

[Image] It's okay to start now IMAGE

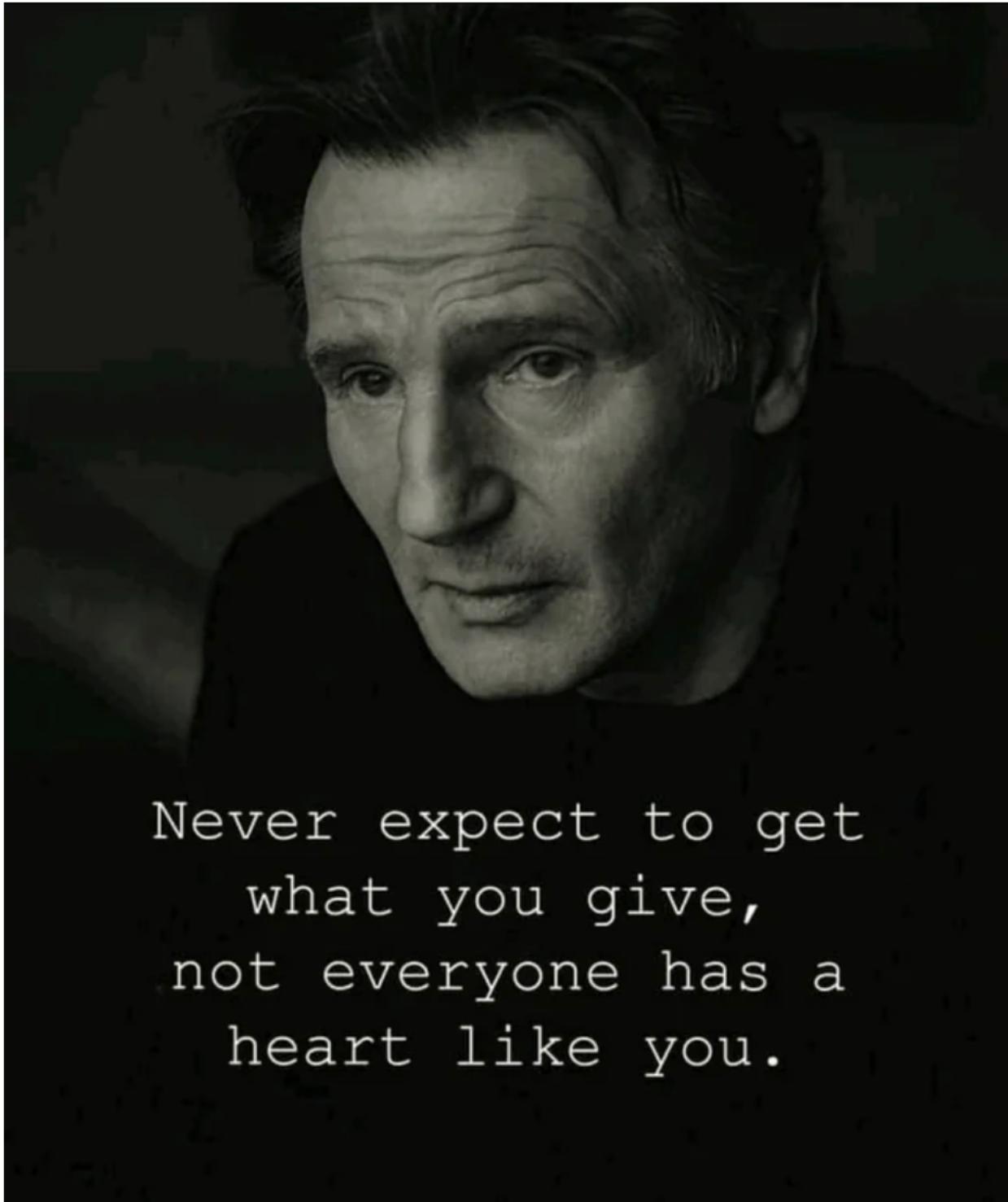
NOT

I SHOULD
HAVE DONE
THIS TEN
YEARS
AGO.

BUT

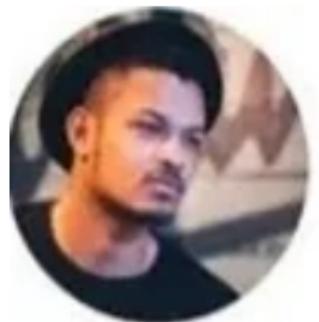
FUCK IT,
I'M DOING
IT NOW!

[Image] Never expect to get what you give, not everyone has a heart like you. **IMAGE**



Never expect to get
what you give,
not everyone has a
heart like you.

[image] patience is the key to success IMAGE



Steven Bartlett 

You wouldn't plant a seed and then dig it up every few minutes to see if it has grown.

So why do you keep questioning yourself, your hard work and your decisions?

Have patience, stop overthinking and keep watering your seeds.

COURAGE DOES NOT
ALWAYS ROAR.
SOMETIMES COURAGE
IS THE QUIET VOICE
AT THE END OF
THE DAY SAYING,

**"I WILL
TRY AGAIN
TOMORROW."**

-MARY ANNE RADMACHER-

Exercise is a
CELEBRATION of
what you can do, not
a punishment for
what you ate.

[Image] Respect Yourself Enough to Say NO! IMAGE

>>>>

**Saying no" does
not indicate a
lack of respect
for the person
making a
request**

— Jaun-Luc Cronje

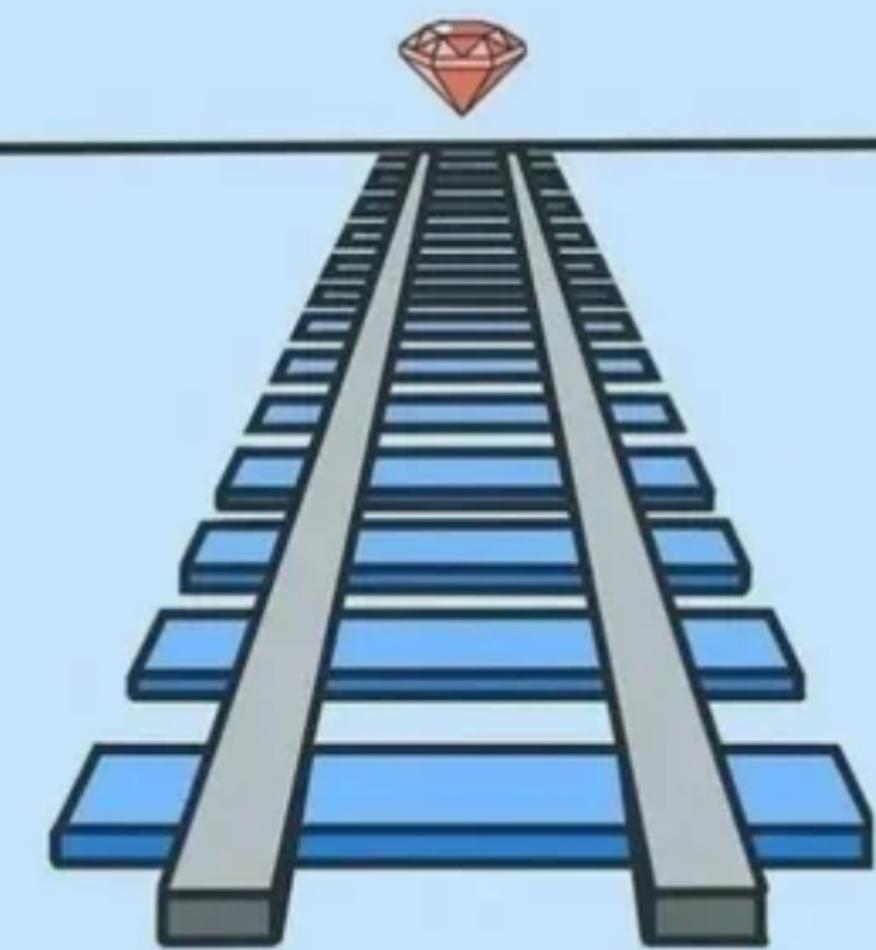
>>>>

[Image] Being better today even by 0.0000001% is an achievement. Having better decisions... better direction... better diet... better mindset... anything better is BETTER! So take a look at your life today and list down 5 things that you can do better today than yesterday. I'll start by getting... [IMAGE](#)

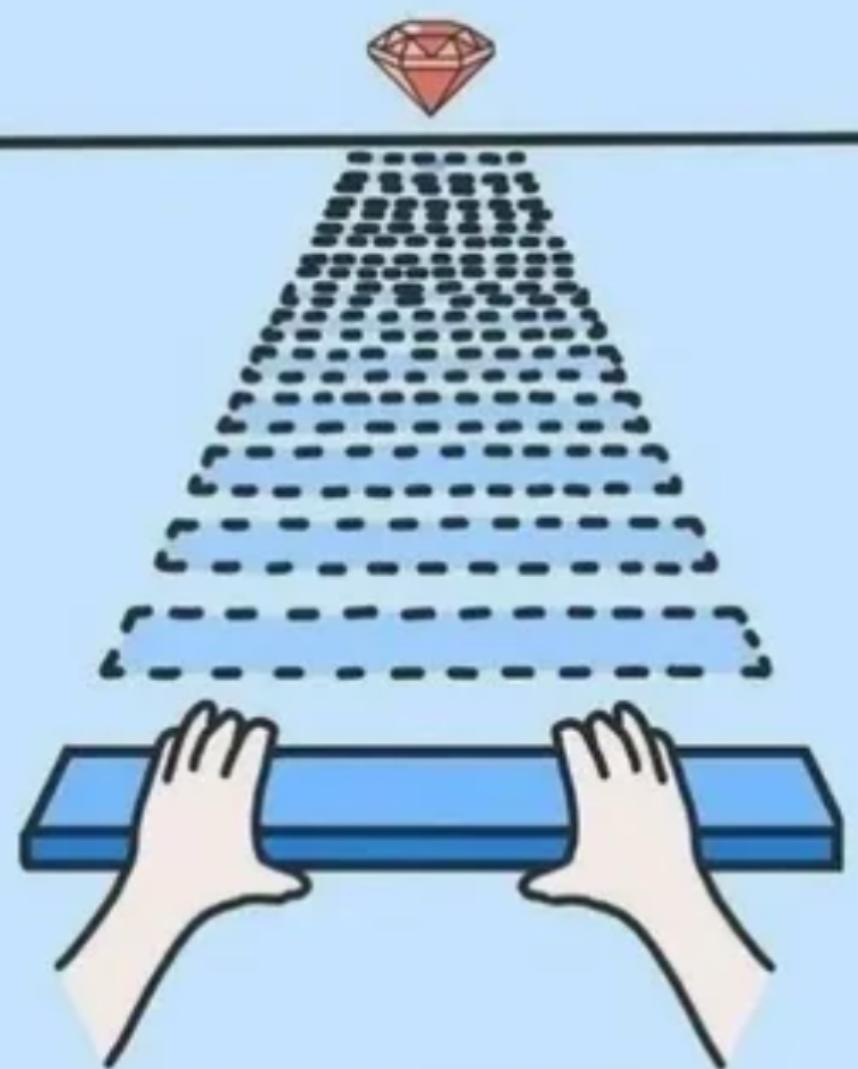
**BE
BETTER
TODAY
THAN
YESTERDAY**

[Image] Nothing is granted in life. The path to success must be built step by step. IMAGE

THE PATH TO SUCCESS



EXPECTATION



REALITY

[Image] It may not sound significant, but we all know the compounding effects of small and consistent amounts over time. You just have to be patient and dedicated. Same as what the book ATOMIC HABITS talks about. Small tweaks that lead to incredible changes. Can you think of small things you can do? [IMAGE](#)

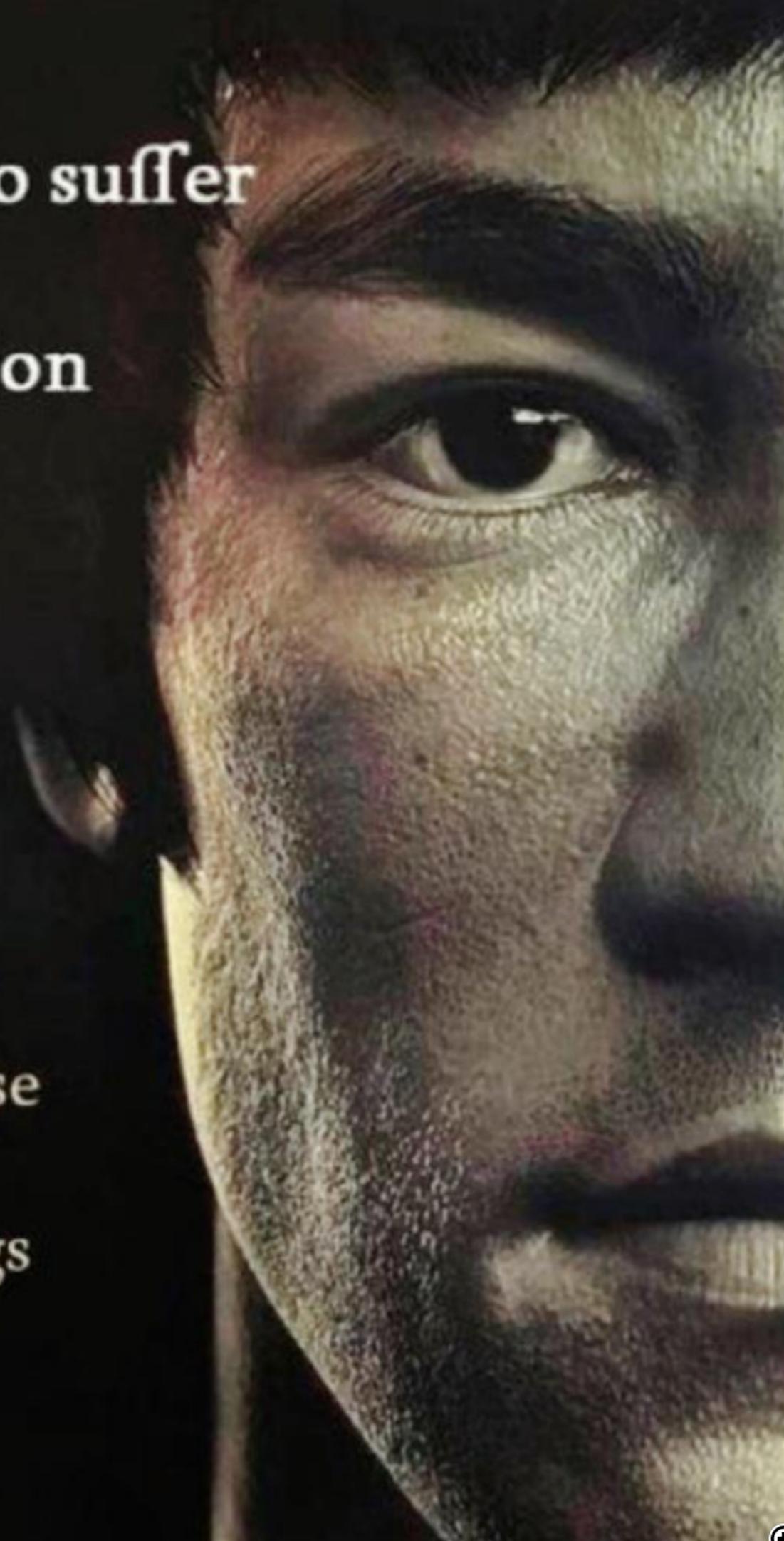
JUST
1% BETTER
EVERYDAY

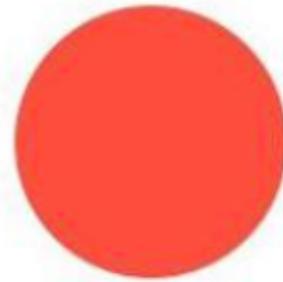
You will continue to suffer if you have an emotional reaction to everything that is said to you.

True power is sitting back and observing everything with logic.

If words control you that means everyone else can control you.
Breathe and allow things to pass.

- BRUCE LEE | !TheMindsJournal





don't wait until you feel confident enough to act



your confidence builds as you take action

Your first workout will be bad.

Your first podcast will be bad.

Your first speech will be bad.

Your first video will be bad.

Your first ANYTHING will be bad.

but you can't make your 100th
without making your first.

So put your ego aside, and start.

PLEASE REMEMBER:

- YOUR job is the DREAM of the UNEMPLOYED
- YOUR house is the DREAM of the HOMELESS
- YOUR SMILE is the DREAM of the DEPRESSED
- YOUR HEALTH is the DREAM of those who are Sick

BEAUTIFUL things happen
when you distance
YOURSELF from NEGATIVITY.

find SOMETHING to be grateful for



Discipline is not
about perfection



Discipline is
about continuity

12 things to always remember.

1. The past can't be changed.
2. Opinions don't define your reality.
3. Everyone's journey is different.
4. Judgements are not about you.
5. Overthinking will lead to sadness.
6. Happiness is found within.
7. Your thoughts affect your mood.
8. Smiles are contagious.
9. Kindness is free.
10. It's okay to let go and move on.
11. What goes around, comes around.
12. Things always get better with time.

**NEVER GET SO
BUSY MAKING
A LIVING
YOU FORGET TO
MAKE A LIFE.**



**Don't be afraid to start
over again. This time
you're not starting from
scratch, you're starting
from experience.**



Never think of who is doing better or worse than you. The only question is, are you doing your best.

Sadhguru

*For a committed person, there
is no such thing as failure – just
lessons to be learned on the
way.*

Sadhguru

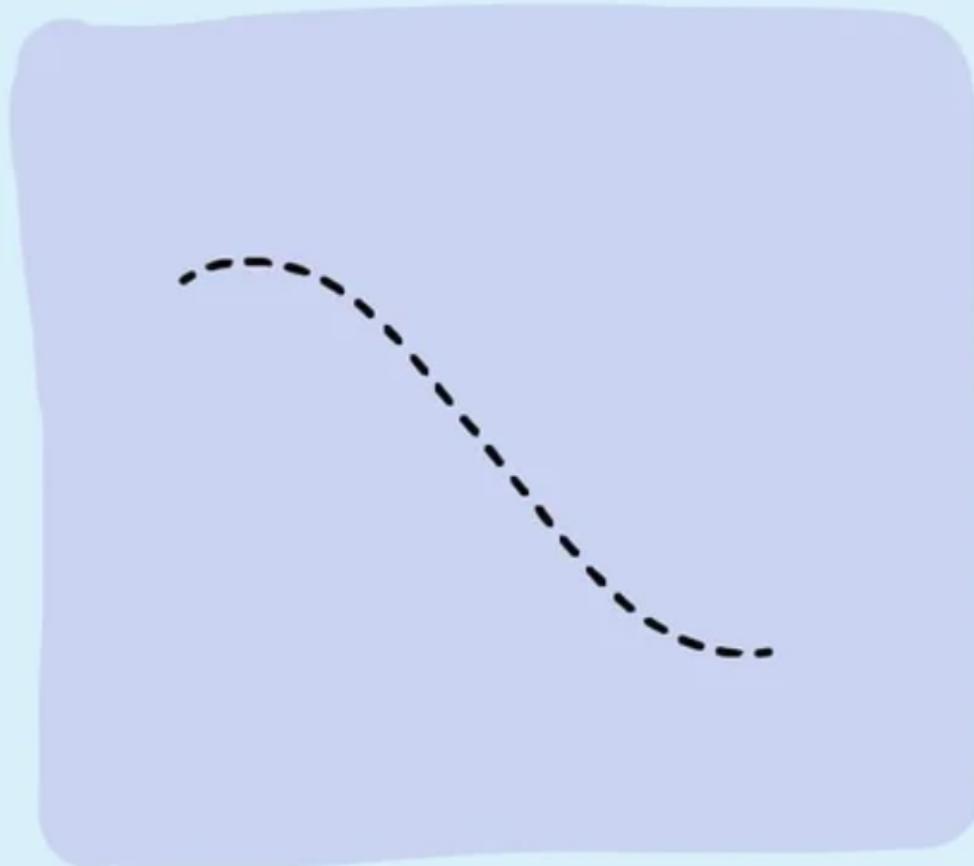


“We all make mistakes in life. We all have regrets about our words and actions. We all wish we could rewrite events in our past. The gift is in learning the lessons that our errors came to teach us and show us, and then use that wisdom we gained as our guiding light towards a better future.”

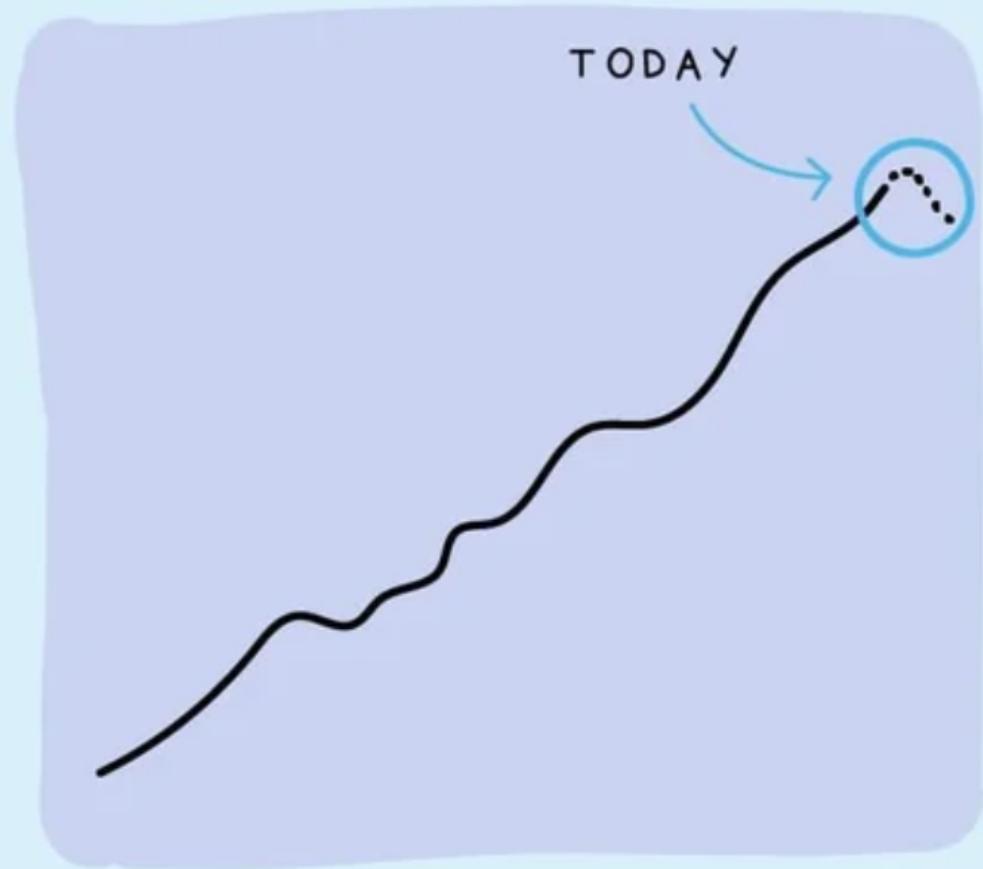
DON'T LET
YESTERDAY
TAKE UP
Too MUCH
OF TODAY

WALK AWAY

from people who put you down. Walk away from fights that will never be resolved. Walk away from trying to please people who will never see your worth. The more you walk away from things that poison your soul, the healthier you will be.



DON'T LET A BAD DAY



DISTRACT YOU FROM
ALL THE PROGRESS
YOU'VE MADE



You will fail at some point in your life.

Accept it. You will lose.
You will embarrass yourself.



You will suck at something.
There is no doubt about it.

If you don't fail, you're not even trying.



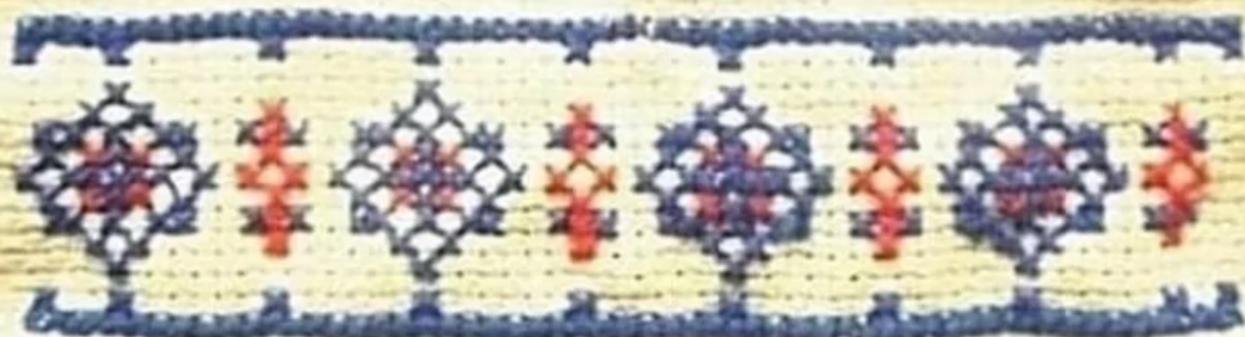
Sometimes it's the best way
to figure out where you're going.
Your life will never be a straight path.

Never be discouraged. Never hold back.
Give everything you've got.
And when you fall, fall forward.

IMAGE

"Behind every seemingly perfect person there's a mess you can't see."

FRONT



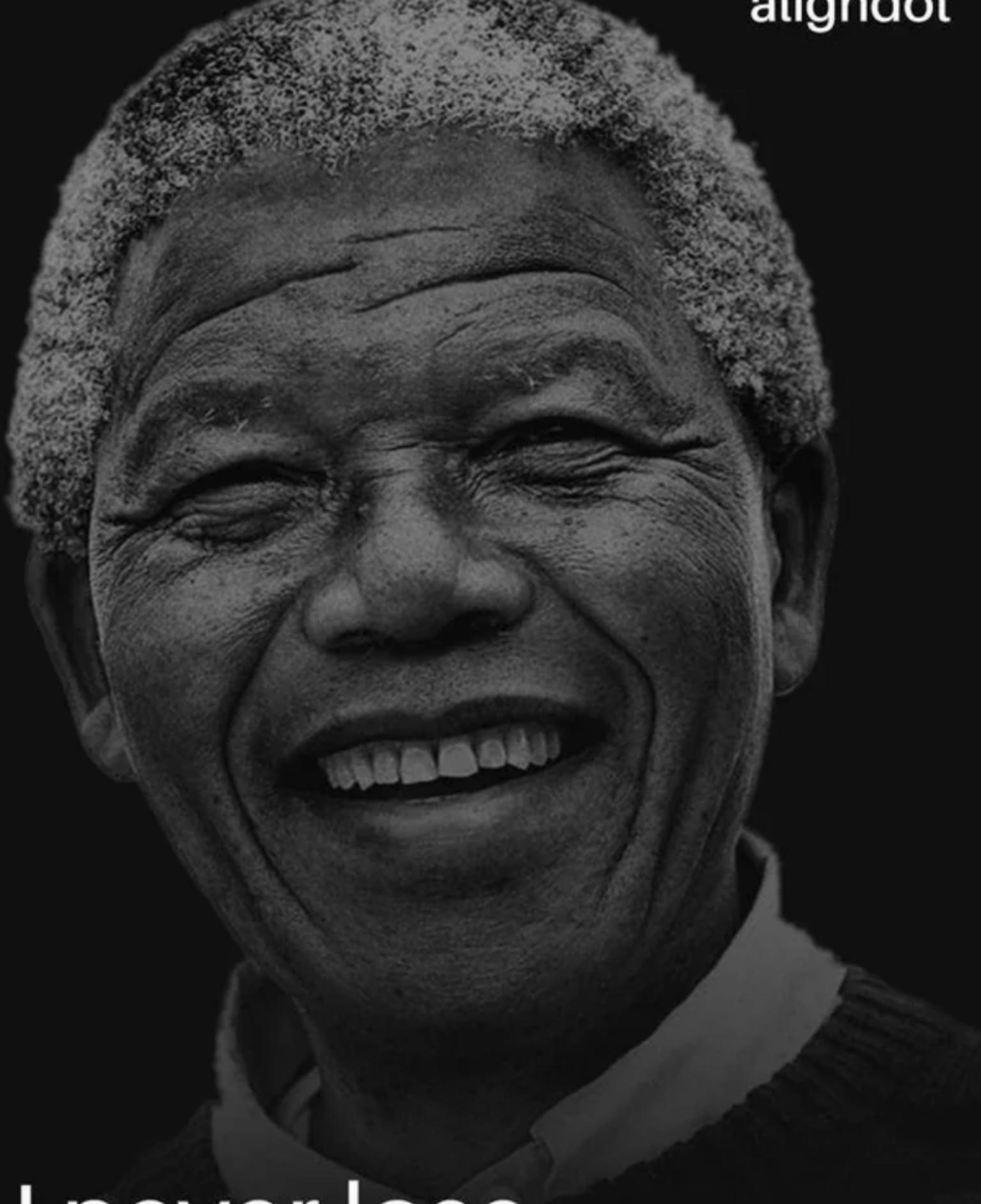
BACK



Note to Self:

YOU CAN'T CONTROL HOW OTHER
PEOPLE RECEIVE YOUR ENERGY.
ANYTHING YOU DO OR SAY GETS
FILTERED THROUGH THE LENS OF
WHATEVER PERSONAL SHIT THEY
ARE GOING THROUGH AT THE
MOMENT. WHICH IS NOT ABOUT YOU.
JUST KEEP DOING YOUR THING WITH AS
MUCH INTEGRITY AND LOVE AS POSSIBLE.

You change for two reasons.
Either you learn enough
that you want to, or
you've been hurt enough
that you have to.



I never lose,
I either **Win** or **learn**

- Nelson Mandela

THERE IS NO
"RIGHT" TIME,
JUST TIME,
AND WHAT YOU
DO WITH IT

LIFE SCORECARD

TIMES WHEN I THOUGHT...

"I'M NOT REALLY HAPPY HERE, BUT
MAYBE THIS IS THE BEST I CAN EXPECT
AND I'LL REGRET GIVING IT UP."

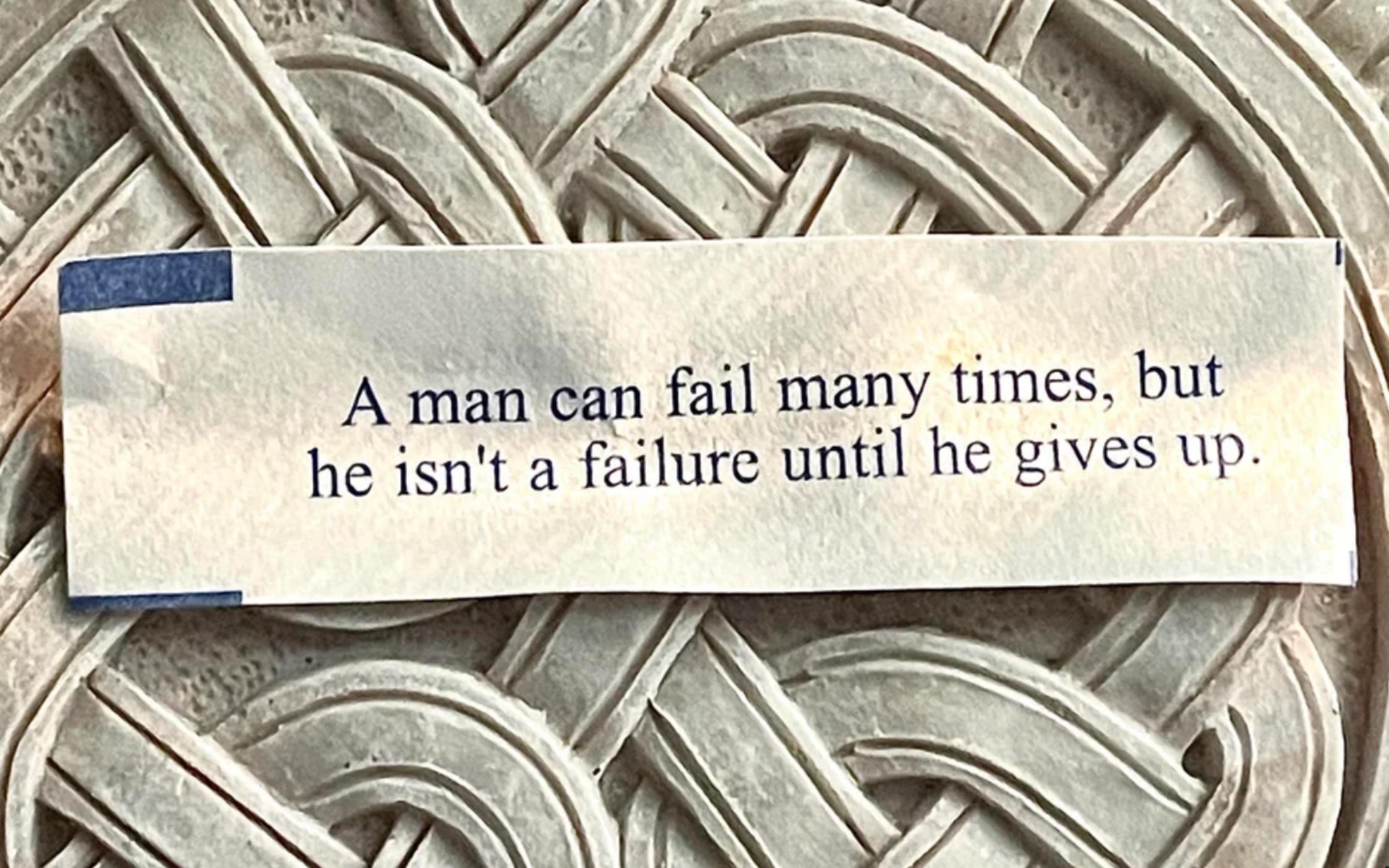
...IT TURNED OUT I...

SHOULD HAVE
STAYED

||

SHOULD HAVE
LEFT SOONER

||||| ||||| |||



A man can fail many times, but
he isn't a failure until he gives up.

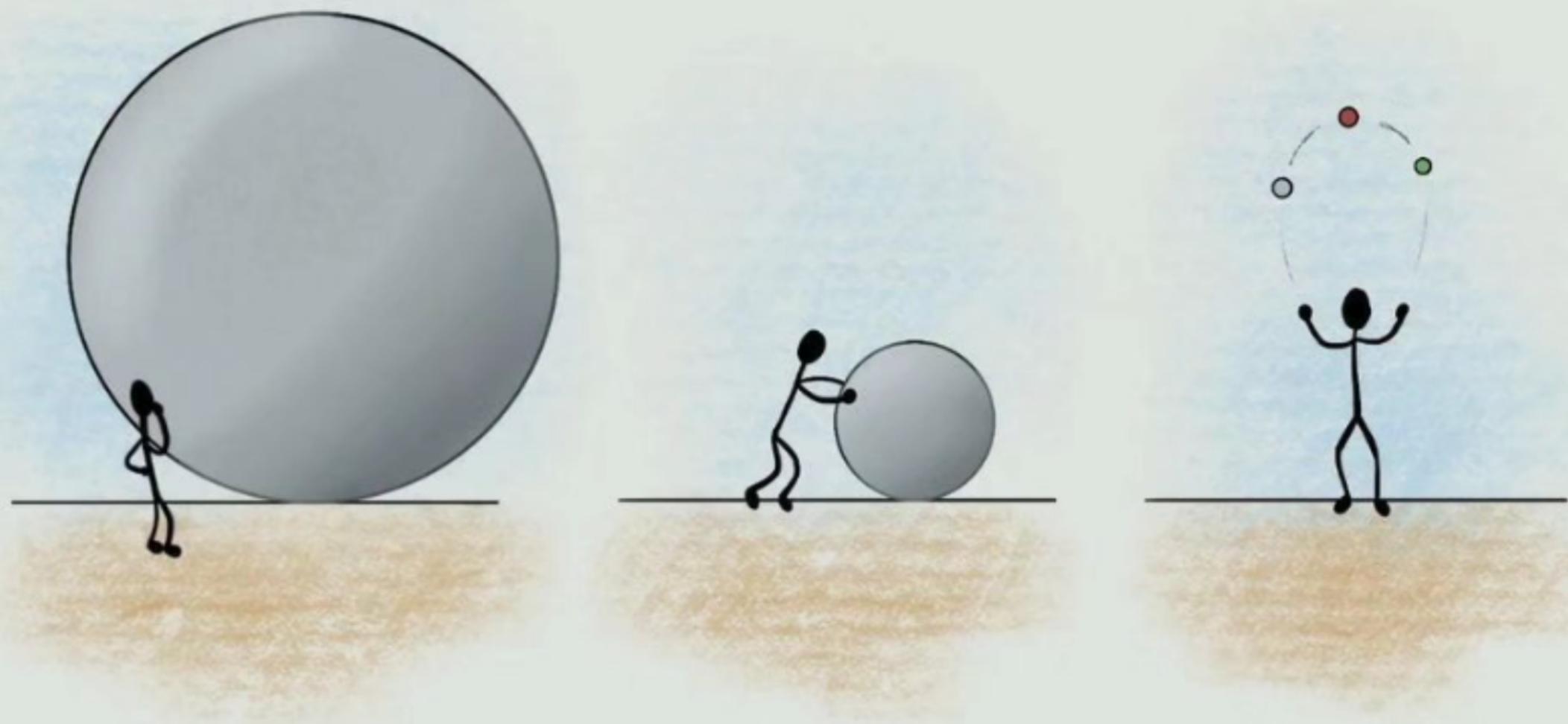
*I hope you have the courage to
know when to end things.*

And I hope you have the courage to see endings as beautiful, transformative stepping stones. I hope you have the courage to let love, and opportunity move through you like rain. To not grip, or seek to change it, to not ask people or circumstances to be more than they can be for you. I hope you have the courage to see endings as the cornerstones of the chapters that changed you, without needing them to be a part of the rest of your story. And when that is done, I hope you have the courage to give yourself closure. To be your own home. To be your own safe place. I hope you have the courage to not let the losses destroy you, to not let them burrow into the heart of who you are and convince you that you failed, or that you are unworthy of the happiness you are standing up for in your life. I hope you have the courage to see the way in which you loved and tried and fought for something as a testament to just how deeply your capacity to feel is, just how beautiful moments can be when you appreciate them for what they were instead of nullifying them or letting them harden you to the world. Please, I hope you have the courage to move forward. I hope you have the courage to walk away with grace.

EVERY MORNING
YOU HAVE TWO
CHOICES: CONTINUE
TO SLEEP WITH
YOUR DREAMS,
OR WAKE UP AND
CHASE THEM.

[Image] The first step is always the hardest. Once you've started, things can only get better.

IMAGE



**BEFORE
YOU START**

**DURING
THE TASK**

**AFTER A
WHILE**

**REMEMBER
WHEN YOU
WANTED
WHAT YOU
CURRENTLY
HAVE**

Say how you feel, leave the job
you hate, find your passion, love with
every ounce of your bones, stand up
for things that matter, don't settle,
don't apologize for who you are.

Be brave.



GE collective...
EVOLUTION



[Image] Courage is not the absence of fear, but the ability to break through fear.

IMAGE



[Image] The importance of smaller steps

IMAGE



Strangely, life gets harder when you try to make it easy.

Exercising might be hard, but never moving makes life harder.

Uncomfortable conversations are hard, but avoiding every conflict is harder. Mastering your craft is hard, but having no skills is harder.

Easy has a cost.

Kurt Vonnegut wrote: "When I was 15, I spent a month working on an archeological dig. I was talking to one of the archeologists one day during our lunch break and he asked those kinds of "getting to know you" questions you ask young people: Do you play sports? What's your favorite subject? And I told him, no I don't play any sports. I do theater, I'm in choir, I play the violin and piano, I used to take art classes.

And he went WOW. That's amazing! And I said, "Oh no, but I'm not any good at ANY of them."

And he said something then that I will never forget and which absolutely blew my mind because no one had ever said anything like it to me before: "I don't think being good at things is the point of doing them. I think you've got all these wonderful experiences with different skills, and that all teaches you things and makes you an interesting person, no matter how well you do them."

And that honestly changed my life. Because I went from a failure, someone who hadn't been talented enough at anything to excel, to someone who did things because I enjoyed them. I had been raised in such an achievement-oriented environment, so inundated with the myth of Talent, that I thought it was only worth doing things if you could "Win" at them."

Never let
getting lonely
make you
reconnect with
toxic people.
You shouldn't
drink poison
just because
you're thirsty.

Your impact on other people is bigger than you think. Someone still giggles when they think of that funny thing you said. Someone still smiles when they think of the compliment you gave them. Someone silently admires you. The advice you give has made a difference for people. The support and love you've offered others has made someone's day. Your input and opinions have made someone think twice. You're not insignificant and forgotten. Your existence makes a positive difference, whether you see it or not.

**Do something today that
your future self will
thank you for.**

-UNKNOWN





Not all blessings are
in the form of
money and material
things, Sometimes
having people in our
lives who truly care
for us is a greater
blessing.

We are what we
repeatedly do.
Excellence then is not an
act but a habit.

-Aristotle

SOMETIMES WE'RE TESTED
NOT TO SHOW OUR WEAKNESSES,
BUT TO DISCOVER OUR
STRENGTHS.

A portrait painting of Samuel Smiles, an elderly man with a white beard, wearing a dark suit and white shirt, looking slightly to his right.

— Samuel Smiles —

We learn wisdom from failure much more than from success. We often discover what will do, by finding out what will not do; and probably he who never made a mistake never made a discovery.

**WHEN YOU
FEEL LIKE
QUITTING
THINK ABOUT
WHY YOU
STARTED**

[image] It's not too late

IMAGE

For what it's worth:

I was 43 when I got a Ph.D.

I was 51 when I started my dream job.

I was 54 when I married the love of
my life.

I was 55 when I ran my first marathon.

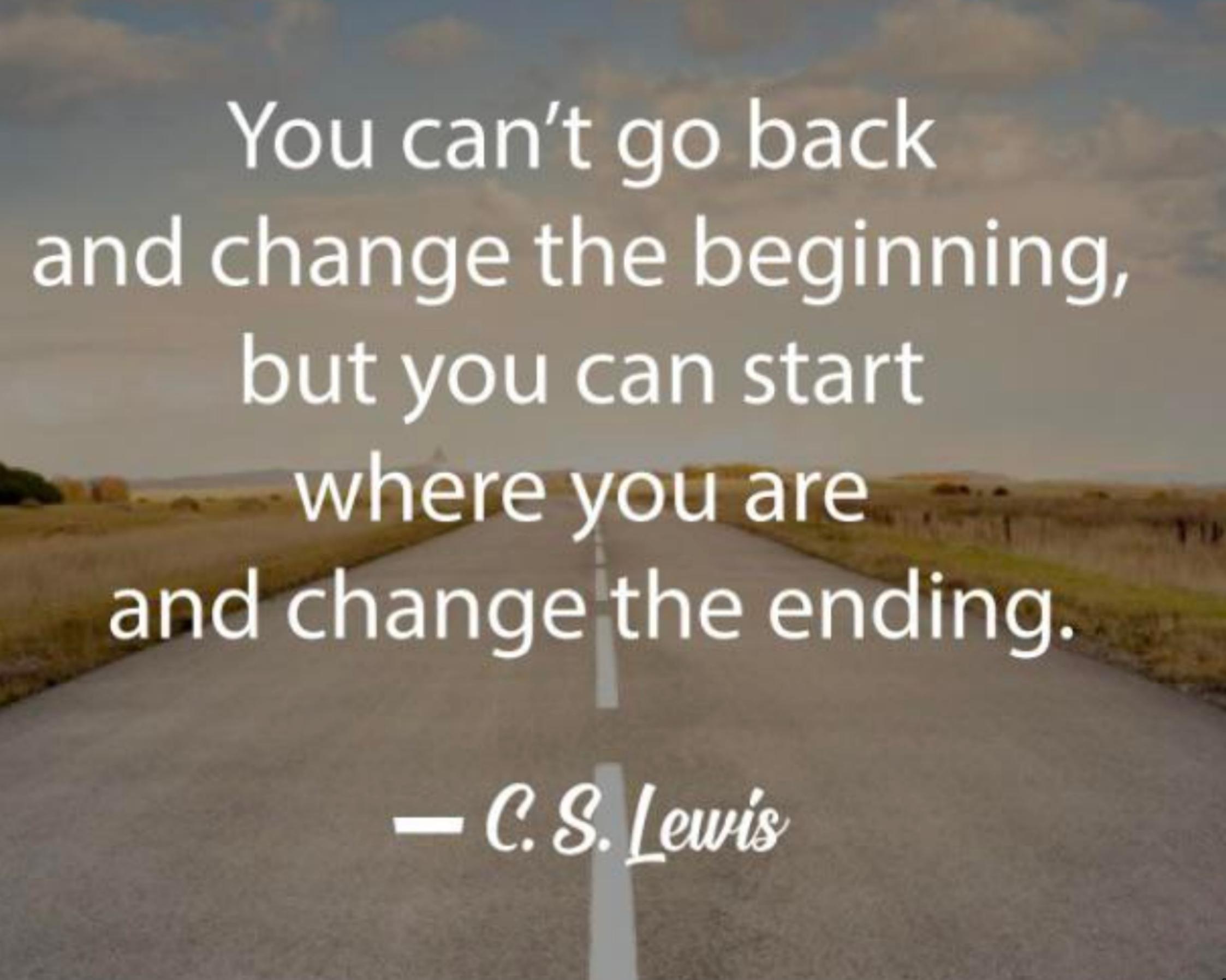
I was 67 when I self-published my first
book.

I turn 70 next year, and I can't wait!

Reset. Readjust.
Restart. Refocus.

As many times
as you need to.

One day you'll look back
and realize that you
worried too much about
things that don't really
matter.

A photograph of a paved road curving away into a hilly landscape under a cloudy sky.

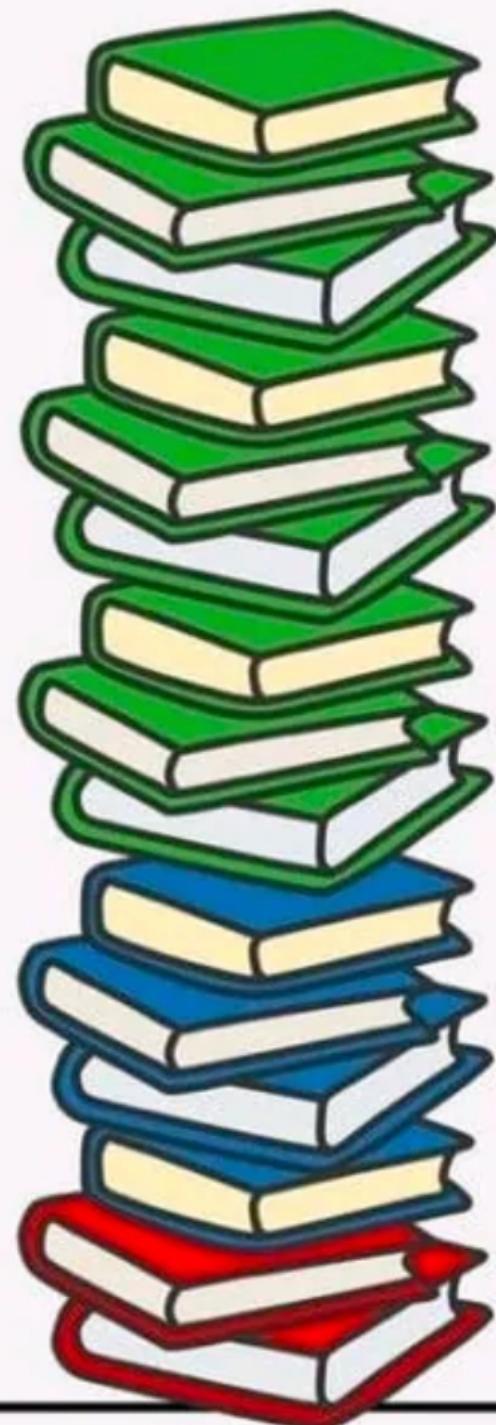
You can't go back
and change the beginning,
but you can start
where you are
and change the ending.

— C.S. Lewis

**EVERY DAY IS
ANOTHER CHANCE
TO GET STRONGER
TO EAT BETTER
TO LIVE HEALTHIER
AND TO BE THE BEST
VERSION OF YOU**

HOW MUCH YOU LEARN

FROM
MISTAKES



FROM
PRACTICE



FROM
THEORY



[IMAGE] Breaking up worried thoughts

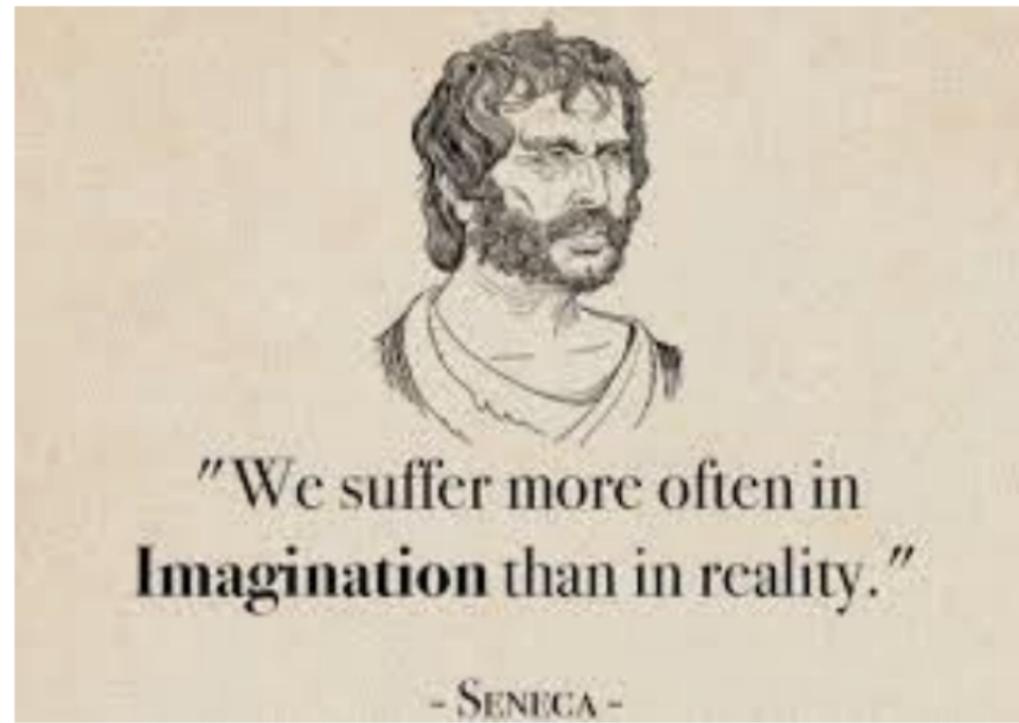
IMAGE

My therapist taught me to interrupt my anxious thinking with thoughts like: "What if things work out" and "What if all my hard work pays off?"

So, I'm passing that onto you wherever you are, whatever you're leaving, or whomever you're becoming.

[Image] We suffer more in our imagination more often than in reality.

IMAGE



"We suffer more often in
Imagination than in reality."

- SENeca -



never give up on a
dream just because
of the time it takes
to accomplish it.
the time will pass anyway.

EARL NIGHTINGALE

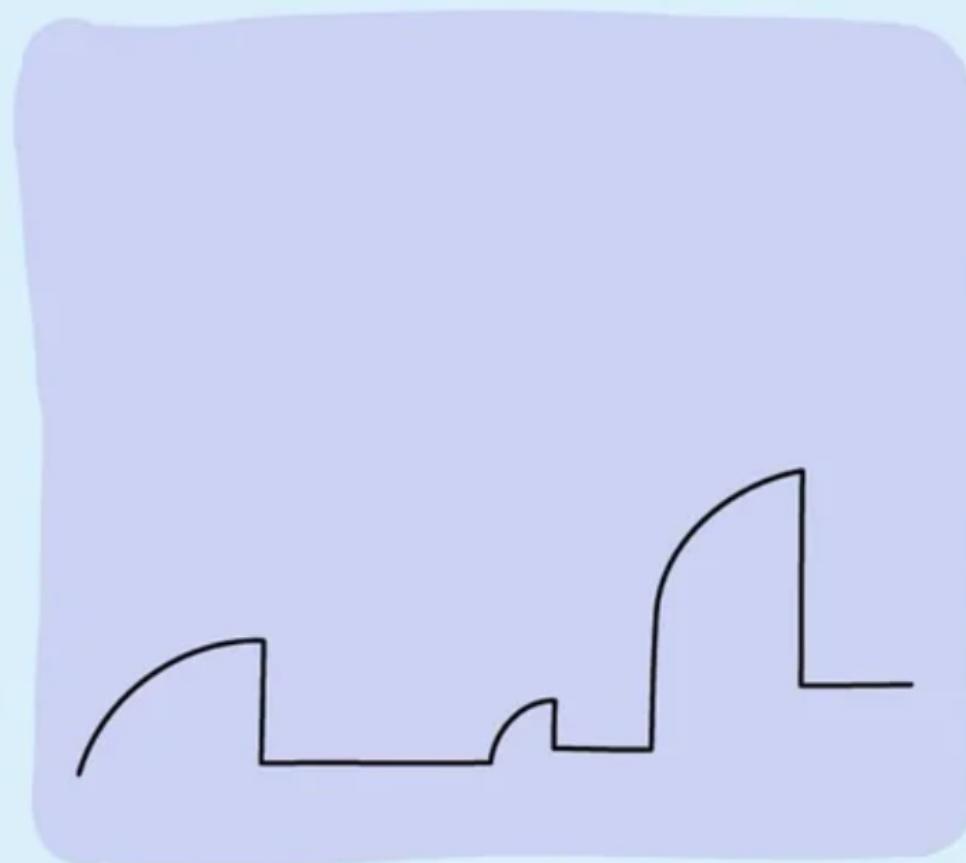
“
We generate
fears while
we sit. We
overcome
them by action.”

Never regret
a day in your life.

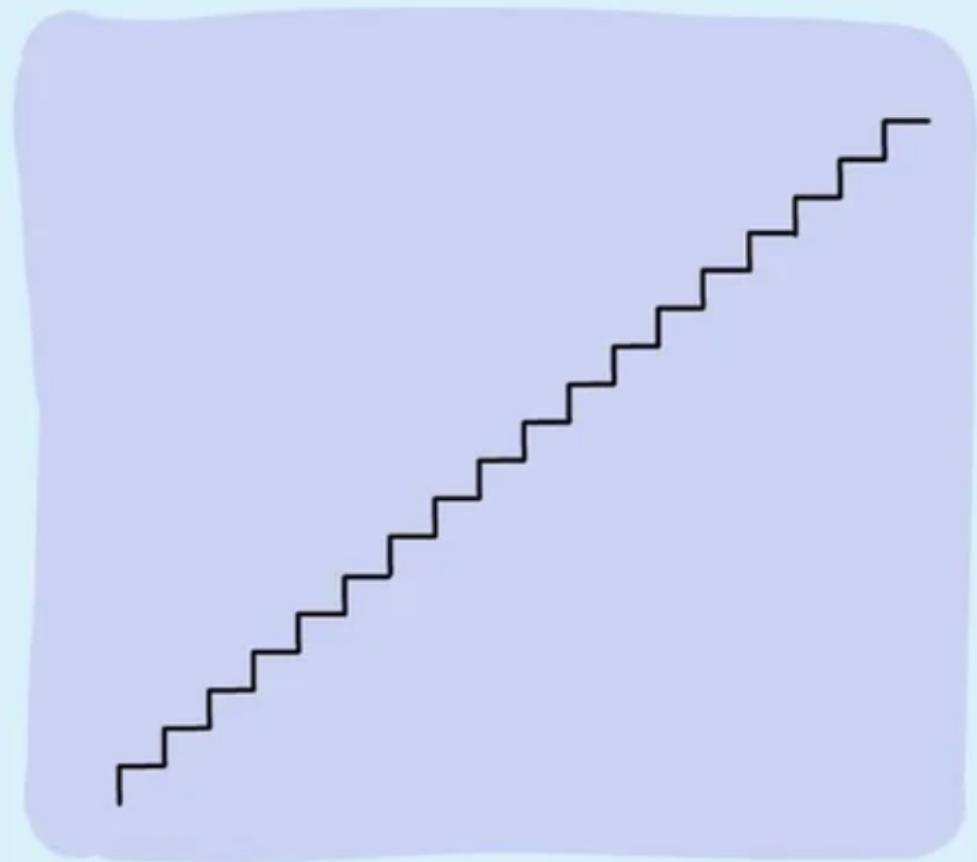
Good days give you
happiness, bad days
give you **experience**,
worst days give you
lessons, and best days
give you **memories**.

[Image] Consistency

IMAGE



RELYING ON
MOTIVATION



RELYING ON
CONSISTENCY