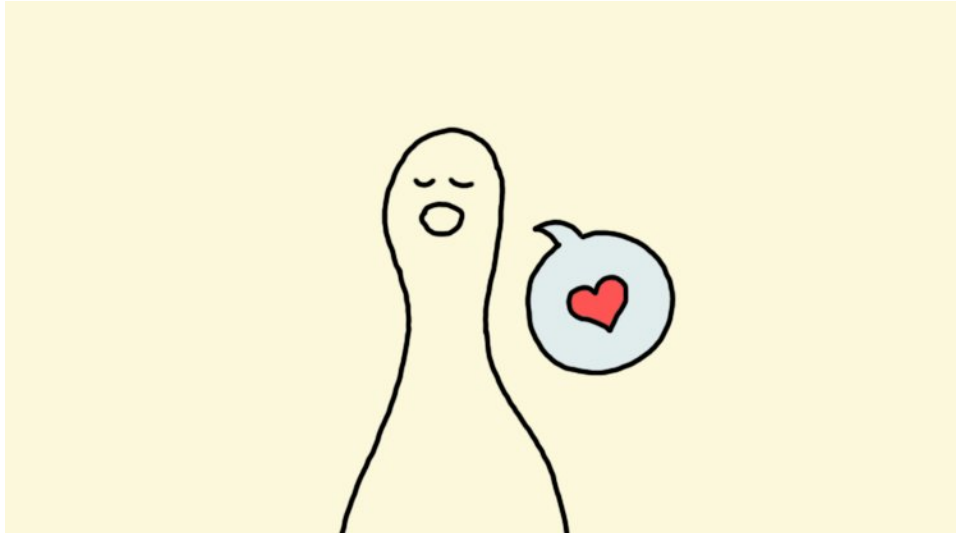


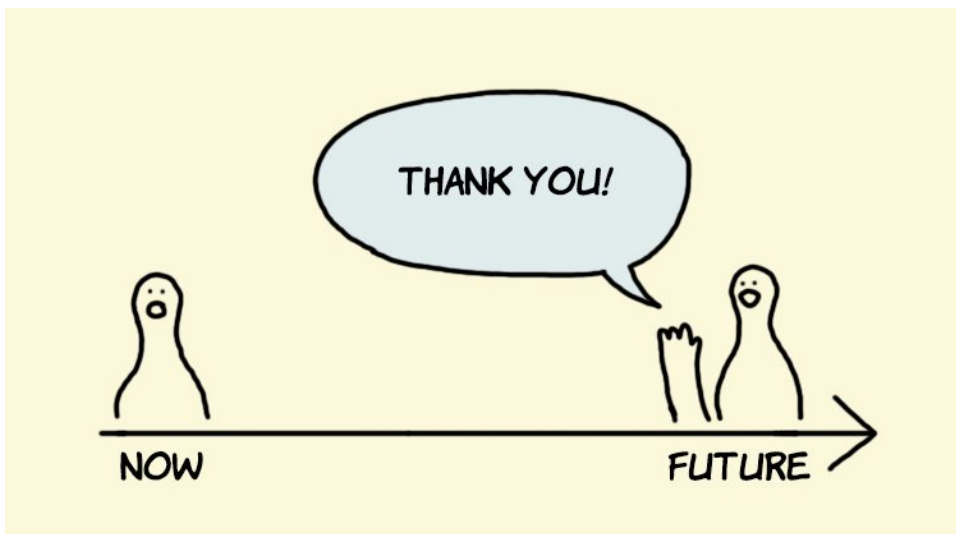


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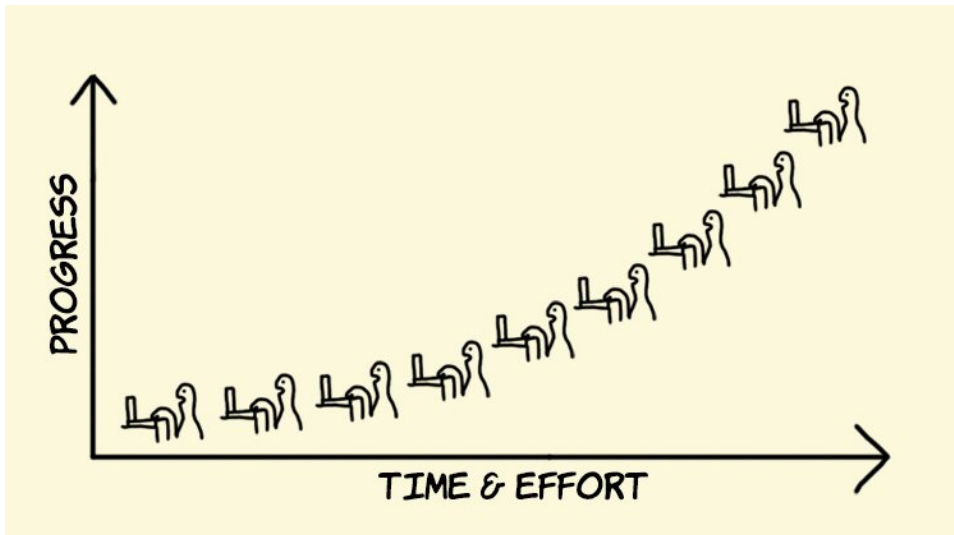
10 concepts to build the life you want



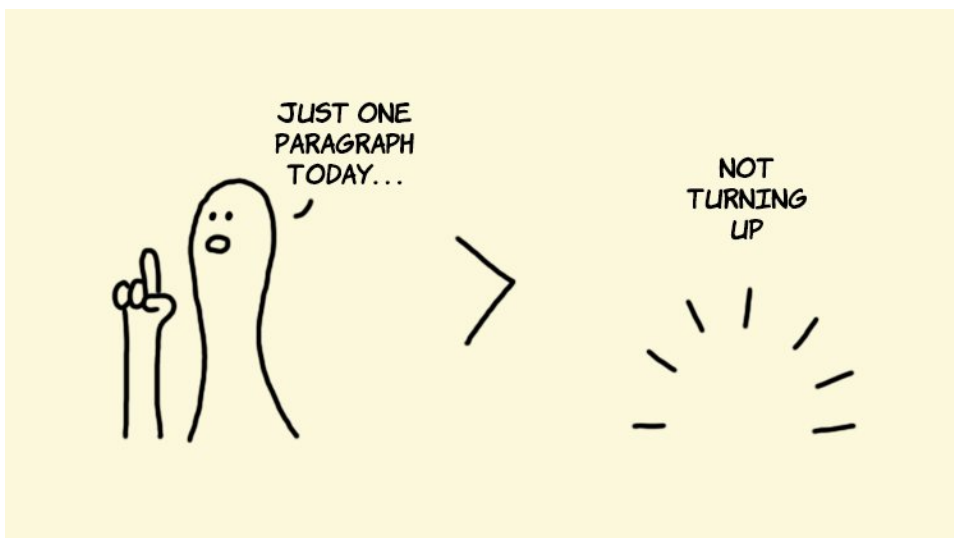
1. Start today. Future you will thank you for it.



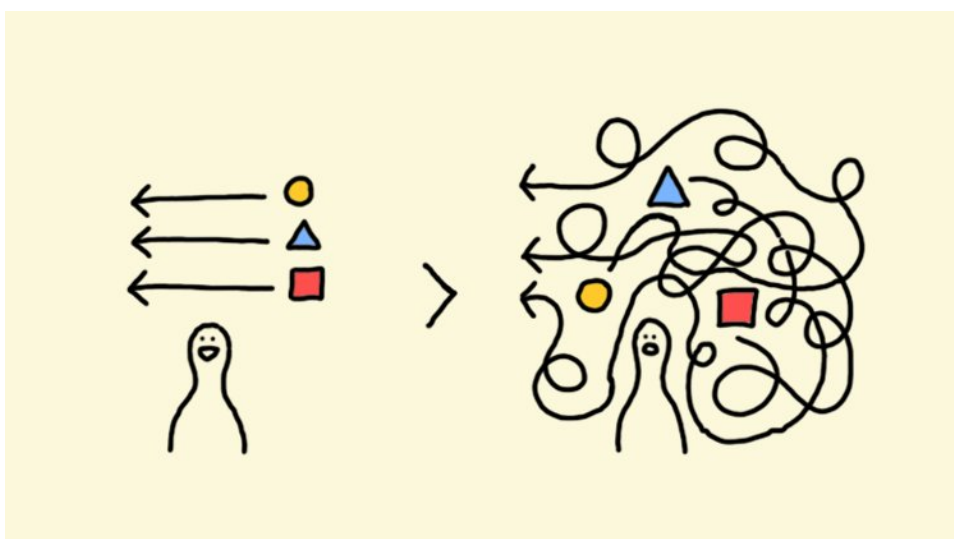
2. Remember progress happens incrementally. Aim for a bit better everyday and trust in the process.



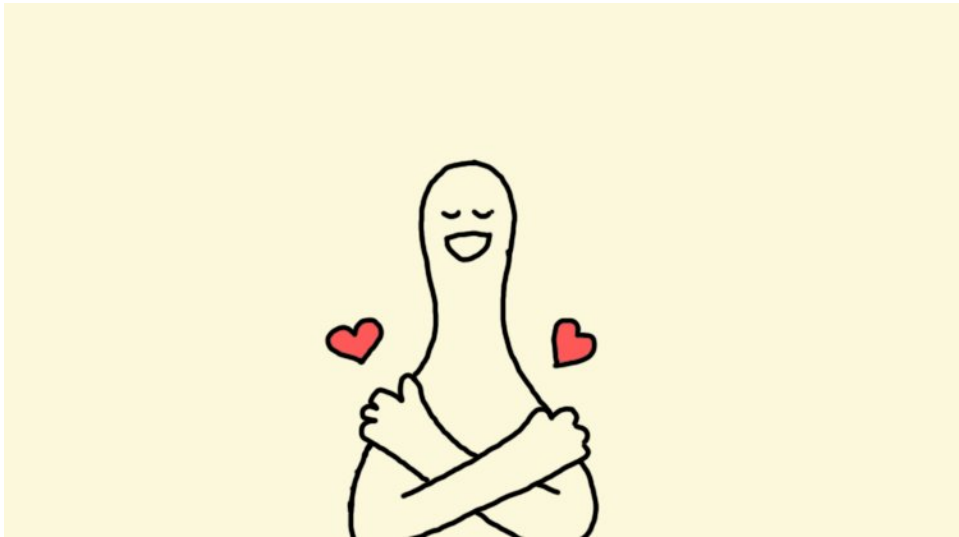
3. Even if you can only do a little, do it. It is better than doing nothing.



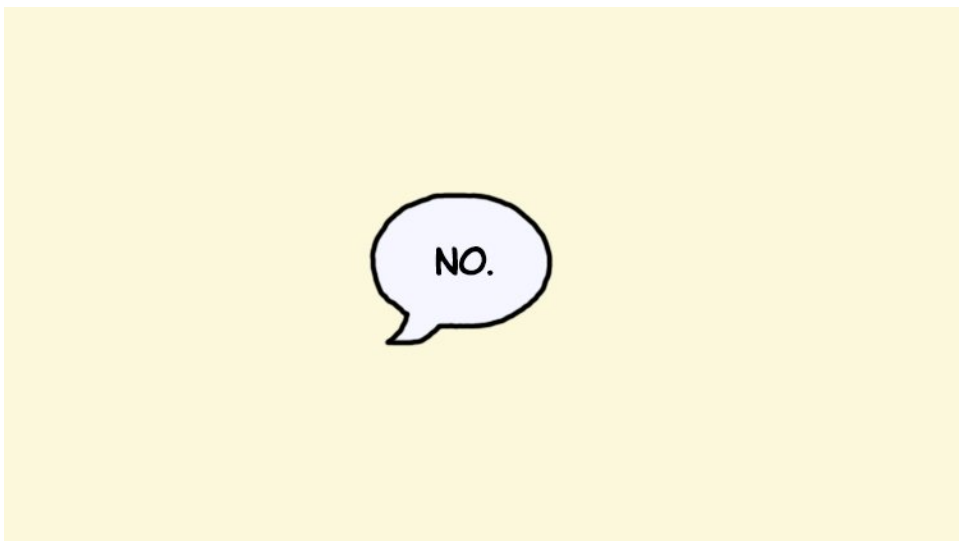
4. Simplify.



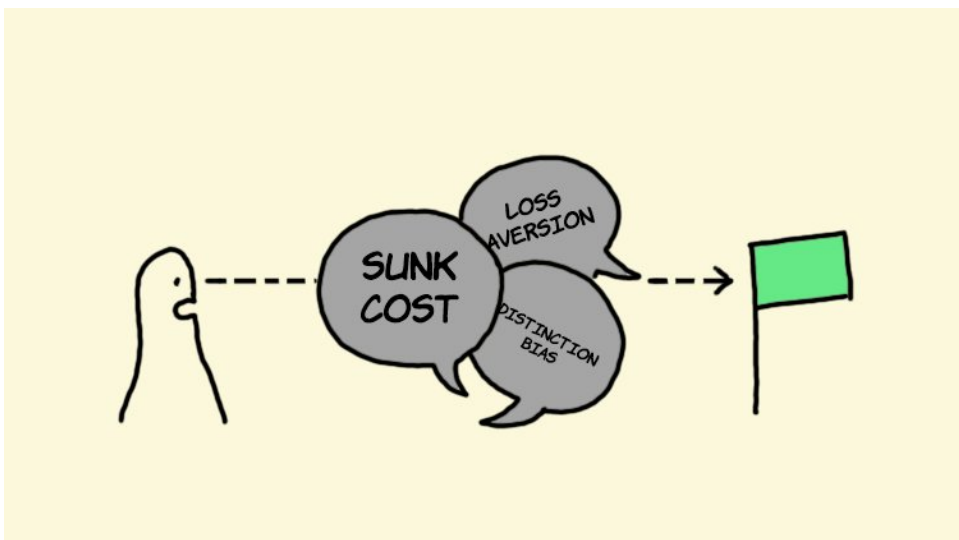
5. Take care of yourself if you want to go the distance. It is a marathon, not a sprint.



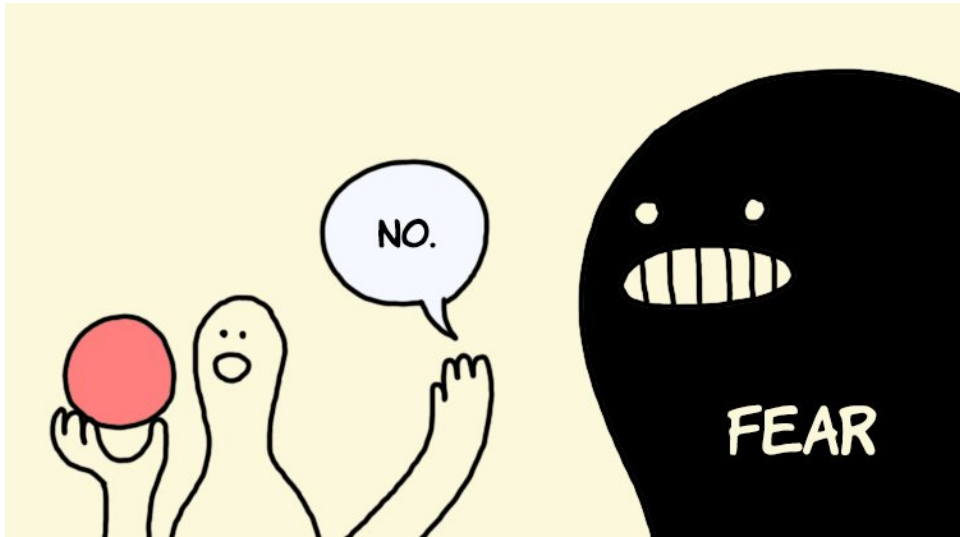
6. Say no when you need to.



7. Beware of fallacies and biases. They will try to blind you.



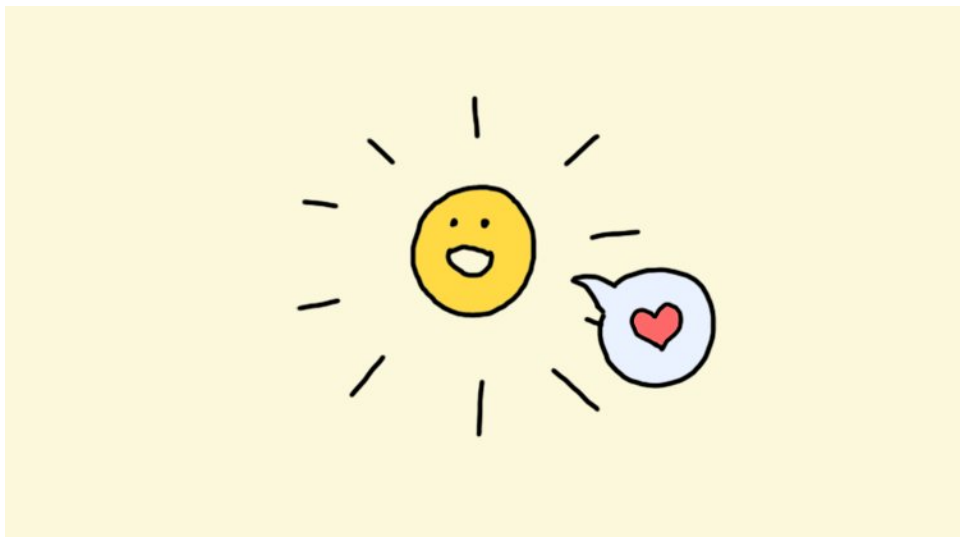
8. Don't make decisions based on fear.



9. Celebrate the small wins.



10. Stay positive and grateful. Give thanks for what you have while going for the things you want.



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