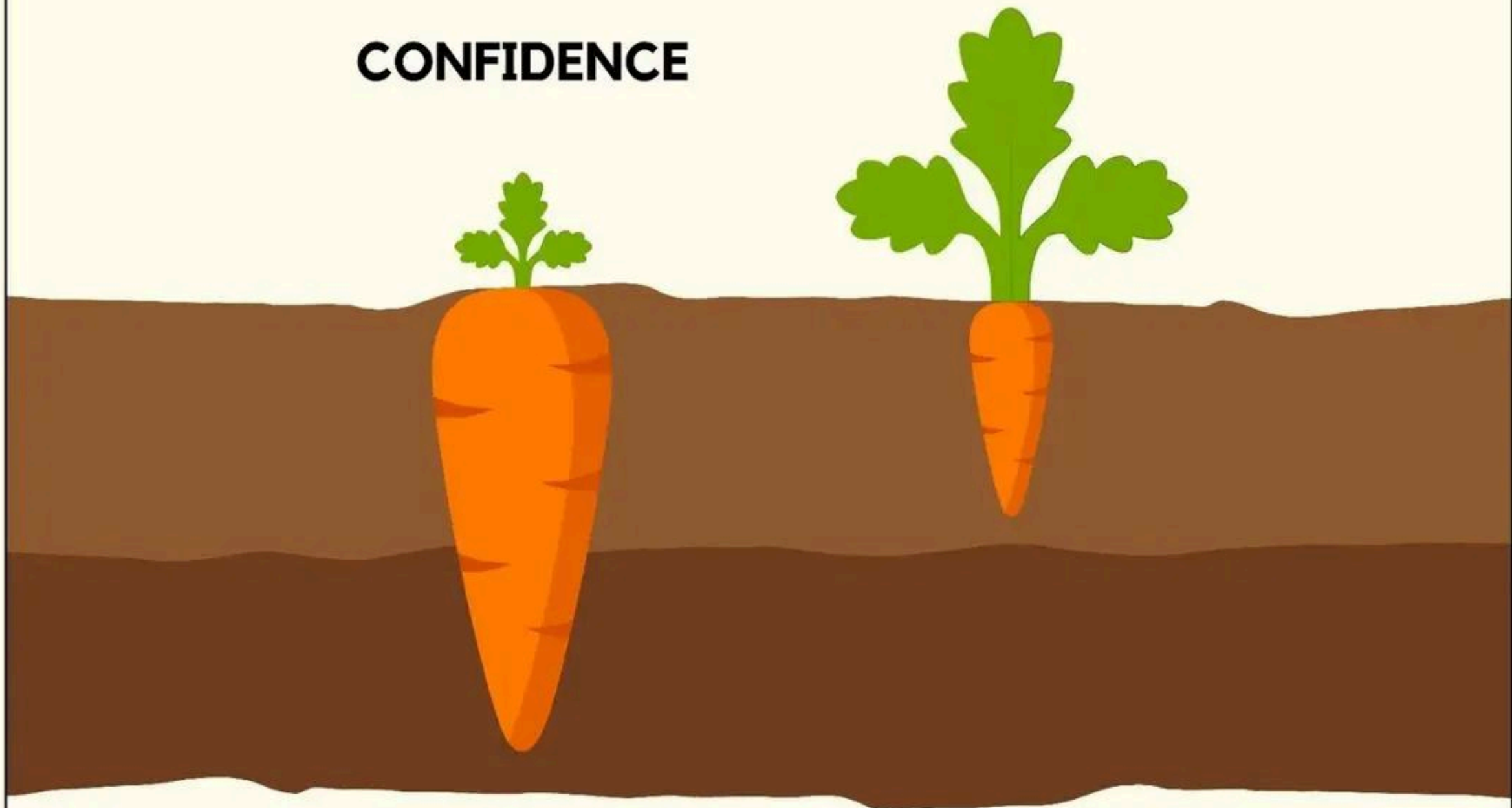


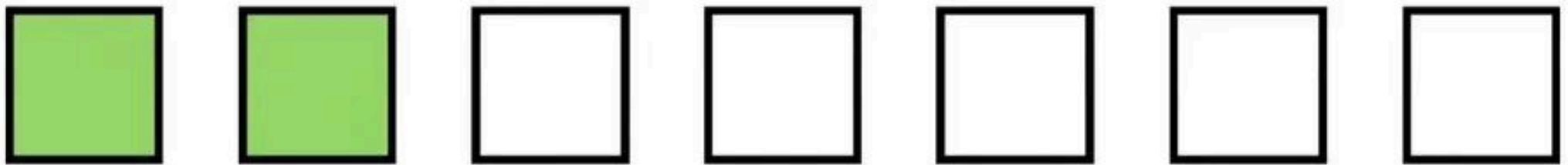
# 10 Mindset Shifts to Transform Your Life

**CONFIDENCE**

**EGO**



When you plan for perfection

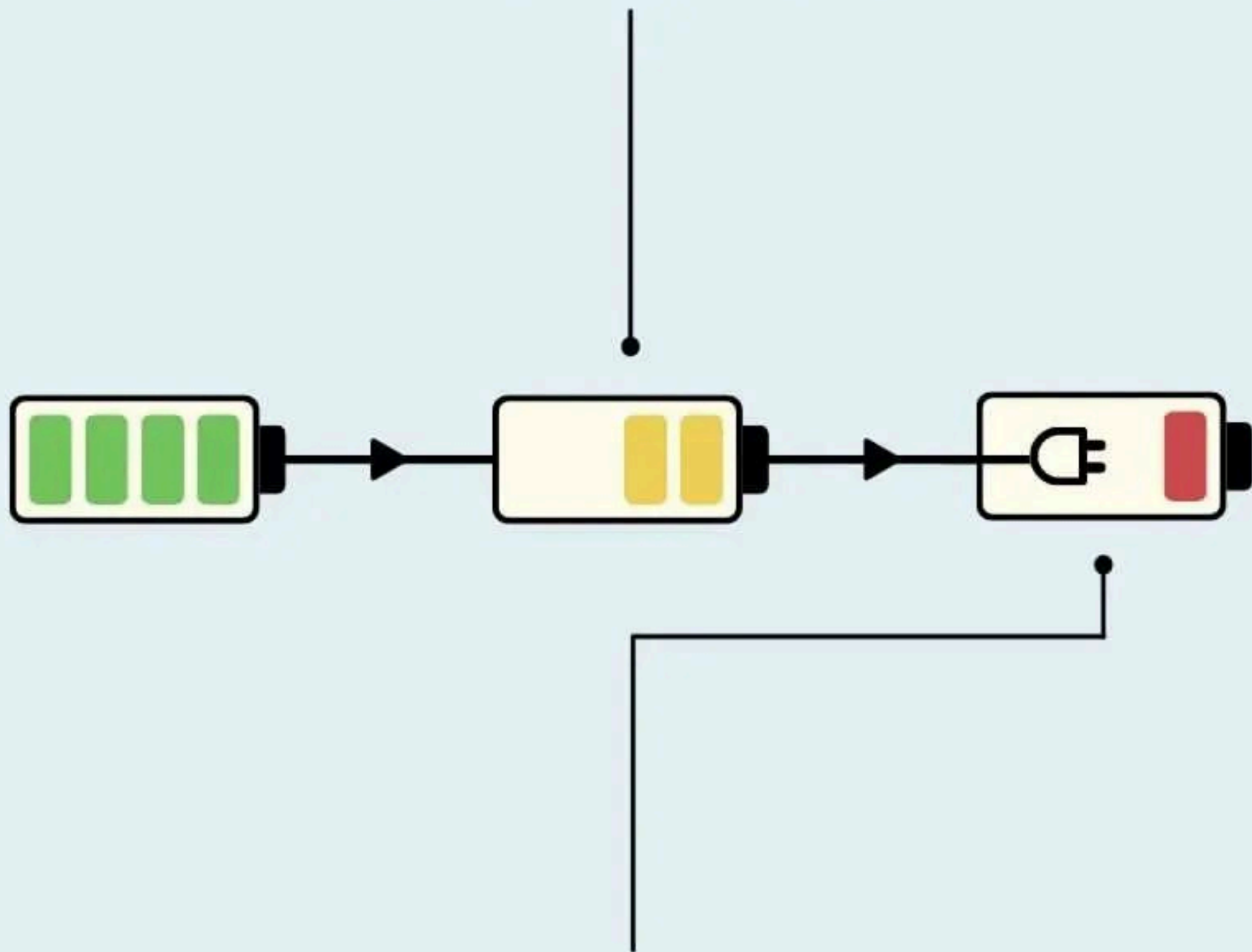


@valuevisualized

When you plan to just show up



**Take a break here,**

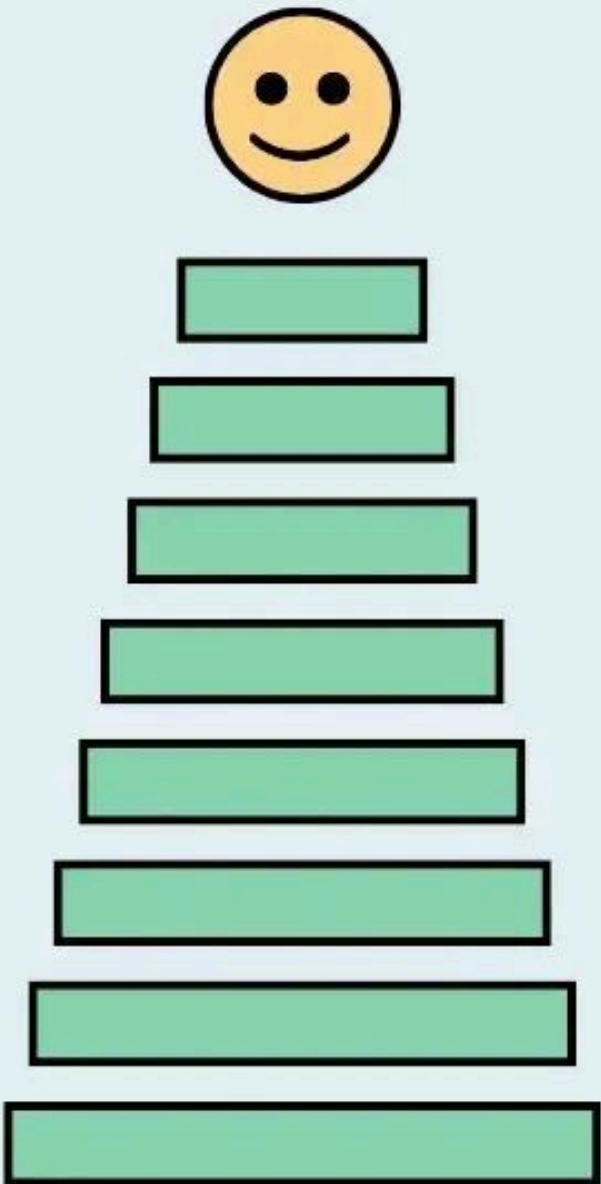
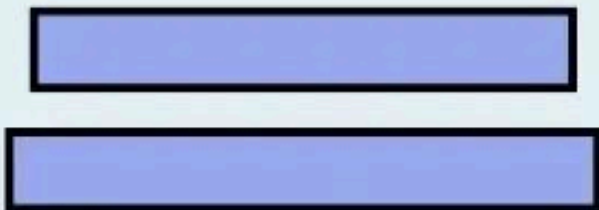


**Not here.**

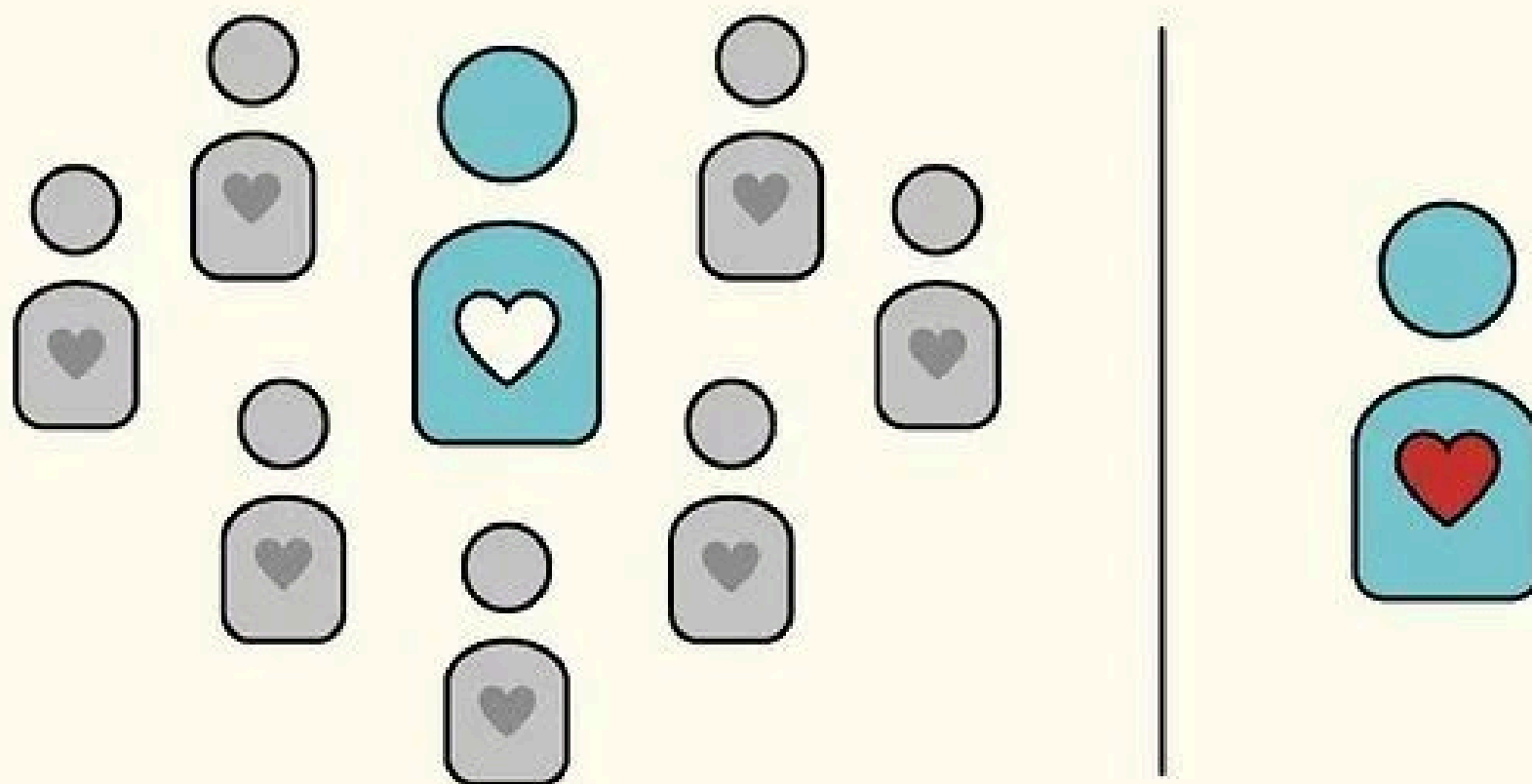
Stop comparing your level 2 with  
their level 20.

 Levels  
reached

He is way  
better than me!

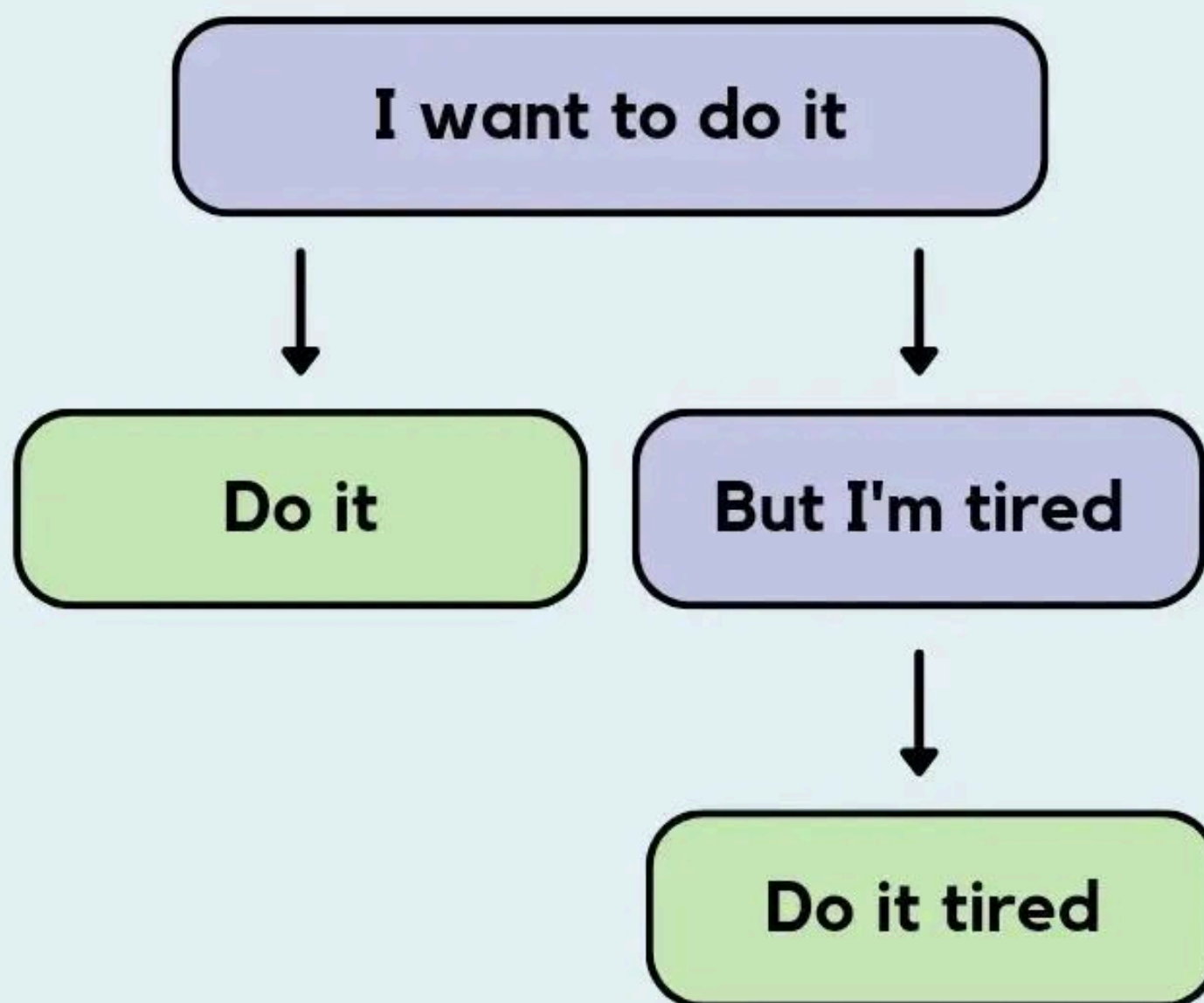


**Stop searching for the right person,**

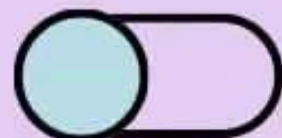


**Start becoming the right person.**

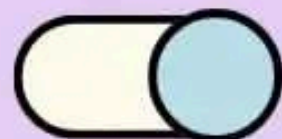
**Can't work only when you feel like it.**



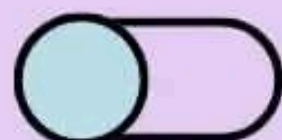
# FOCUS



YESTERDAY



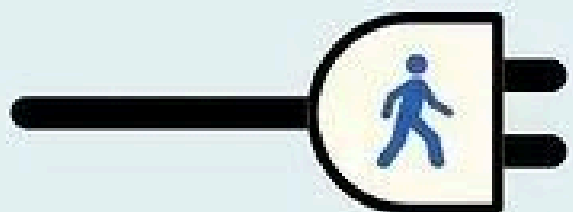
TODAY



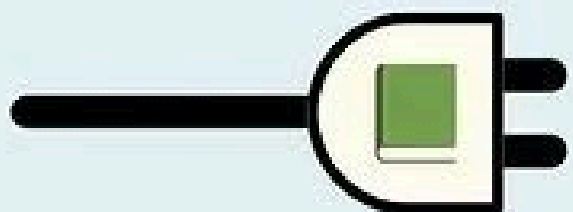
TOMORROW

## When you're low on motivation and inspiration

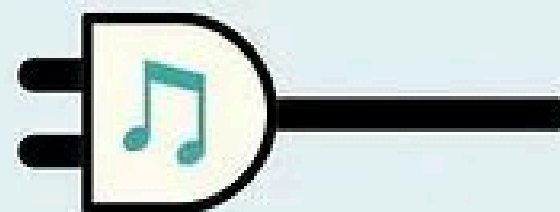
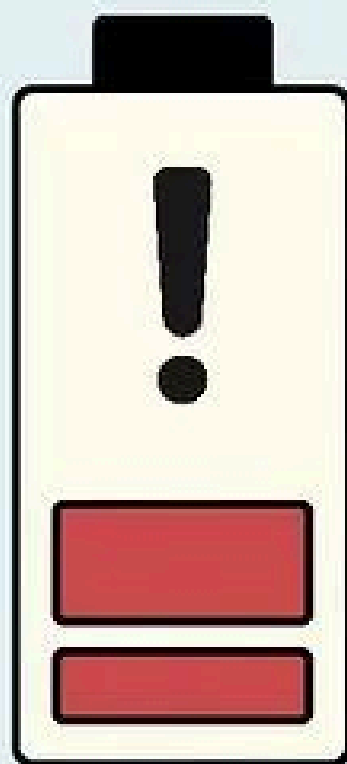
Go for a walk



Take a nap



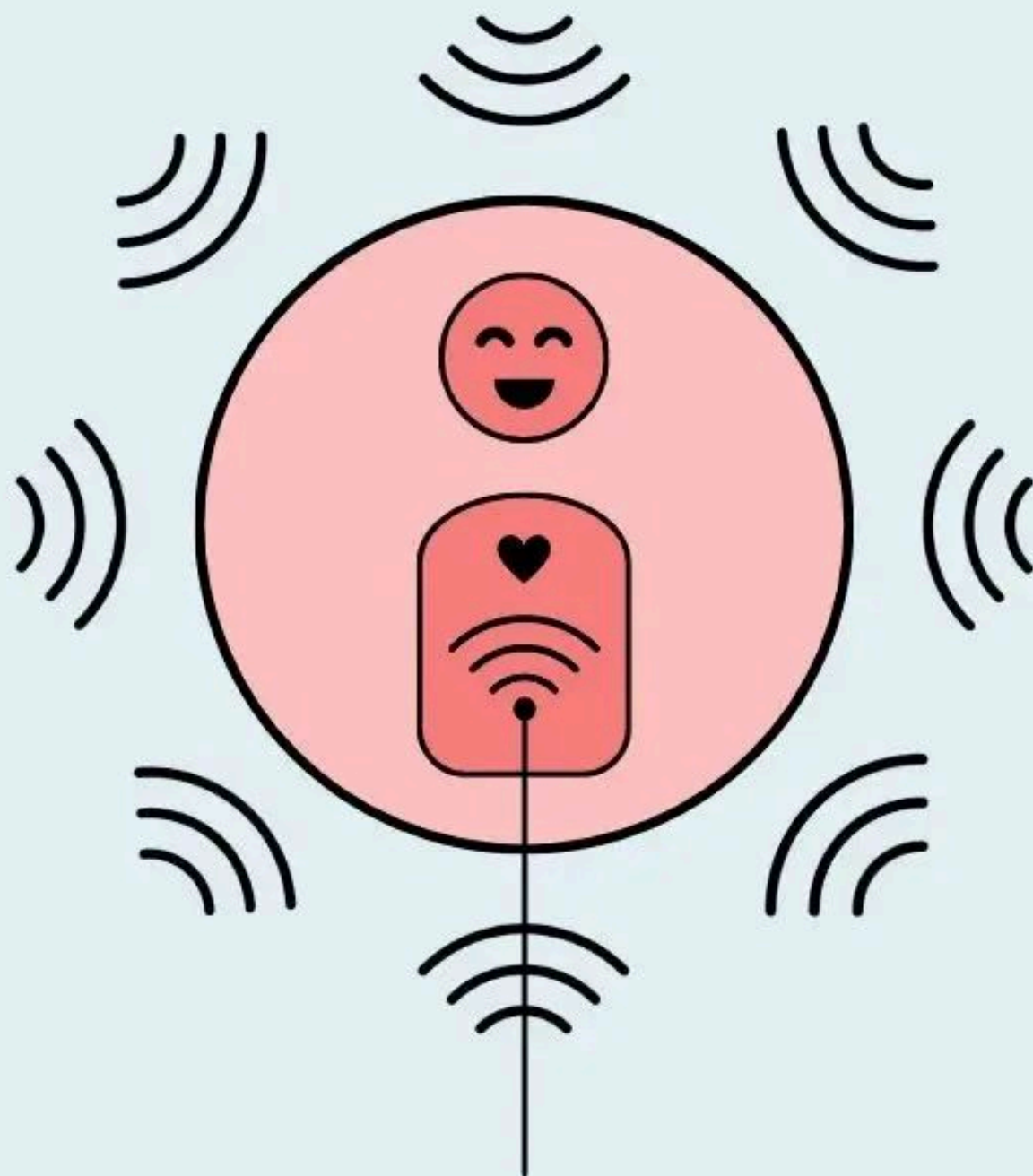
Read a book



Listen to music



**Stop listening to all the voices around you,**



**This is the only voice that is meant to heard.**

**The only person whose validation  
matters.**

