# IMPROVE EVERYDAY





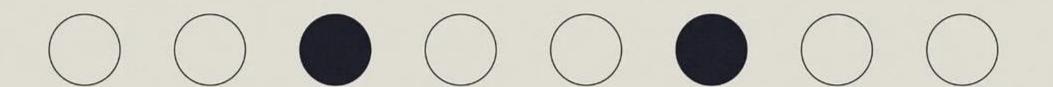
TODAY

1 YEAR LATER

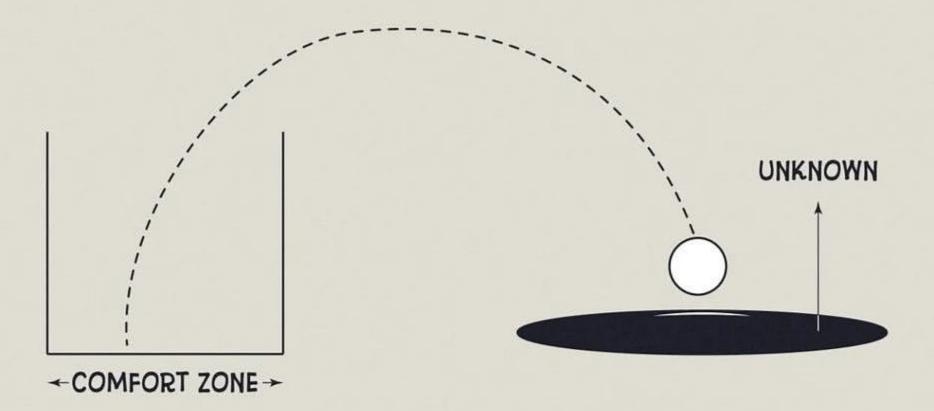
# THIS IS CONSISTENCY



# SO IS THIS!

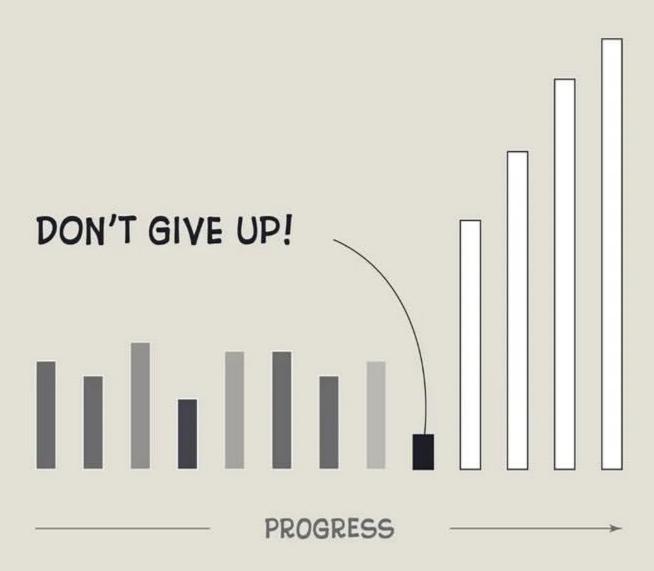


## NO NEED TO DO THIS ...

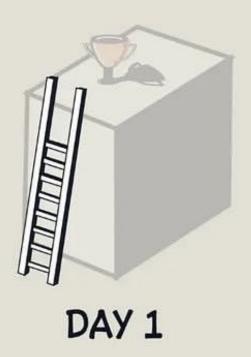


# YOU CAN DO THIS!

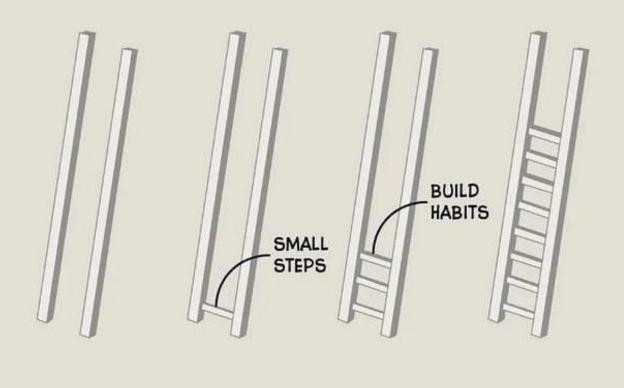




### SCARY!

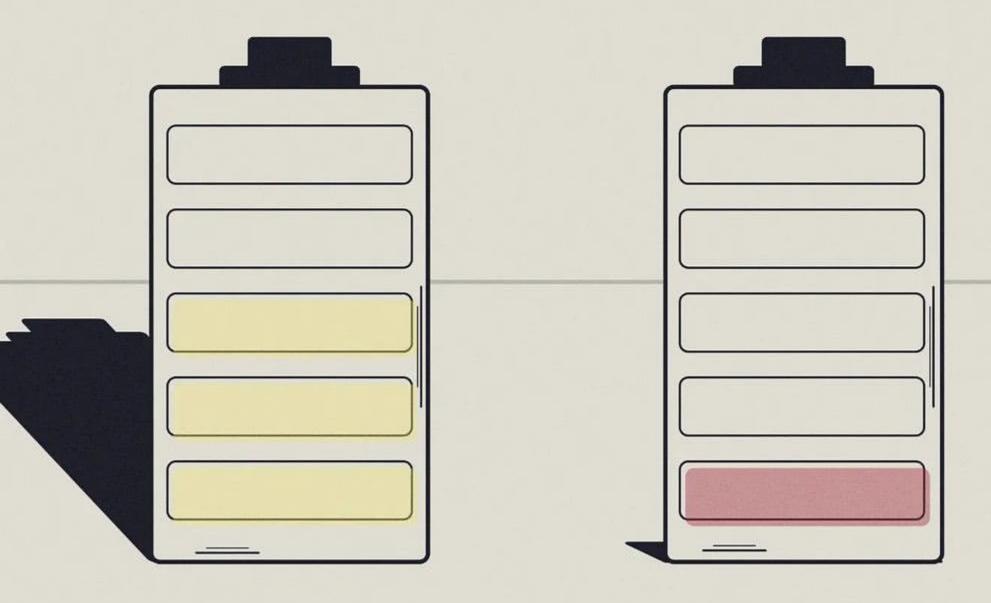


## INSTEAD START SMALL AND BUILD HABITS





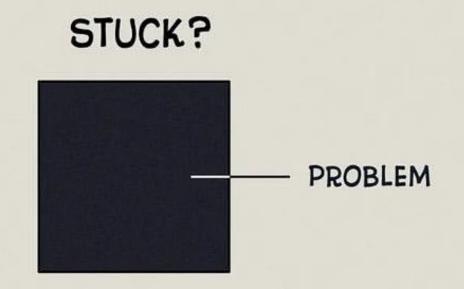
# TAKE A BREAK!



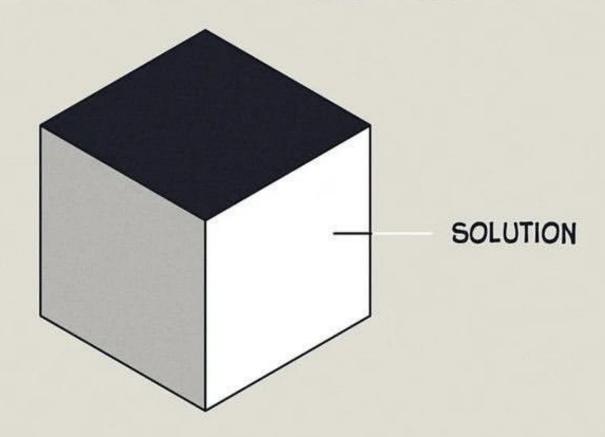
HERE!

NOT HERE!

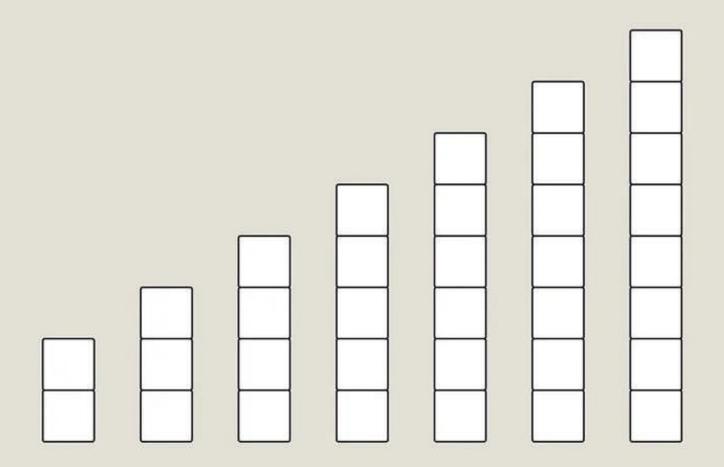
# PROBLEM SOLUMG?



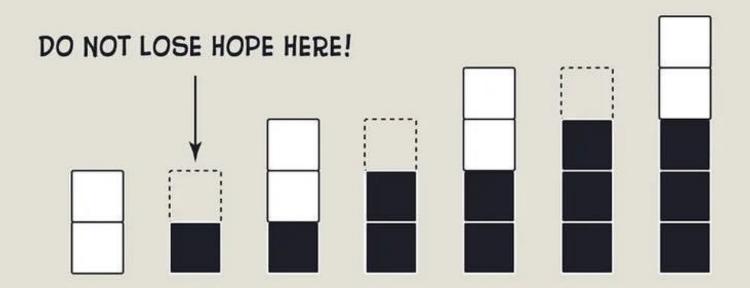
#### LOOK AT IT FROM DIFFERENT ANGLES



## WHAT WE THINK GROWTH IS ....



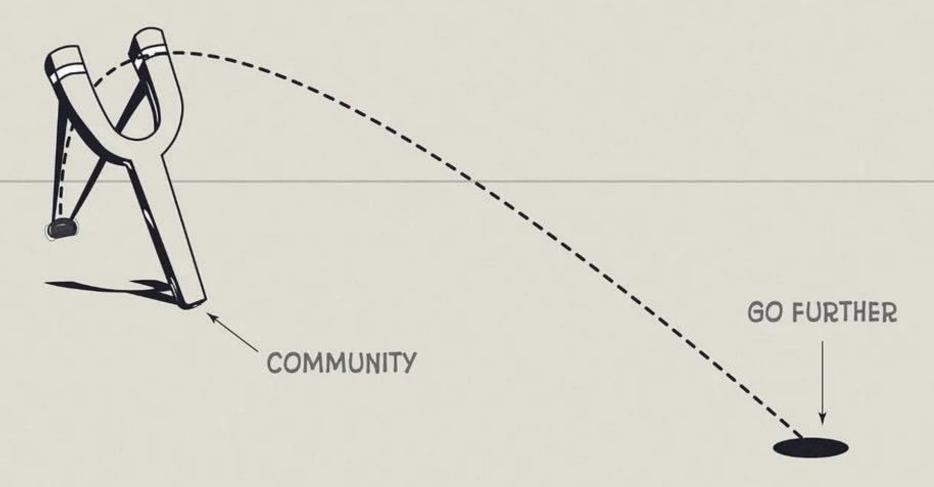
## ACTUAL GROWTH!



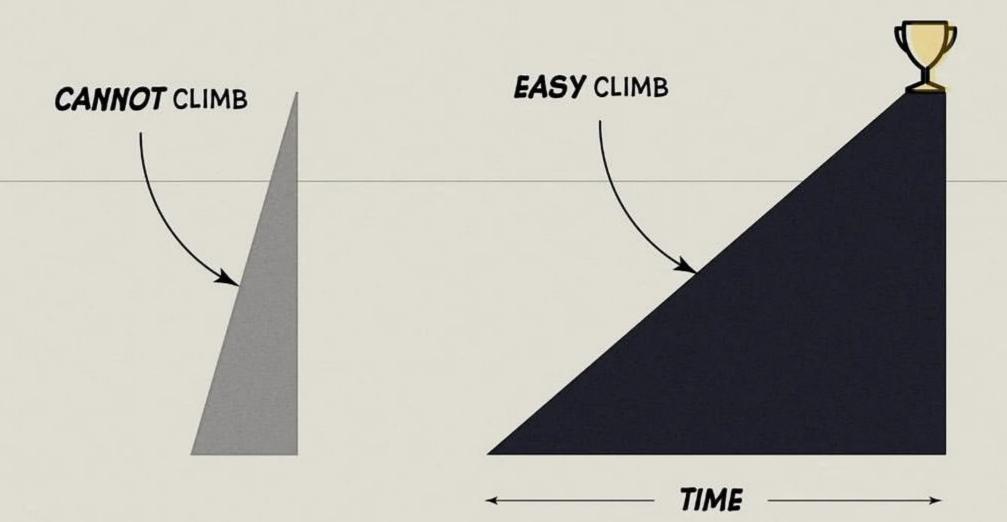
# DOING IT ALONE



## WITH A SUPPORTIVE COMMUNITY



# TIME MAKES THINGS EASIER





# Swapnil Tighare

@swapnil\_tighare in

# Follow Swapnil Tighare for such insightful

posts.

