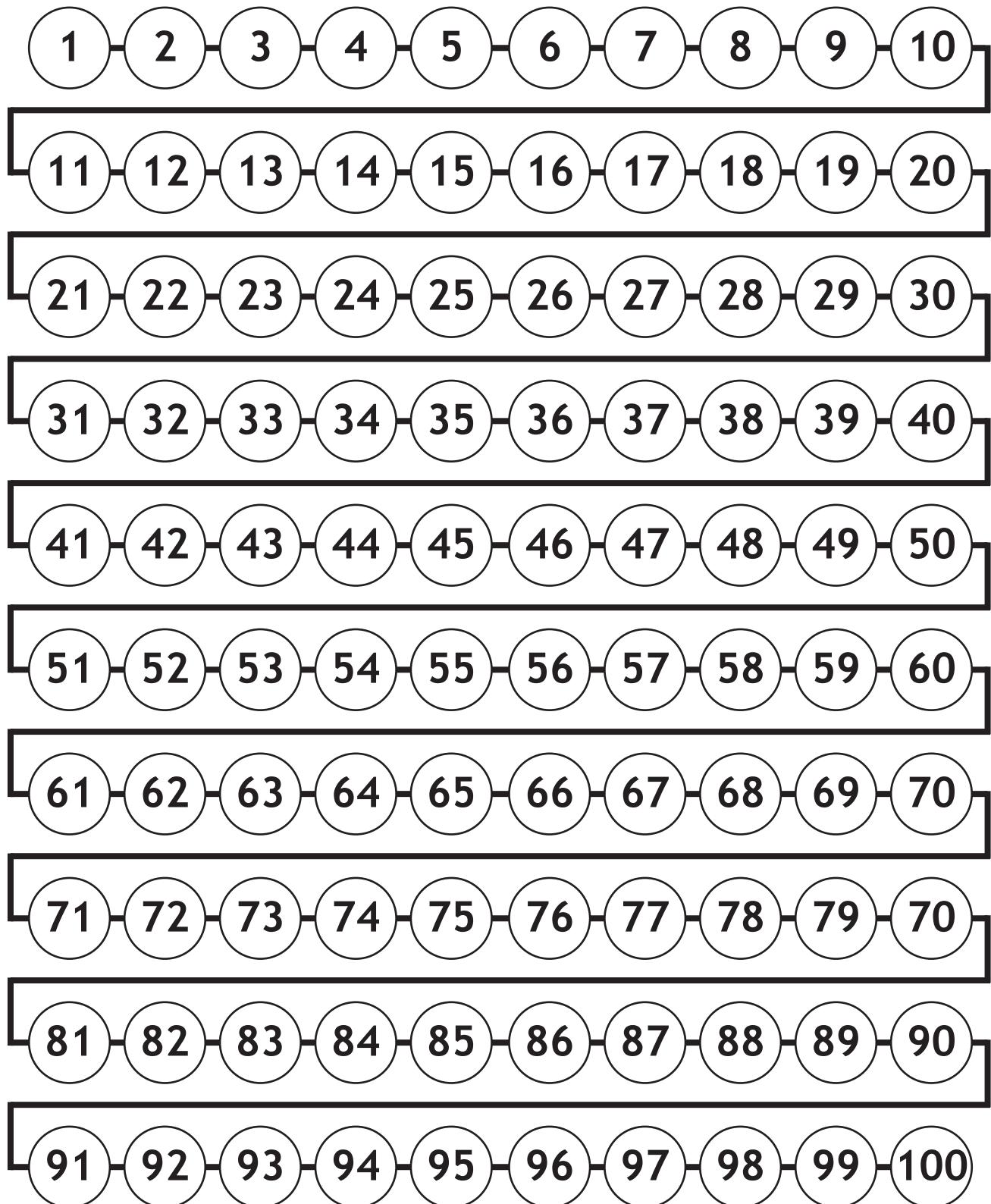


DON'T BREAK THE CHAIN

CHAIN = 100 Download Sites - CONSISTENT = 6m



Consistency?

Repeat the action enough times until it becomes easy to be consistent in it.
Every X you mark on your calendar is another small step in the right direction.
But it's the accumulation of those X's that compound into one big leap.