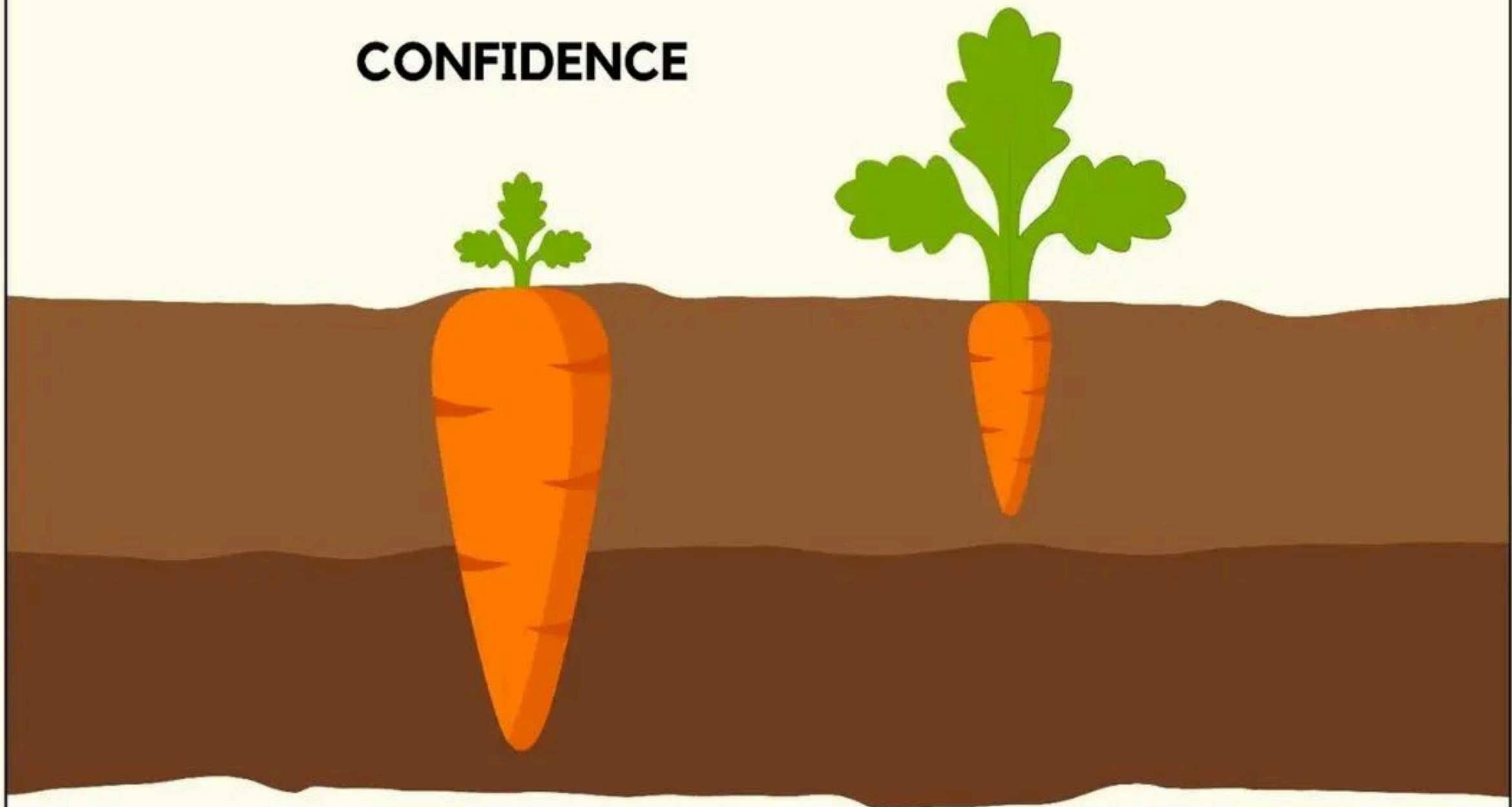


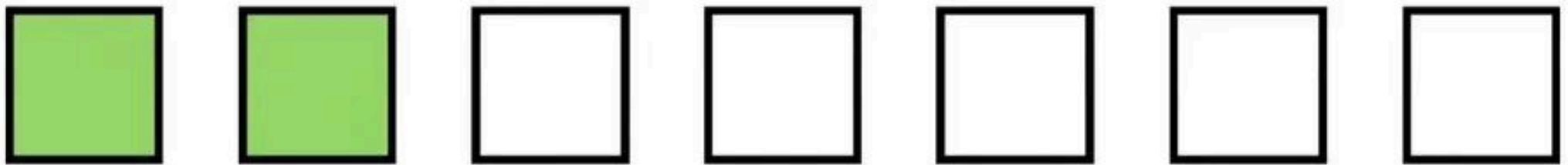
10 Mindset Shifts to Transform Your Life

EGO

CONFIDENCE



When you plan for perfection

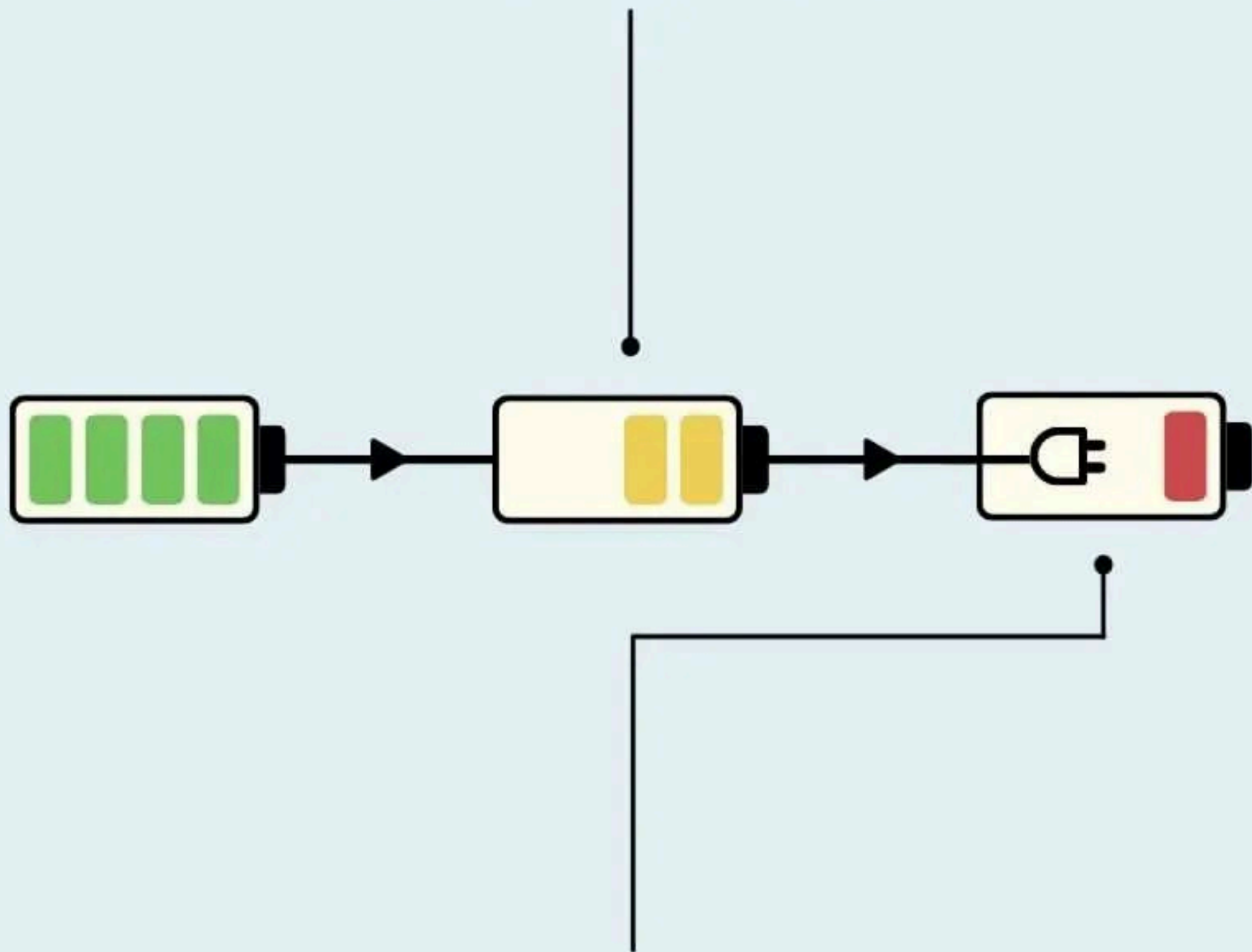


@valuevisualized

When you plan to just show up



Take a break here,

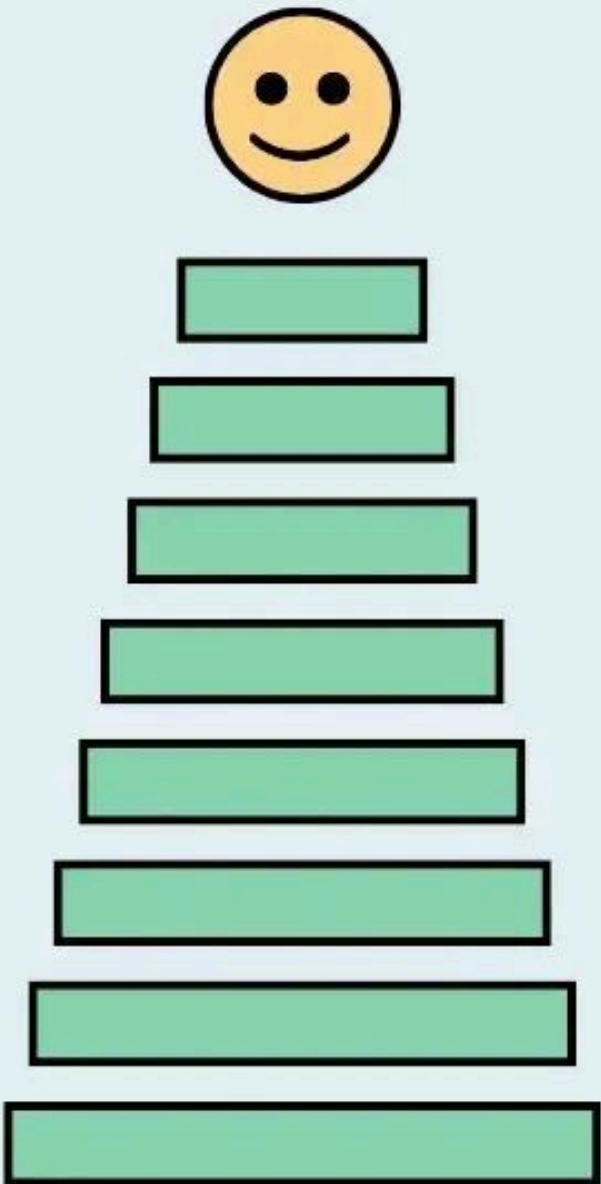
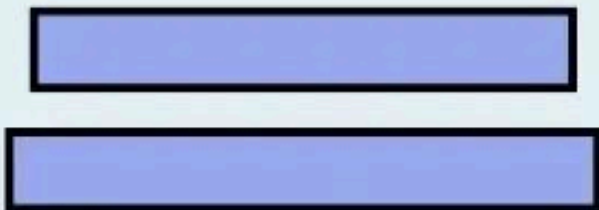


Not here.

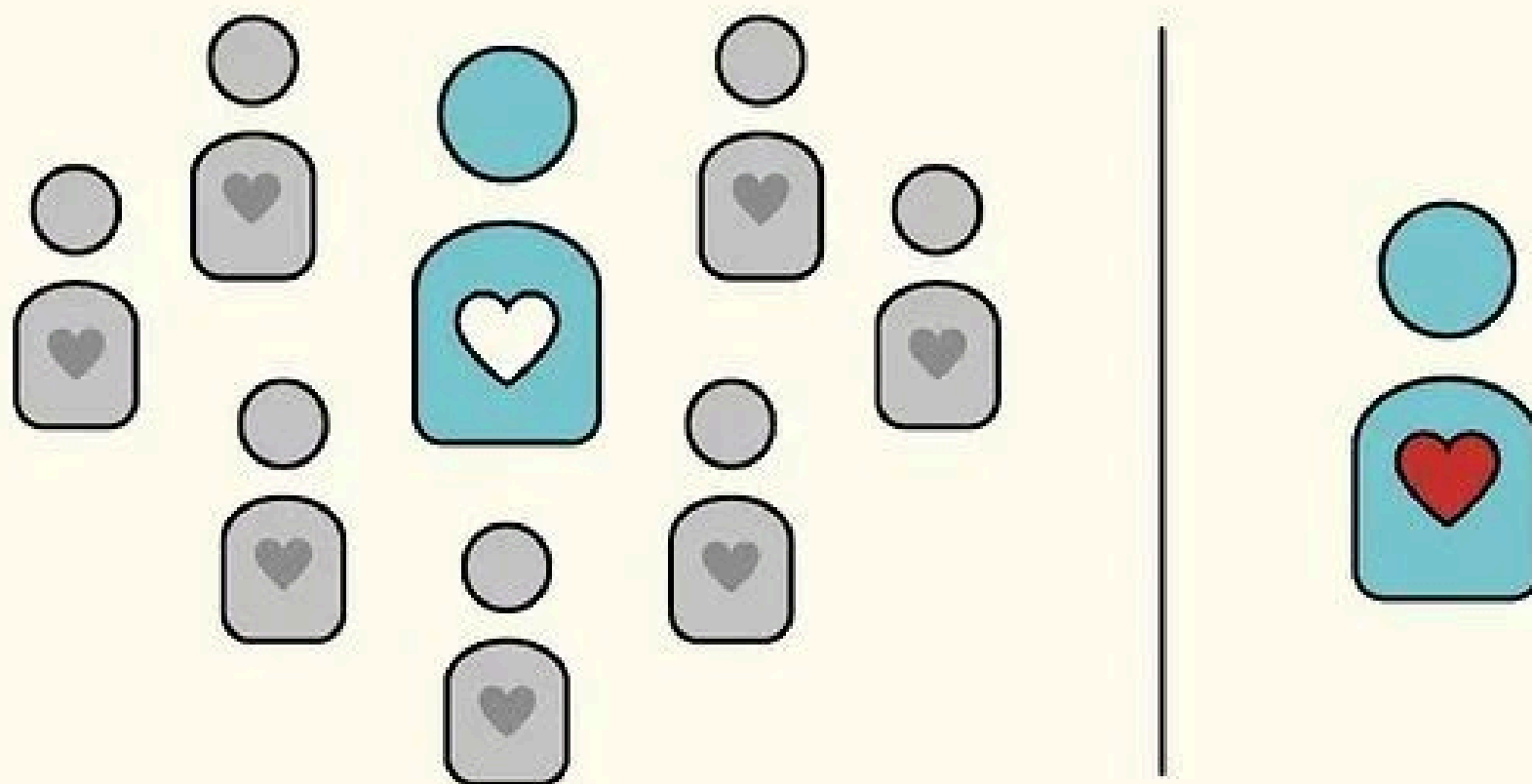
Stop comparing your level 2 with
their level 20.

 Levels
reached

He is way
better than me!

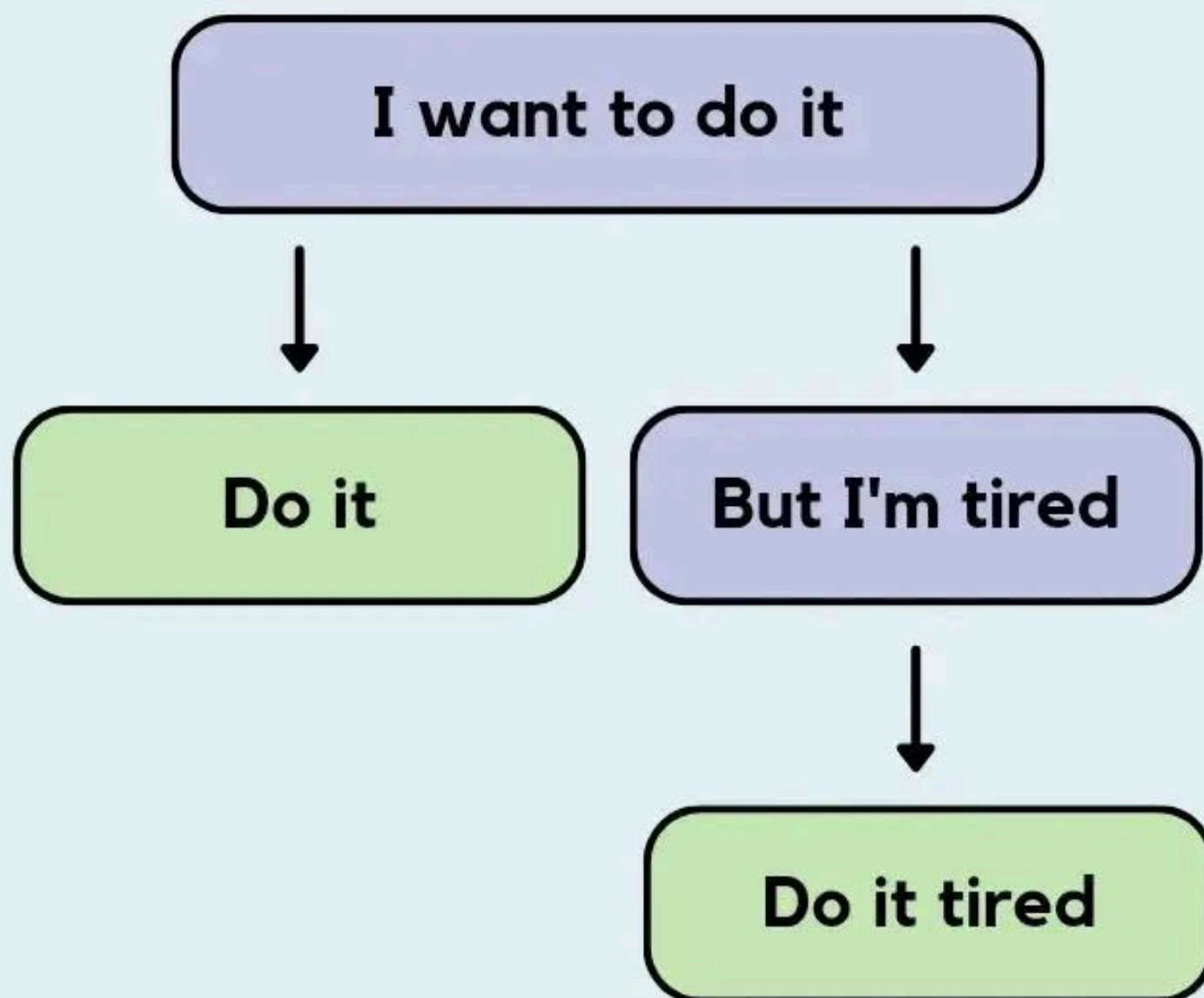


Stop searching for the right person,

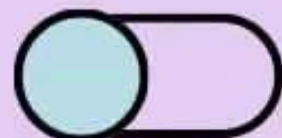


Start becoming the right person.

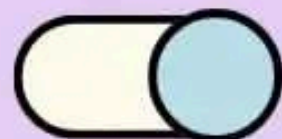
Can't work only when you feel like it.



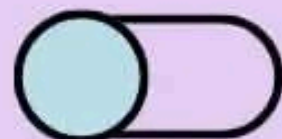
FOCUS



YESTERDAY



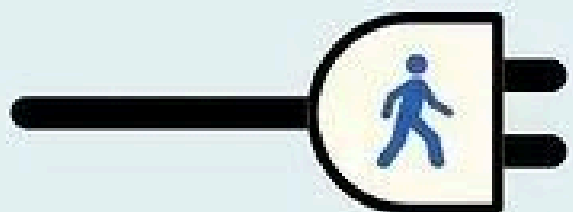
TODAY



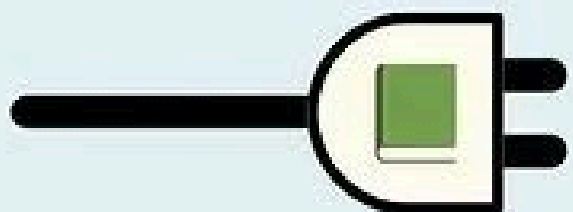
TOMORROW

When you're low on motivation and inspiration

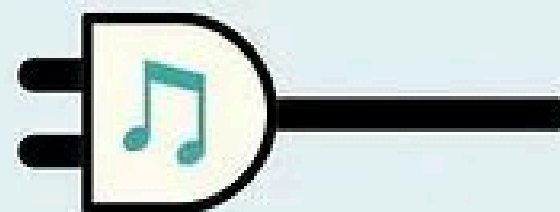
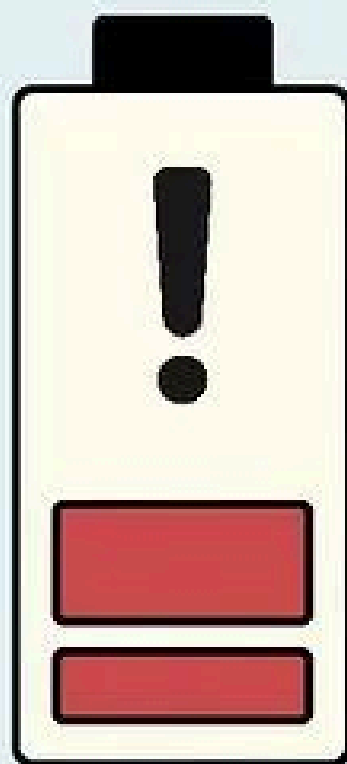
Go for a walk



Take a nap

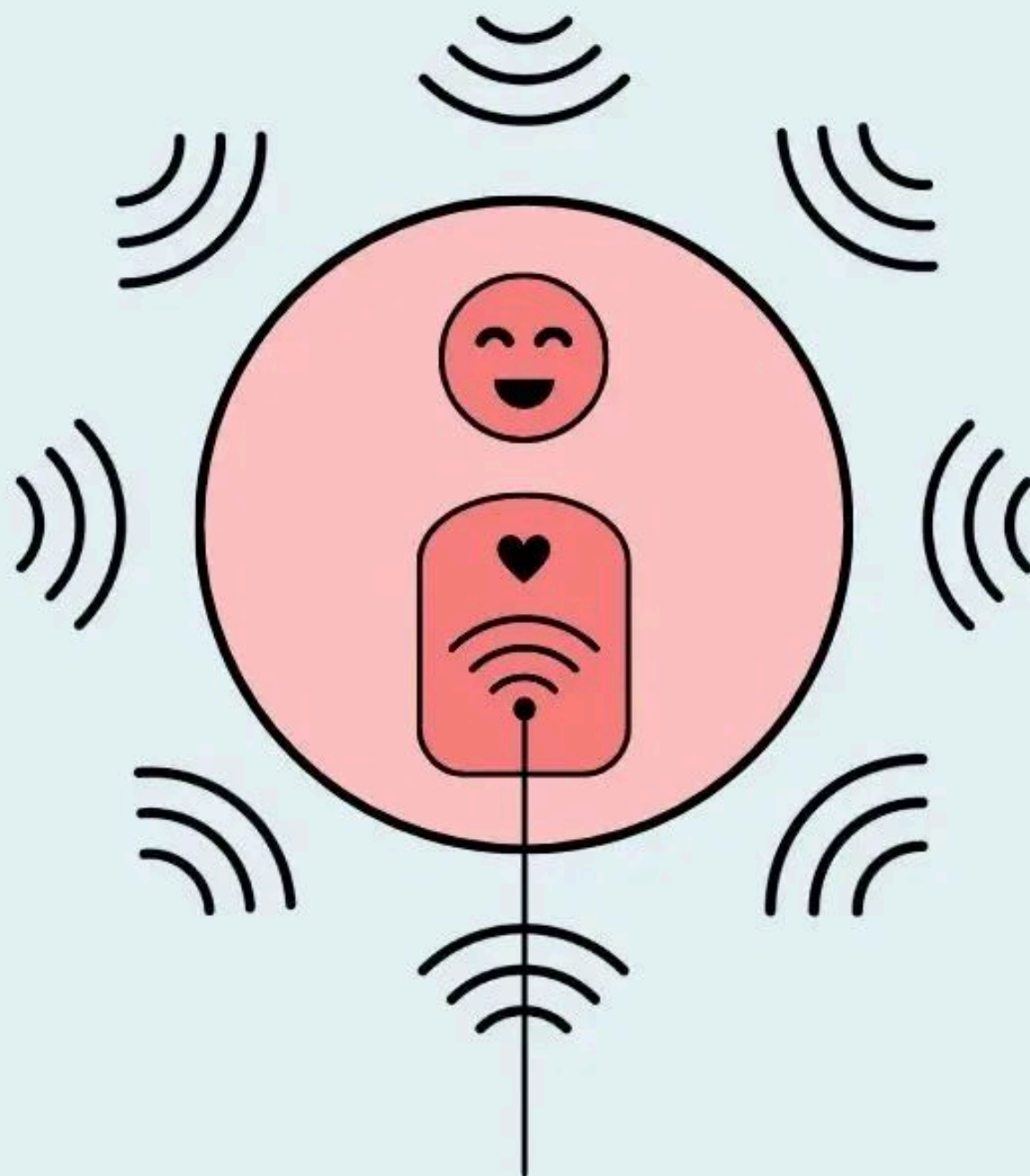


Read a book



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.**

