


CREATIVITY



IDEAS → 



IN A MEETING



ON A WALK



YOU



WILL



BURNOUT



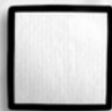
IF



YOU



DON'T



REST

THIS IS CONSISTENCY



THIS IS ALSO CONSISTENCY



THIS IS TOO



AND THIS!



YOUR JOURNEY

FOCUS ON THIS!



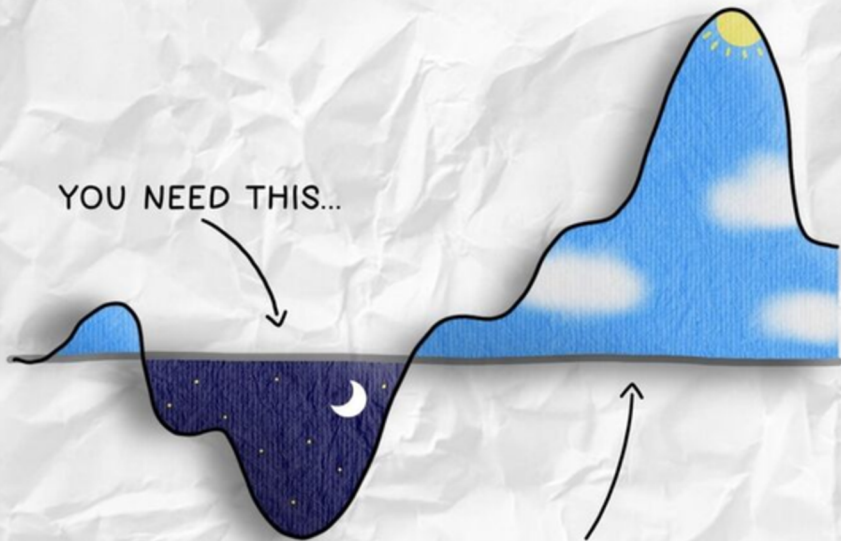
DIRECTION

NOT THIS!



SPEED

EMOTIONS



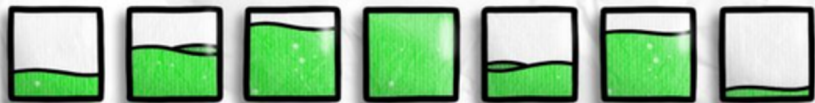
YOU NEED THIS...

...TO TRULY
APPRECIATE THIS!

YOUR FEELINGS WILL FLUCTUATE



YOUR WELLBEING WILL FLUCTUATE



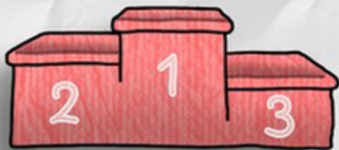
YOUR PERFORMANCE WILL FLUCTUATE



YOUR WORTH WILL NOT

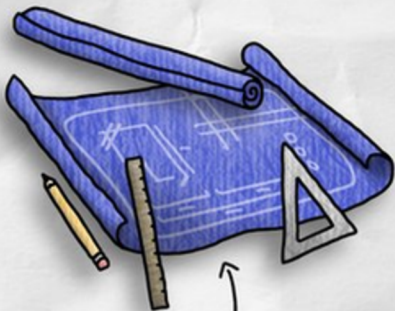


GOALS



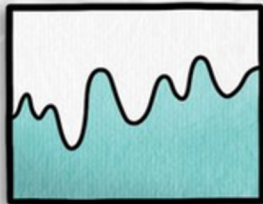
DON'T FOCUS
ON THIS!

SYSTEMS

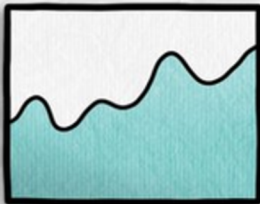


FOCUS ON THIS!

YOUR JOURNEY



DAYS



MONTHS

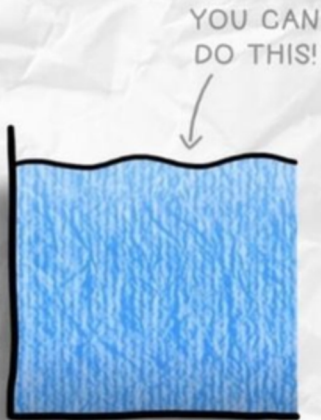


YEARS

CONSISTENCY

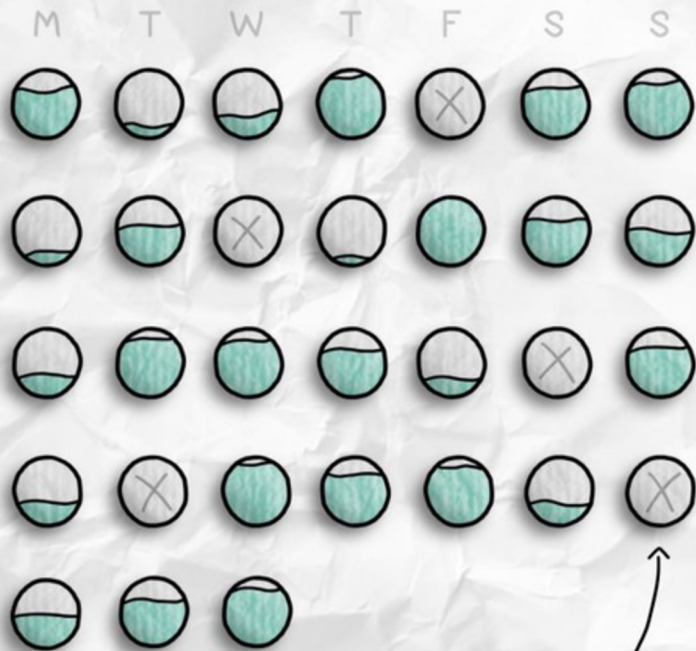


MOTIVATION



DISCIPLINE

2-DAY RULE



DON'T MISS TWICE