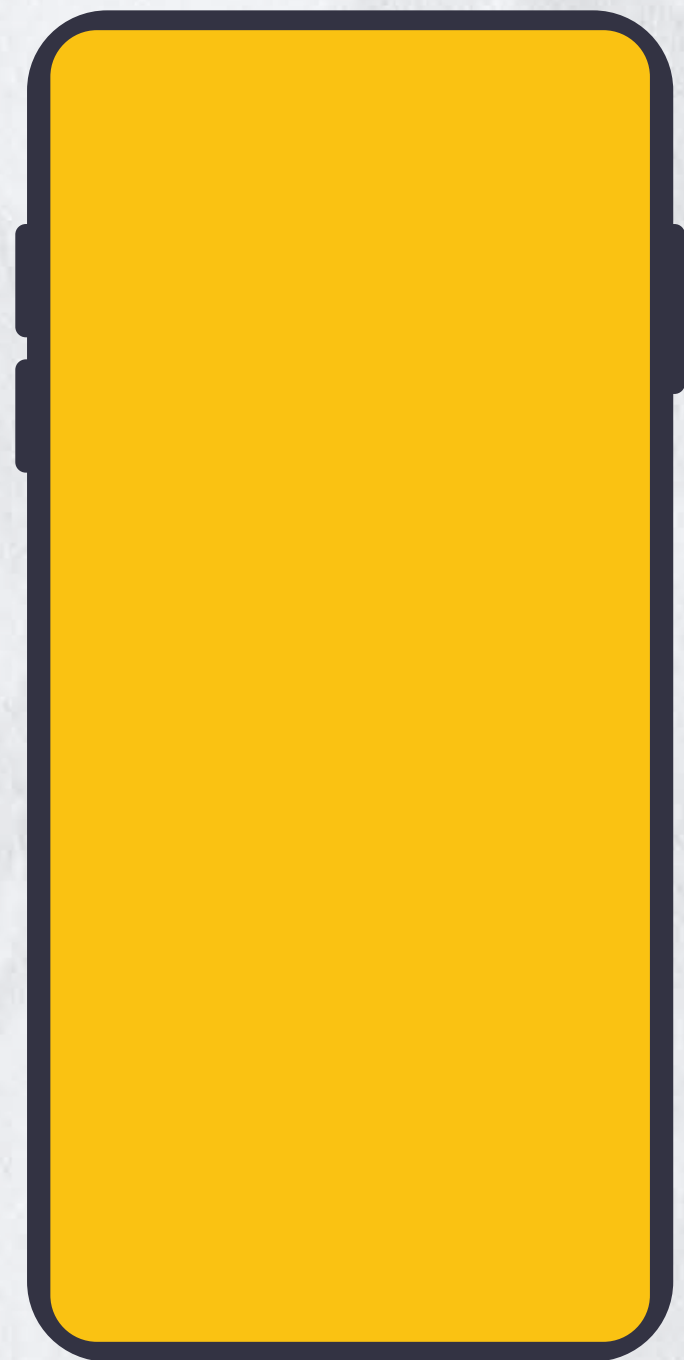
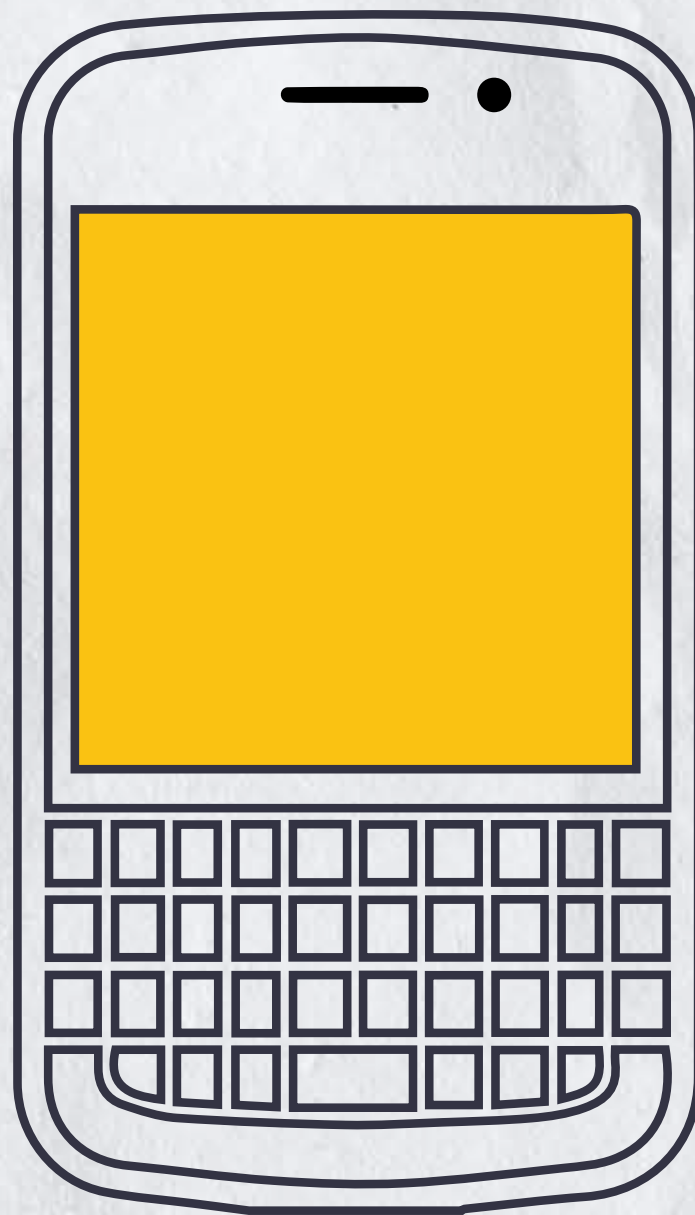
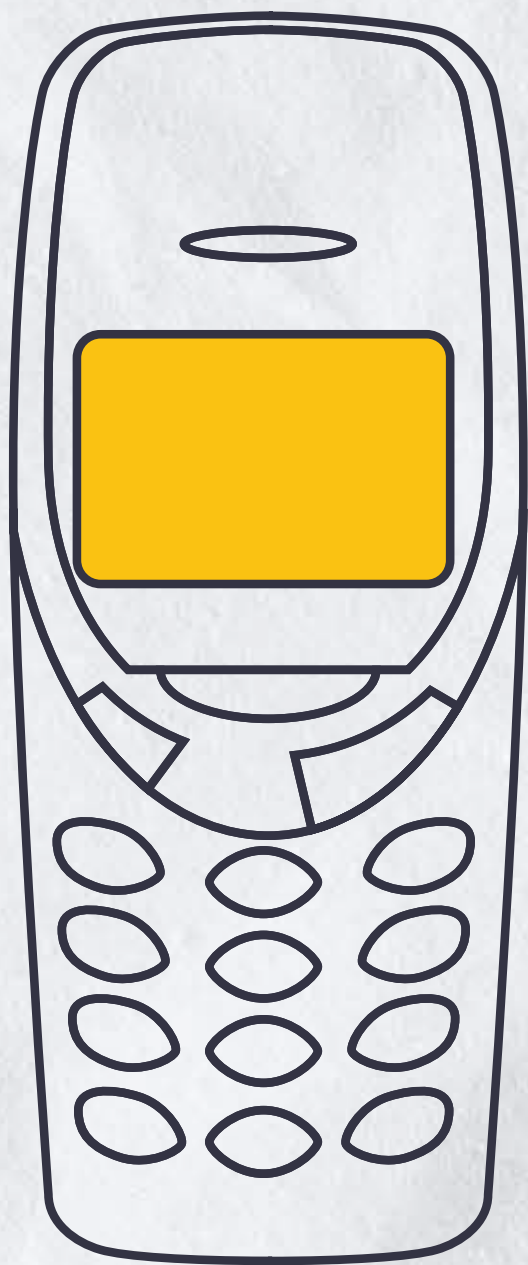


10 illustrations to help you stay grounded



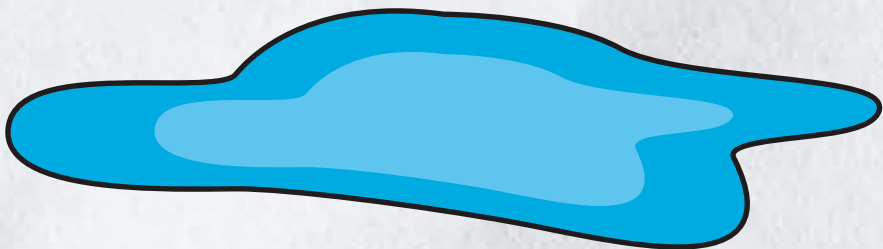
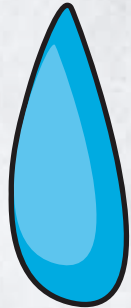
Don't Overinflate



 The Amount of distraction

CREATIVITY

Ideas

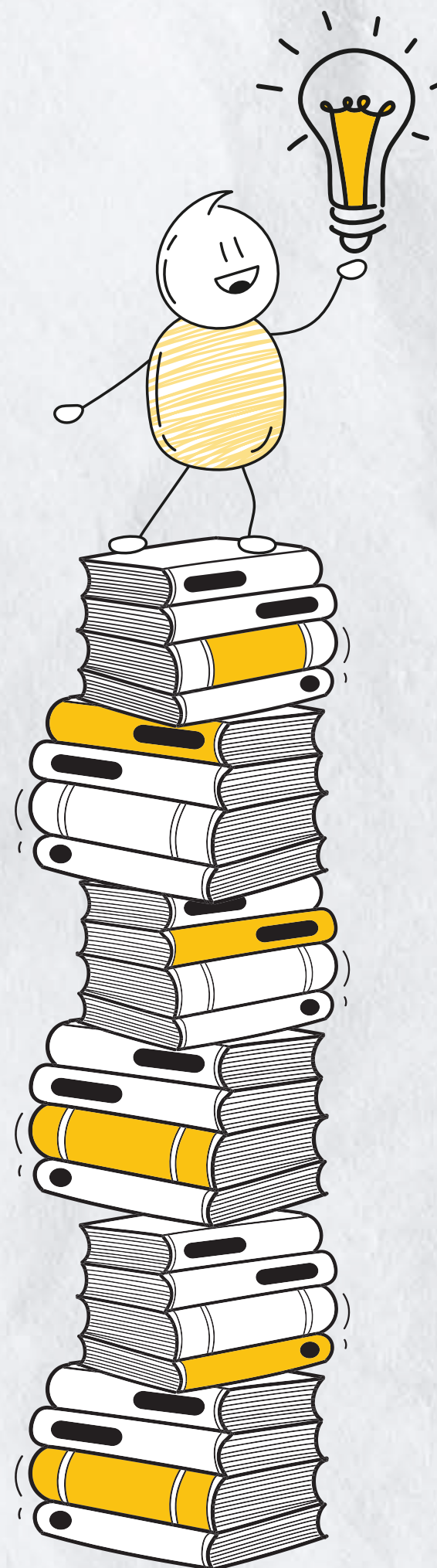


In a Meeting

On a walk



Reading Books



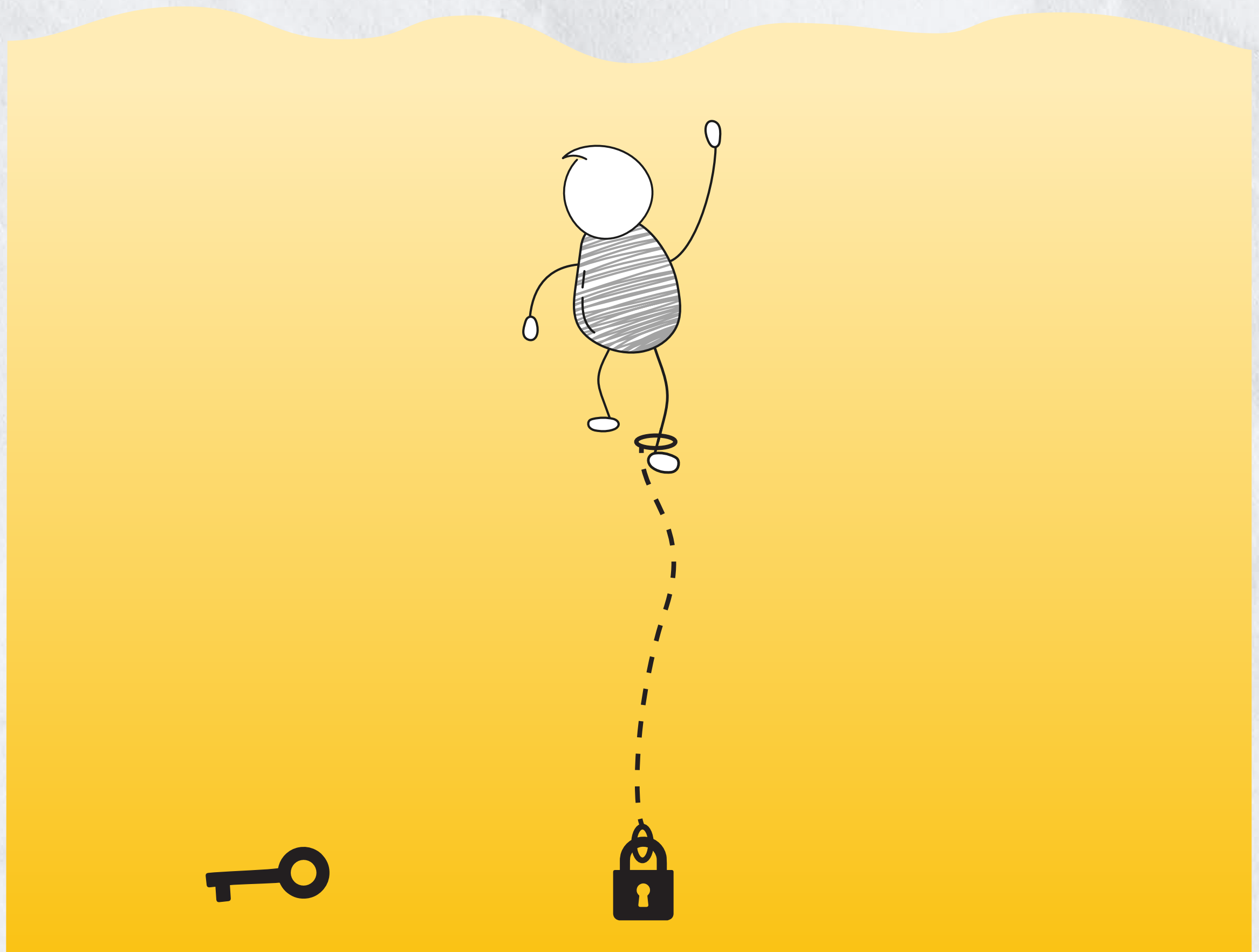
Applying Books



The image is a conceptual diagram using an iceberg metaphor. A horizontal line represents the water surface. Above the line, on the left, is a small, jagged white shape representing the tip of an iceberg. It is labeled 'Being good Talker'. To the right of this tip is a much larger, white, irregular shape representing the submerged part of an iceberg. This shape is labeled 'Being a good Listener'. The area below the water surface is filled with a solid yellow color, representing water. The overall background is a light gray with a subtle, textured pattern.

Being good Talker

**Being a
good Listener**



The Problems We Don't Fix Become Our Limits

**Without 1
Everything else is 0**

1 0 0 0 0

Health

work

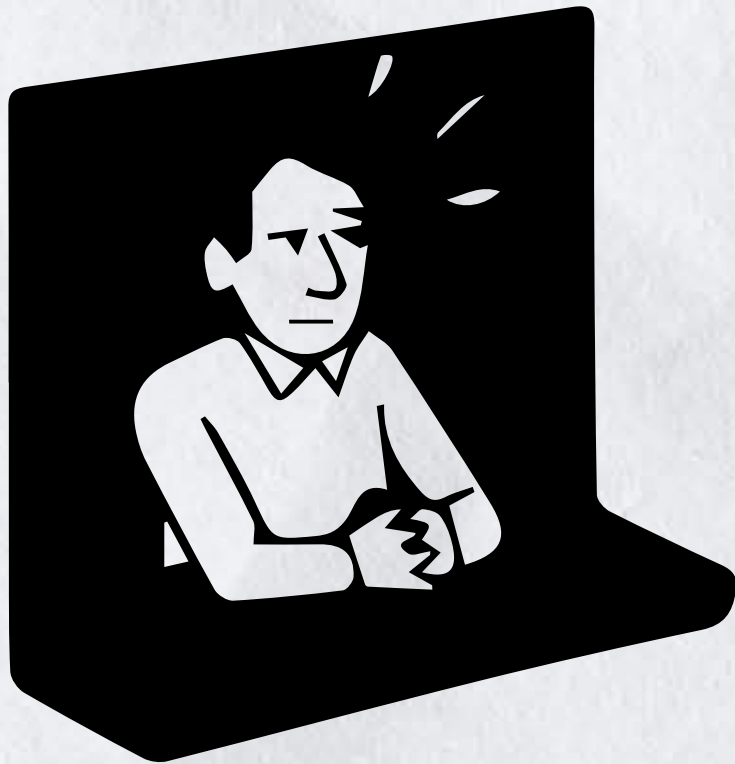
Money

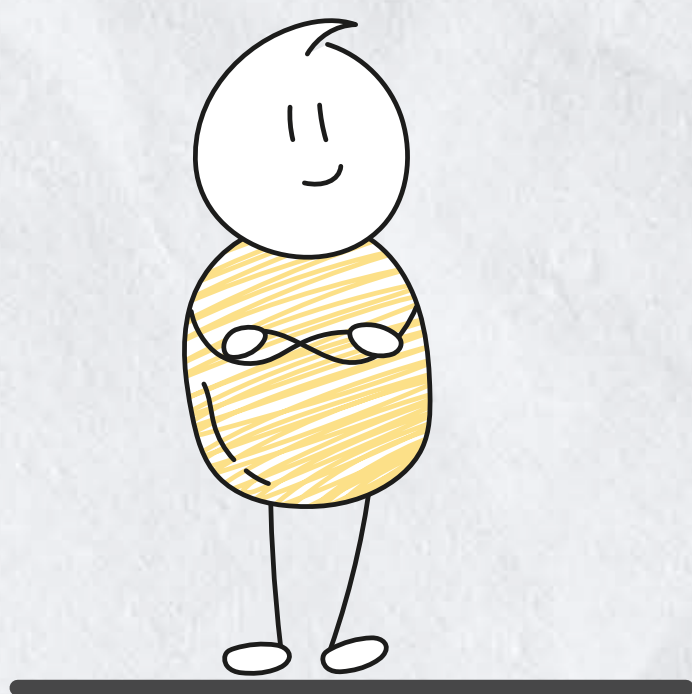
Family

Dreams

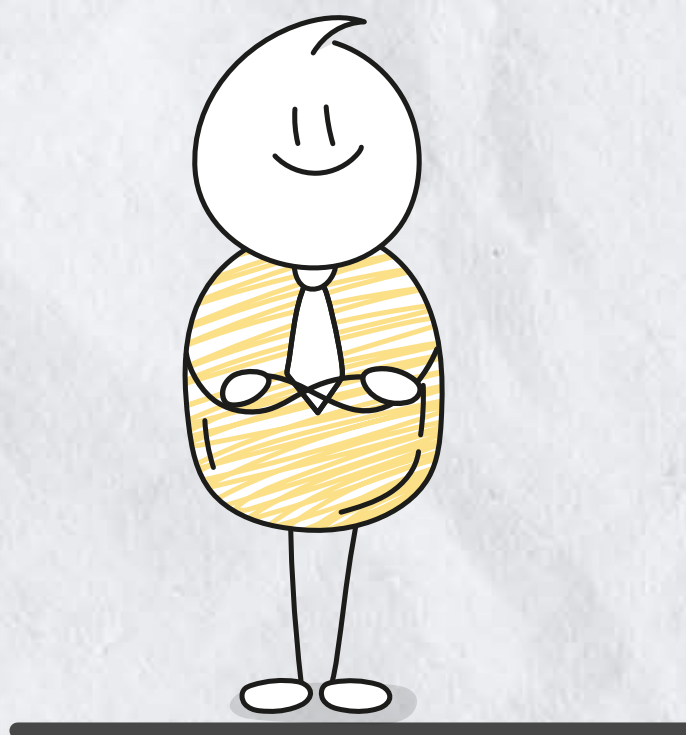
**Unpleasant
Truths**

**Comforting
Lies**

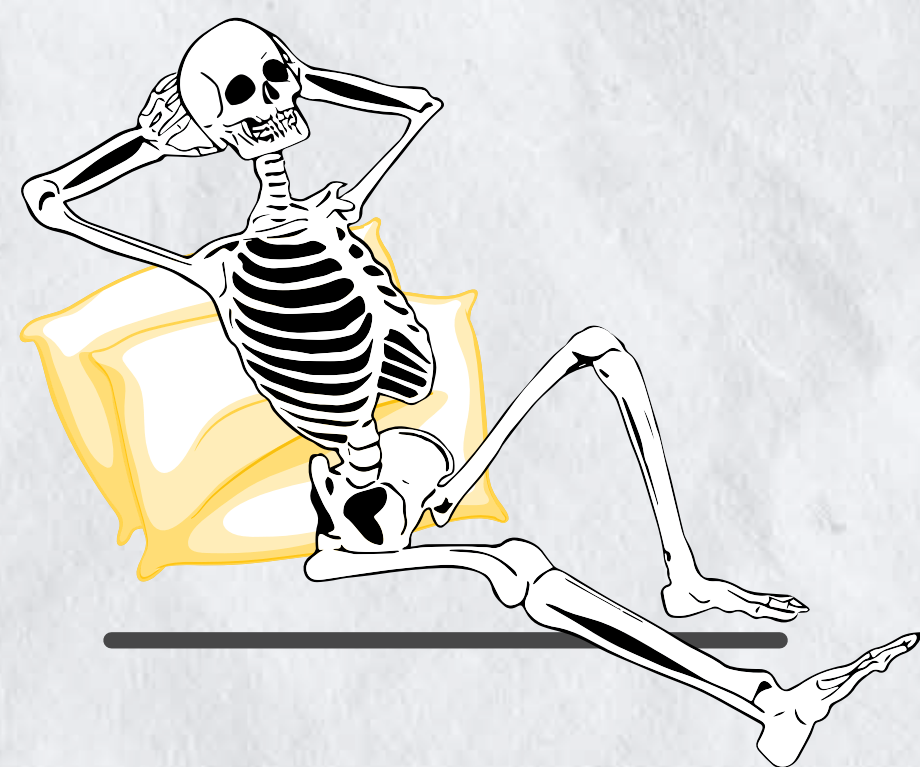




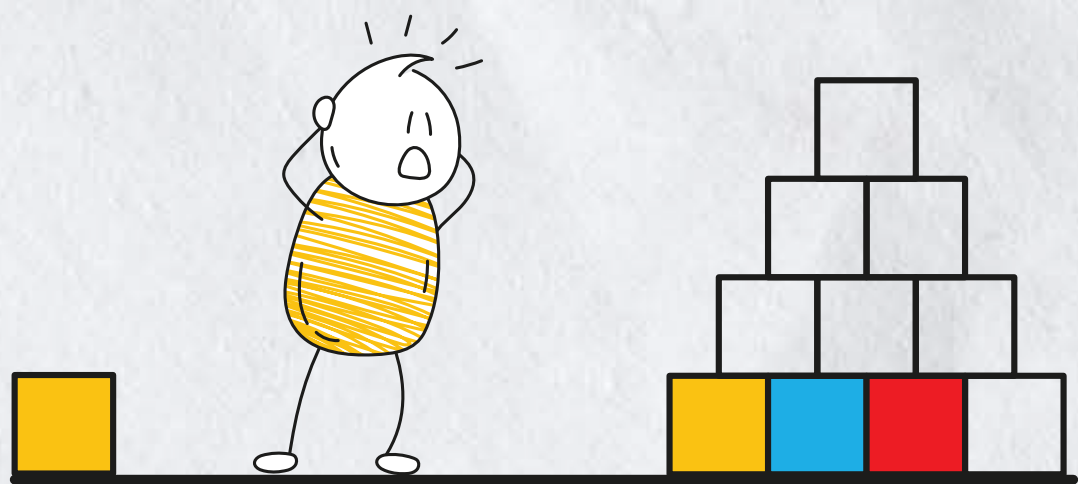
Not Ready
Yet.....



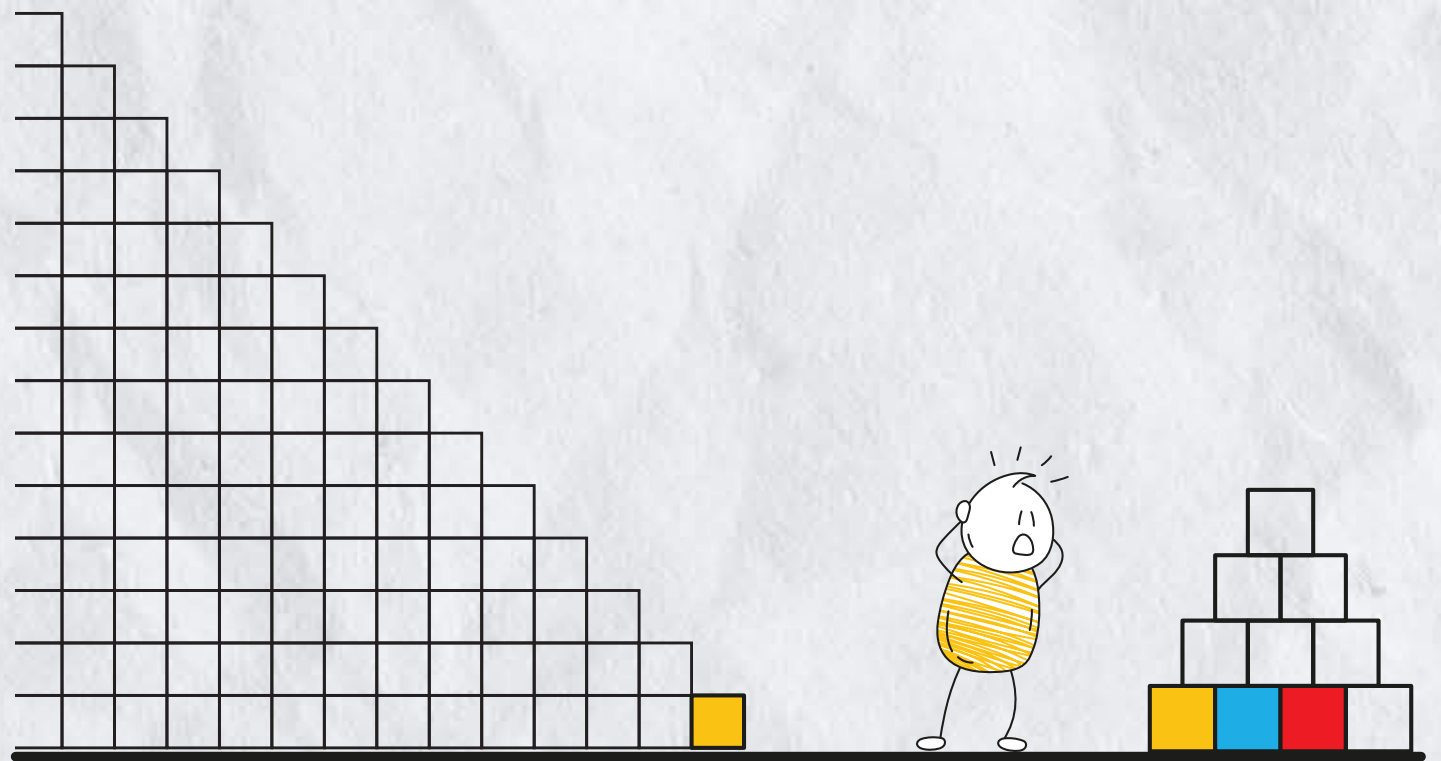
Not Ready
Yet.....



Not Ready
Yet.....



Things I
Have To Do



Things I
Have Successfully
Done