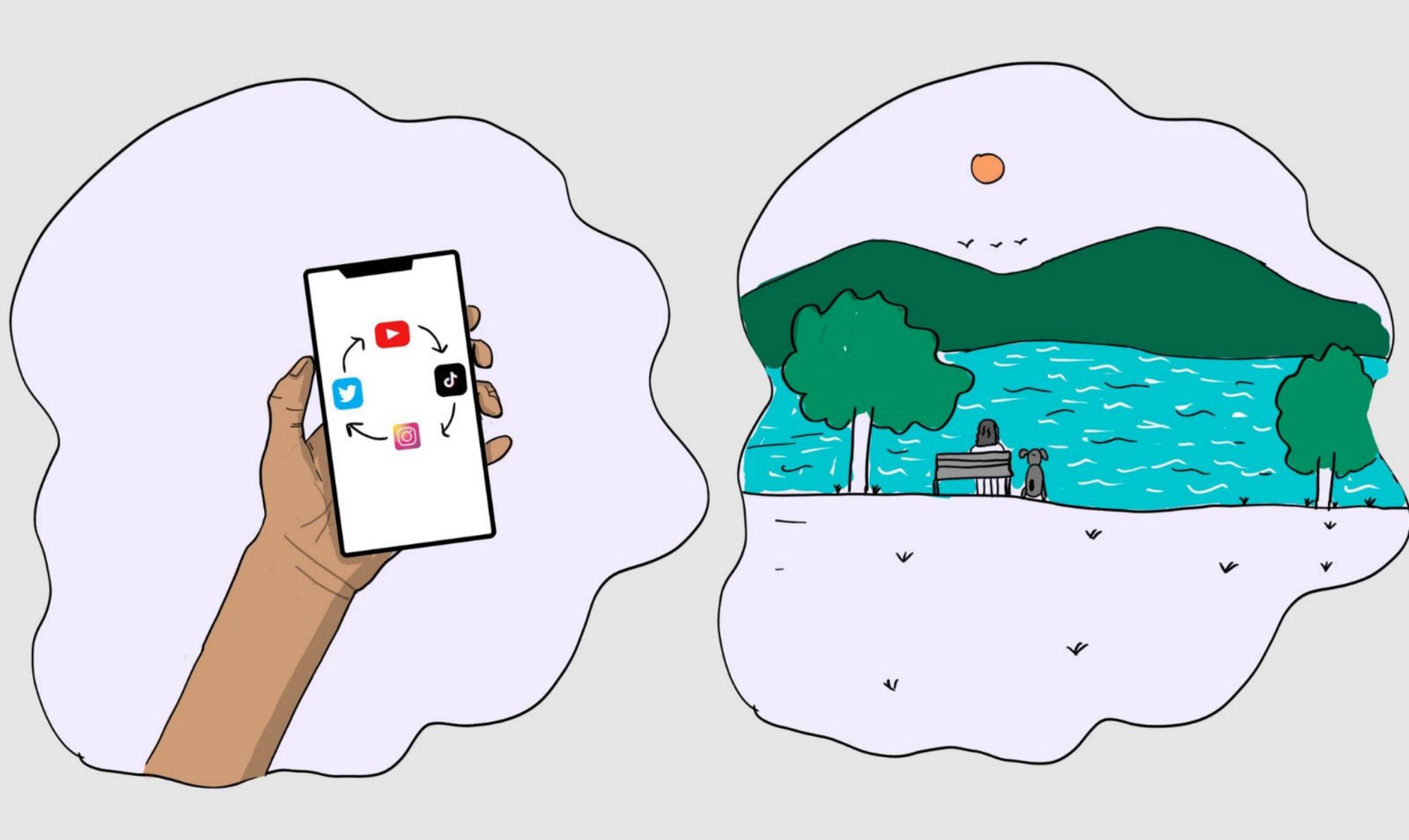
nurture this not this



a peaceful "NO"

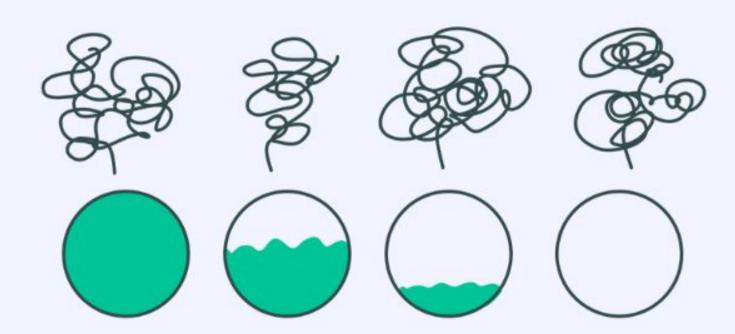


the right way to take a break

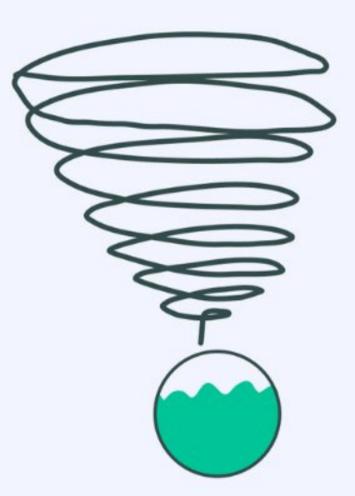


is not by doing this

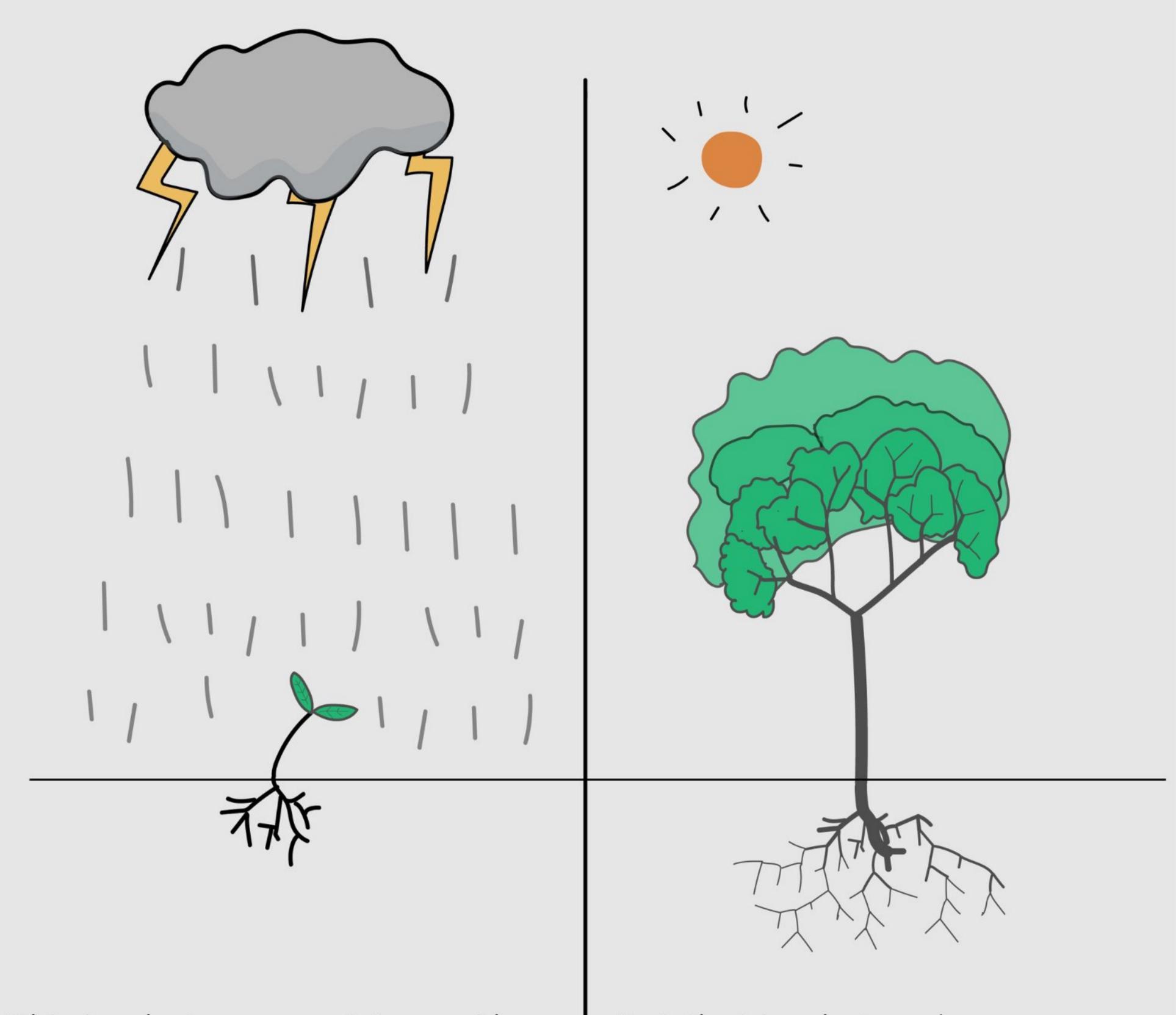
but by doing this



multiple tasks



single task



This is what you want to avoid

But that is what makes you grow