



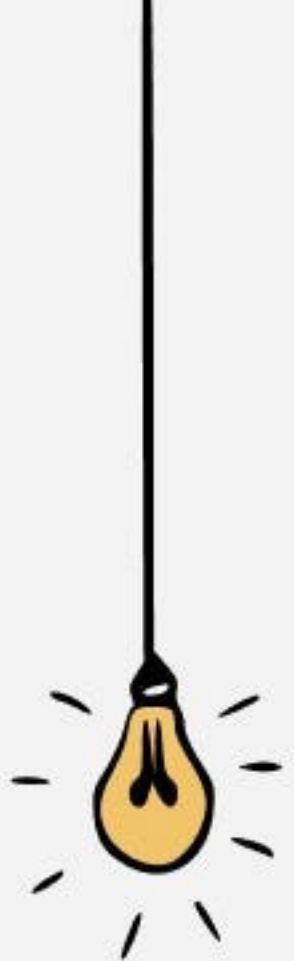
DAY 1



DAY 7



DAY 14



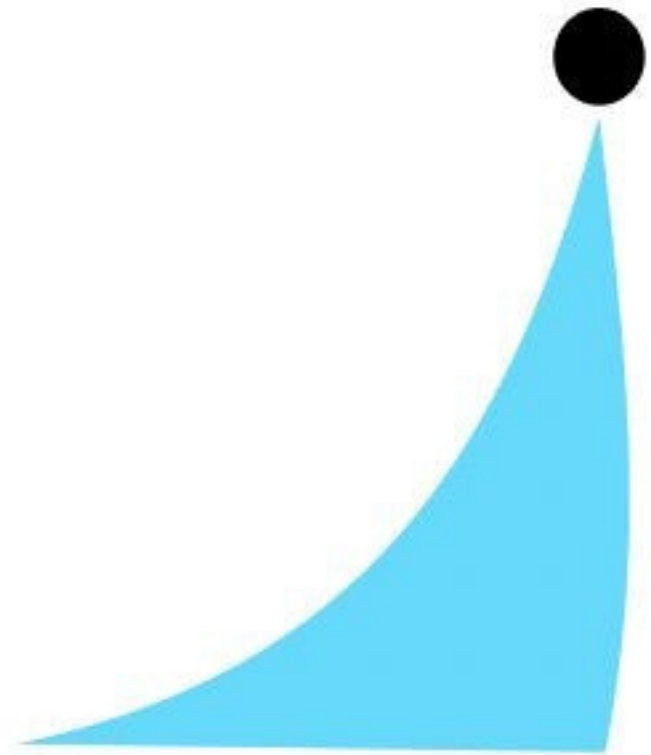
DAY 21

HABITS 101

**Impatience with actions,
patience with results**



CHASING DOPAMINE

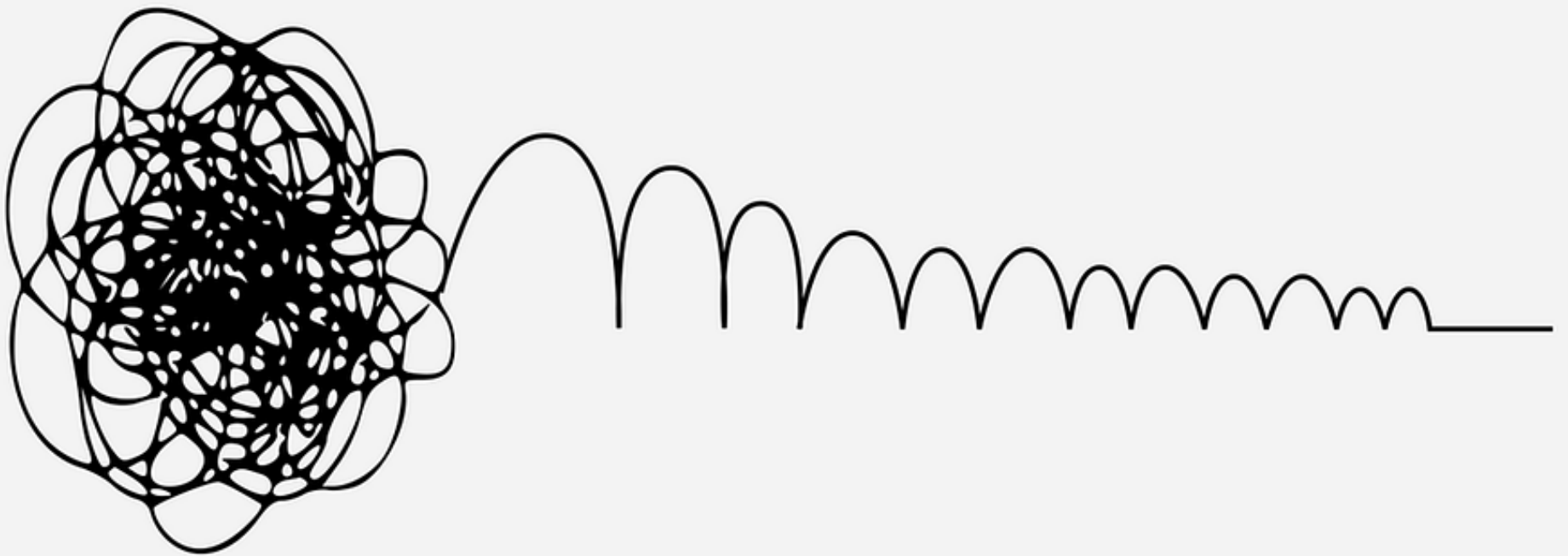


SEEKING PURPOSE

**Golden rule: Seek a long-term
purpose, not short-term
dopamine**

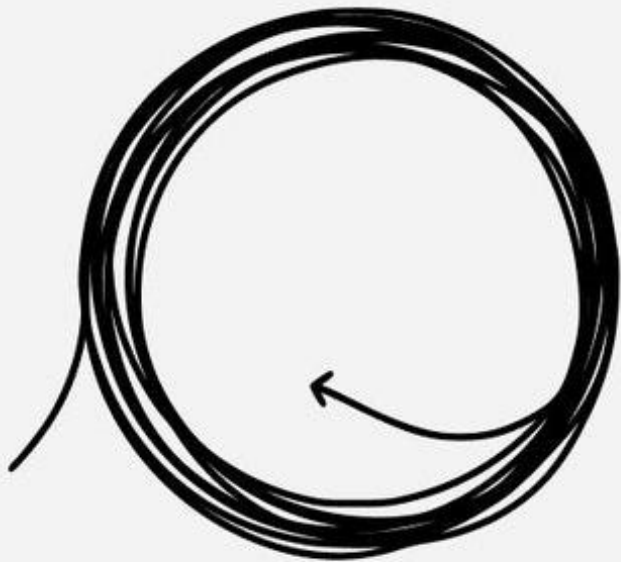
MOMENT

MOVEMENT

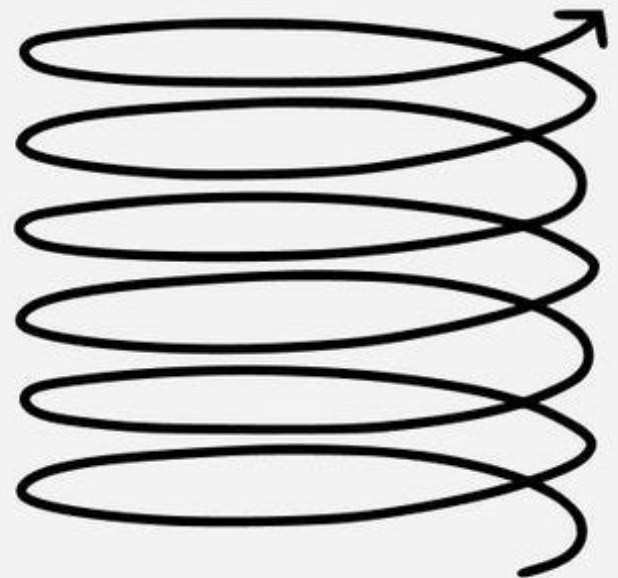


Move to move the mind

SEEKING EXTERNAL
VALIDATION

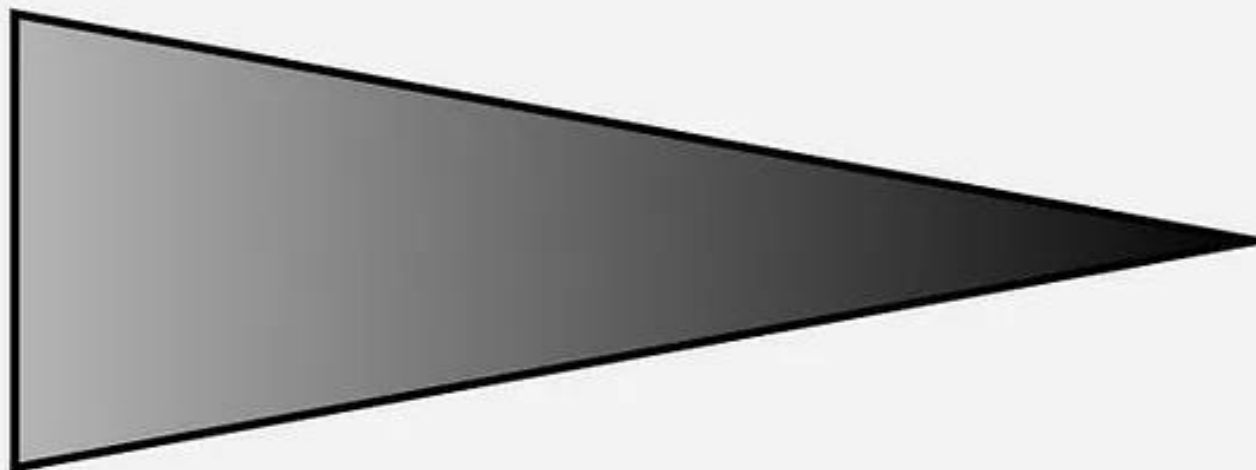


SELF-VALIDATION

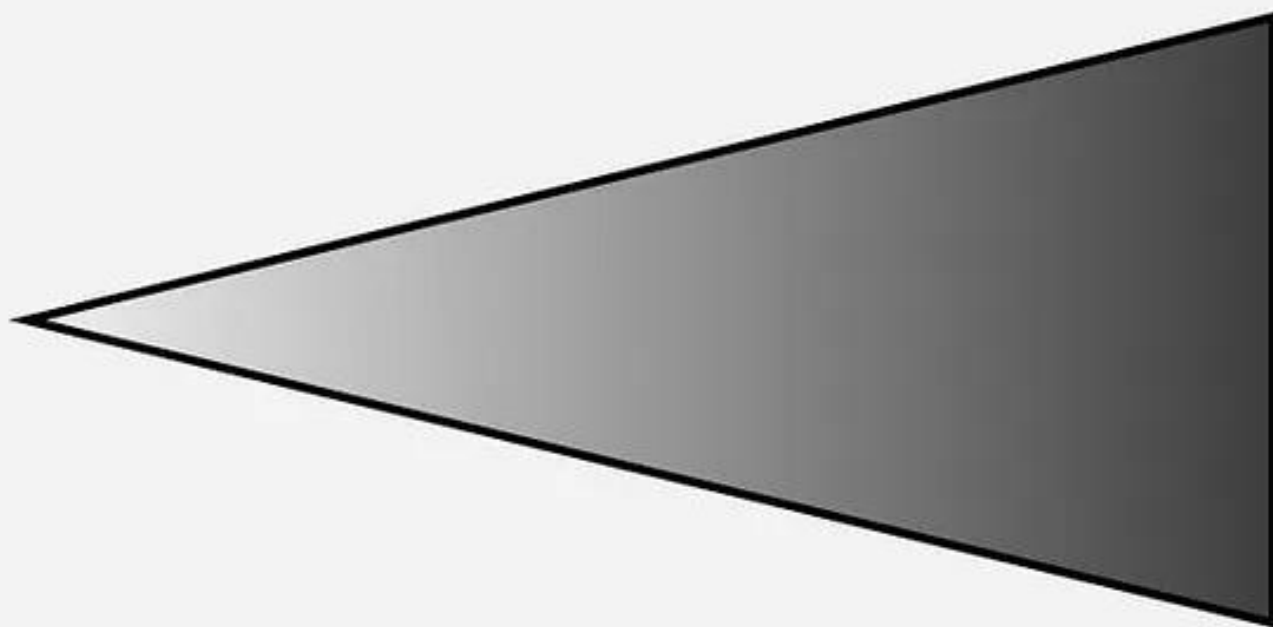


**Self-validation will free you from
all kinds of validation**

CONFIRMATION

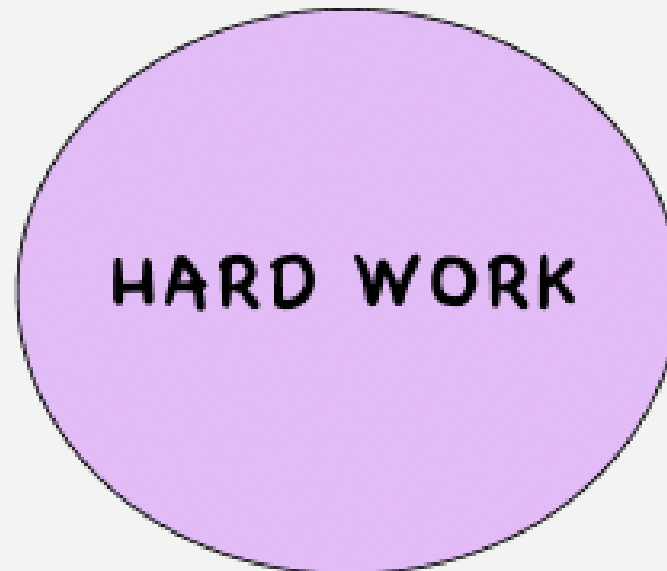


CURIOSITY

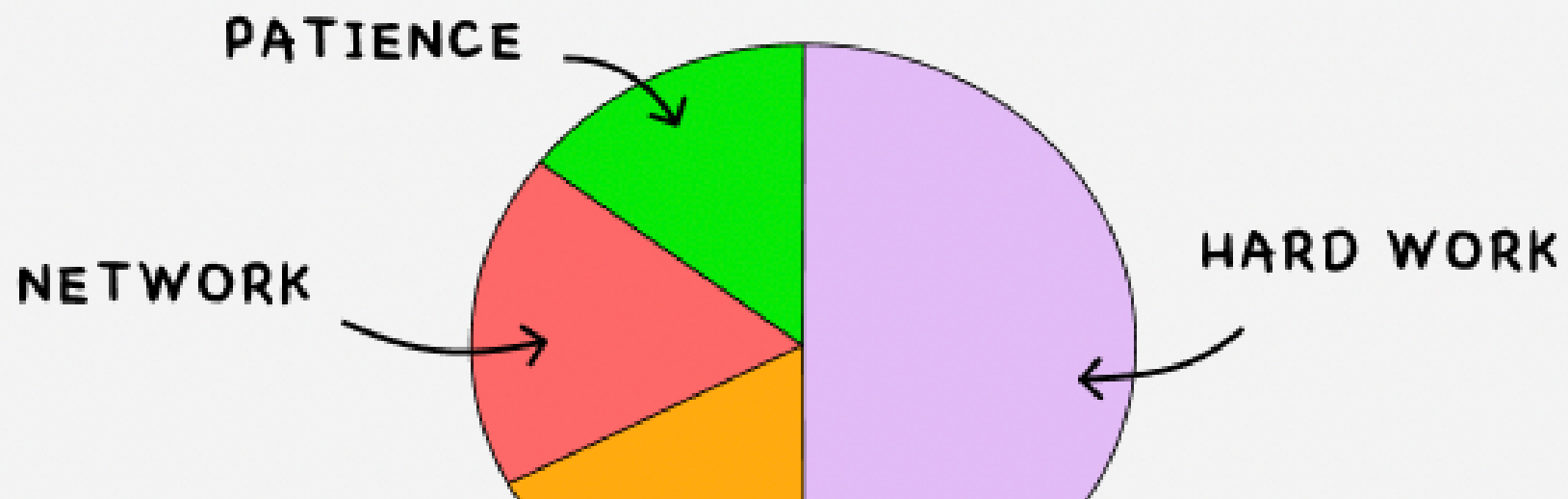


Confirmation Vs Curiosity

**WHAT I THOUGHT WOULD MAKE ME
SUCCESSFUL**

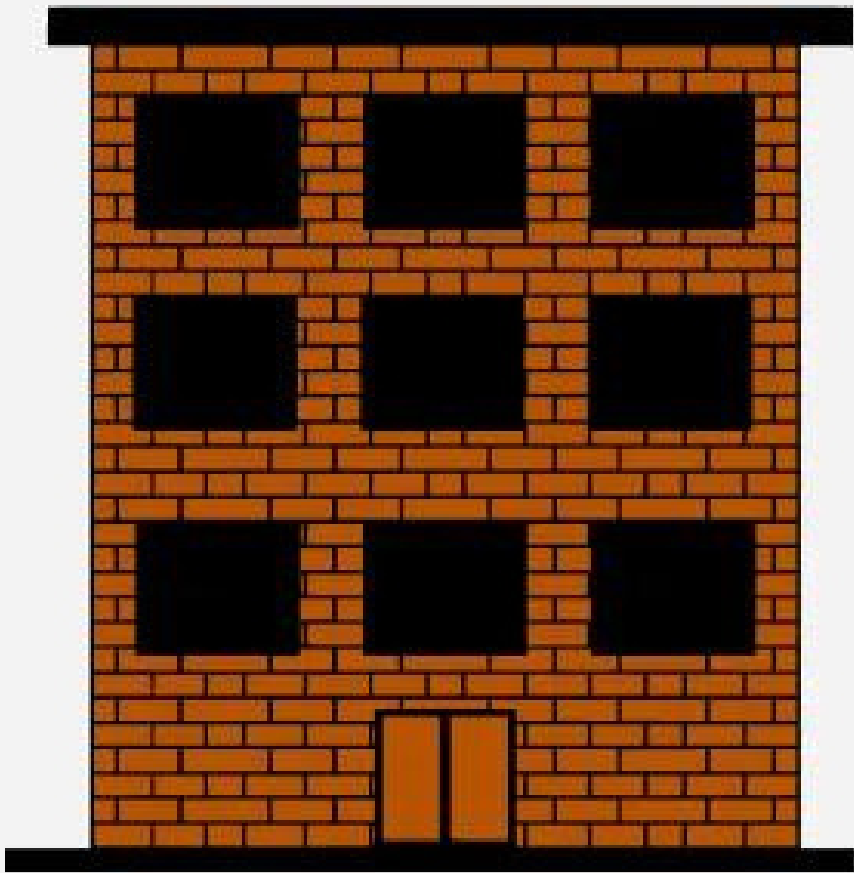


WHAT ACTUALLY WILL

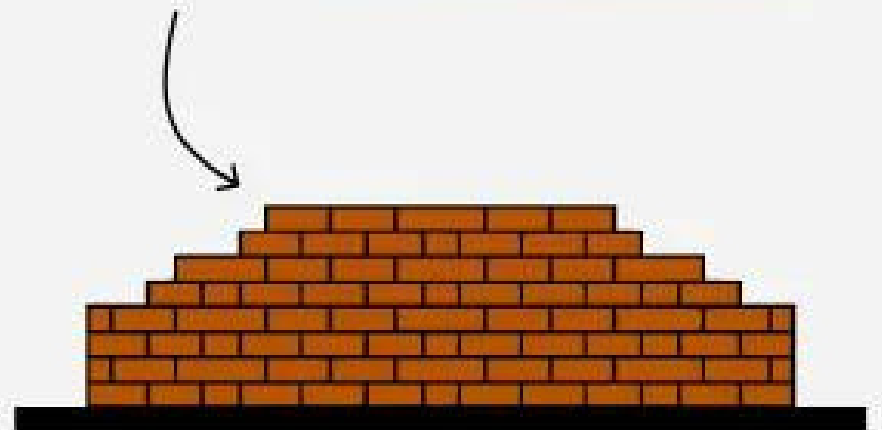


The success combination

MAKE BIG PLANS

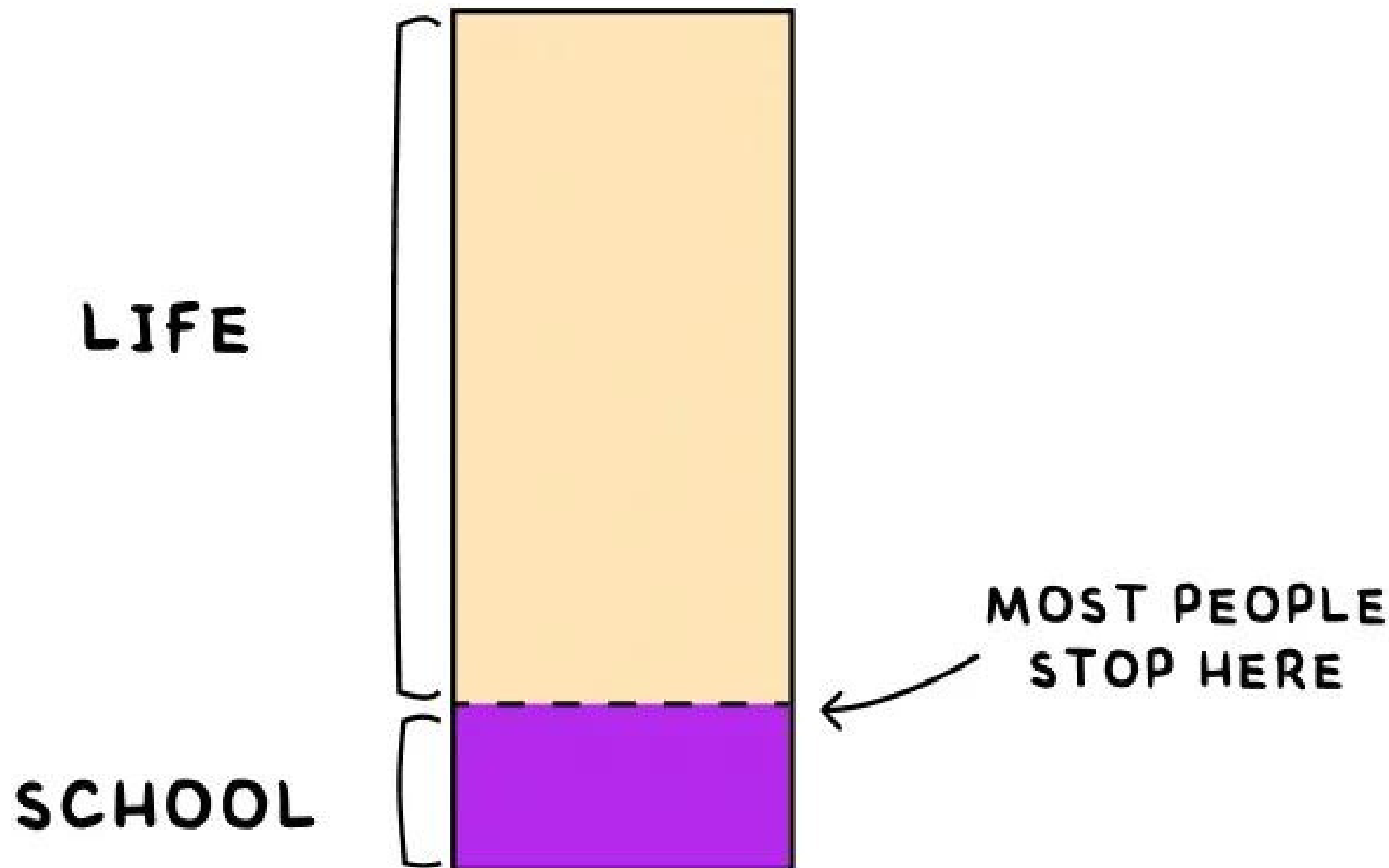


ENJOY LITTLE THINGS



Make big plans, and enjoy little things

LEARNING



Learning is a life-long process

WHAT WE THINK SELF
CARE LOOKS LIKE

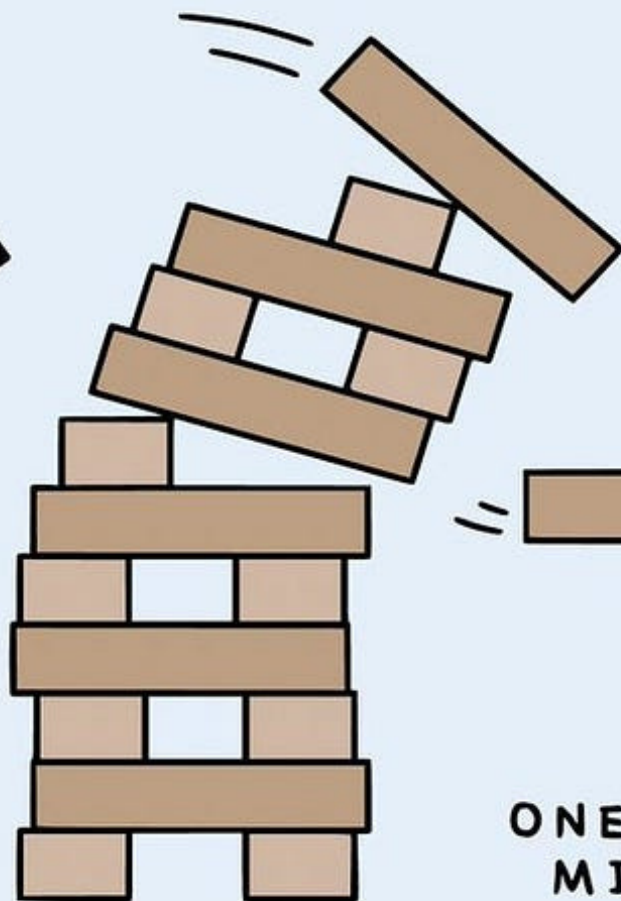
TO-DO	MON	TUE	WED	THU	FRI	SAT	SUN
MEDITATION	✓	✓	✓	✓	✓	✓	✓
JOURNALING	✓	✓	✓	✓	✓	✓	✓
EXERCISING	✓	✓	✓	✓	✓	✓	✓

WHAT IT ACTUALLY
LOOKS LIKE

TO-DO	MON	TUE	WED	THU	FRI	SAT	SUN
MEDITATION	✓	✓	✗	✓	✓	✓	✗
JOURNALING	✓	✗	✓	✓	✓	✗	✓
EXERCISING	✓	✓	✓	✓	✓	✗	✗

**Self-care is not the same every
day**

20 YEARS OF
REPUTATION



ONE SMALL
MISTAKE

Reputation is a fragile house