



First, it's an Intention



Then an Action



Then a Practice



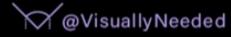
Then a Consistency

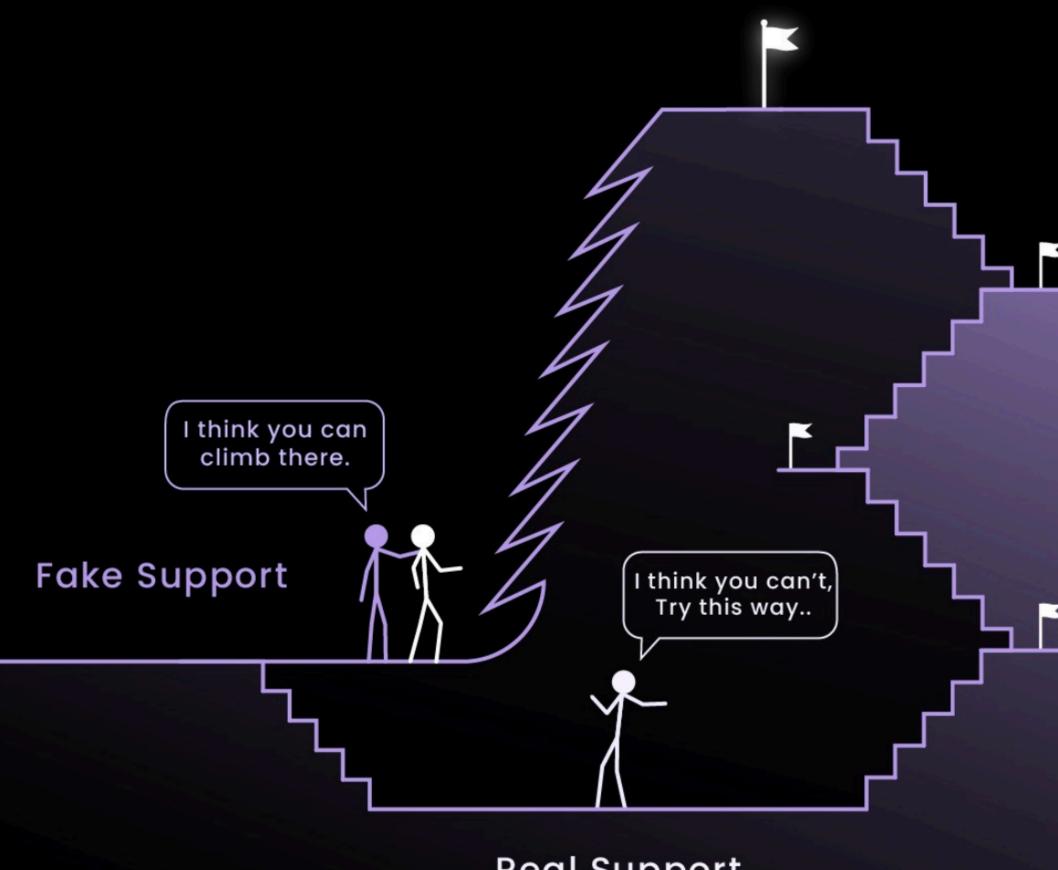


Then a Habit



Then It's Simply Who you are





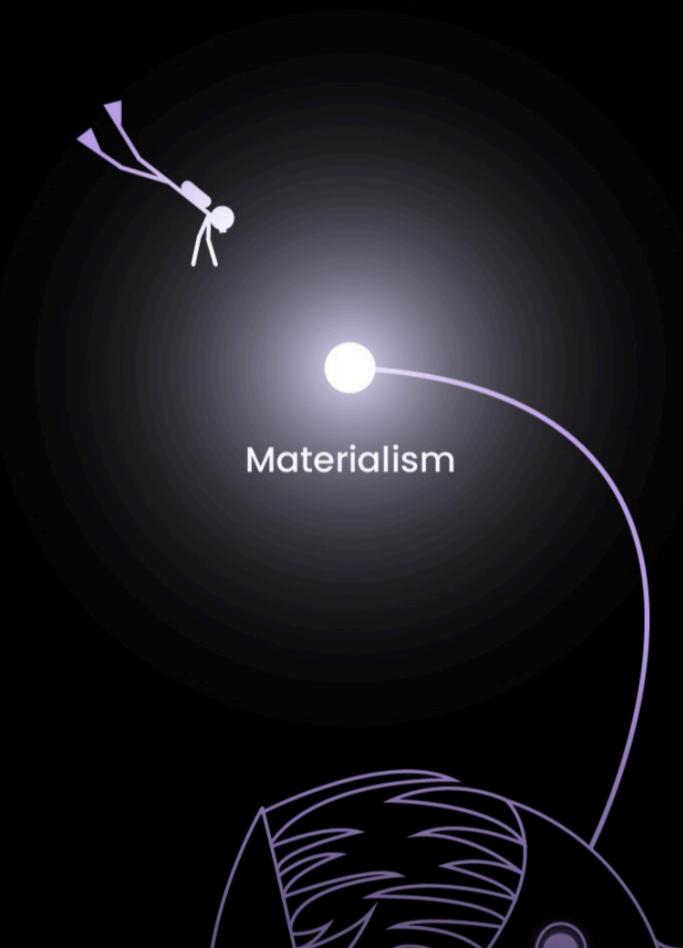
**Real Support** 



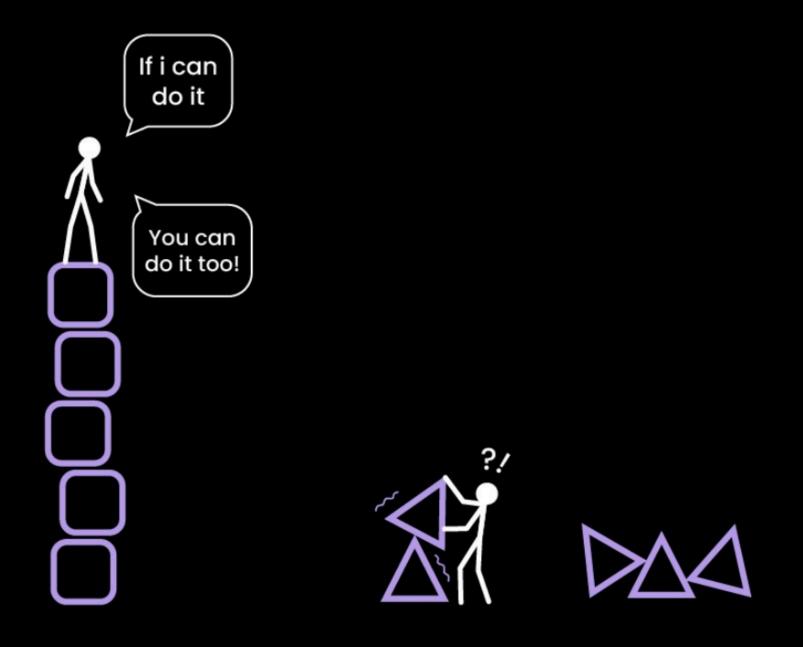
Don't count the days



Make the days count.



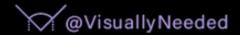
Depression



There will be always an unfair advantage



You need to find yours







Overthinking?

Write



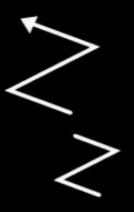
Anxious?



Pray/Meditate



**Burnt Out?** 



Take a Nap



## **Get Going**



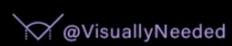


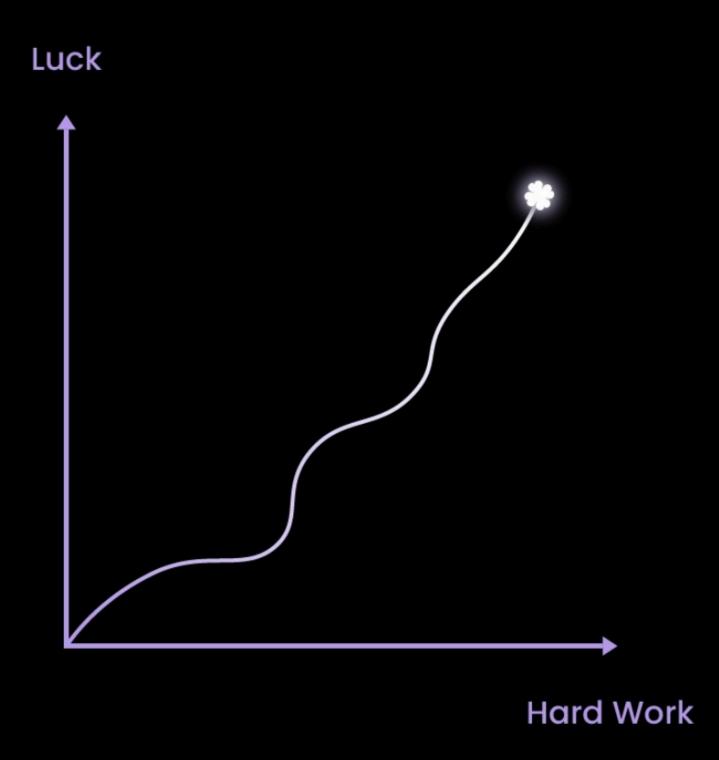
**Get Good** 



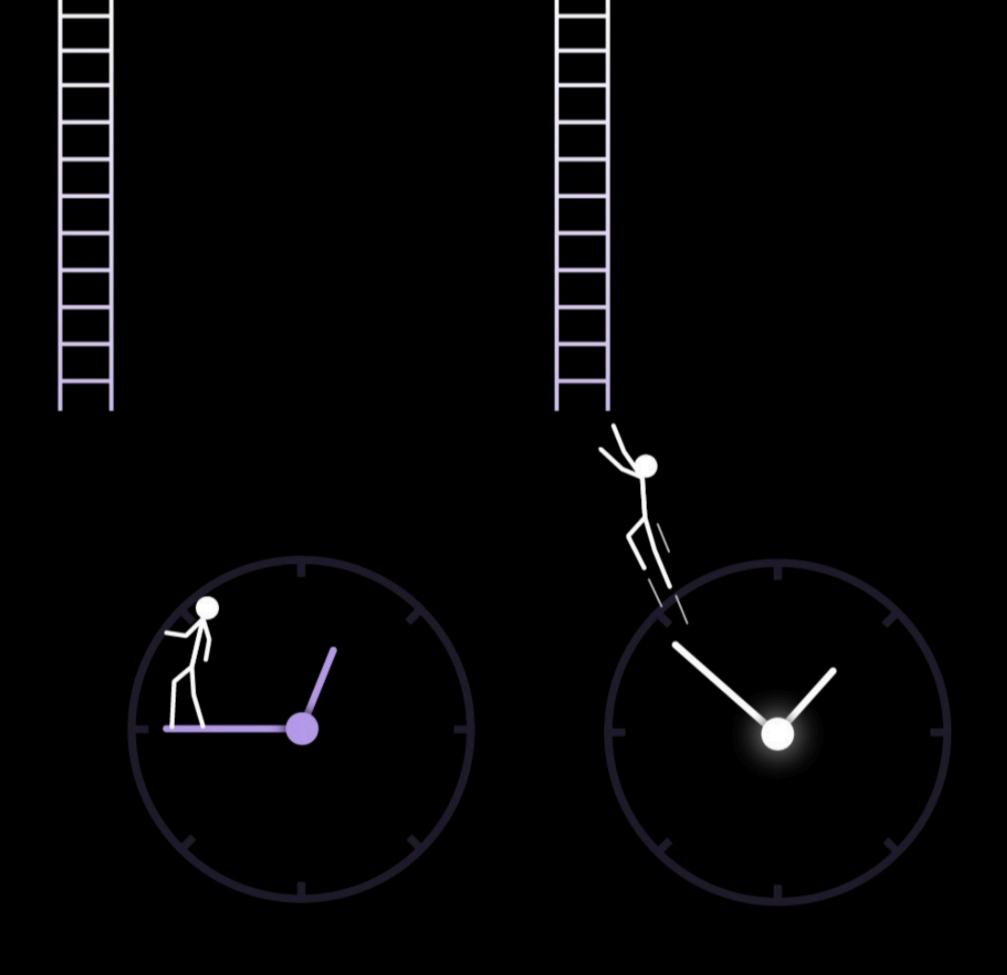


Get Smart





"The harder you work, the luckier you get."



Knowing when to take the Risk is related to how Focused you are on your Goals.