

Life is short.

You get 4,000 weeks if you're lucky.

Book that flight.

Apply for that job.

Start that business.

Stop putting limits on yourself.

Better to admit you walked through
the wrong door than spend your life
in the wrong room.

Saving \$8 per day
= \$3,000 per year

Reading 20 pages per day
= 30 books per year

Walking 10,000 steps per day
= 70 marathons per year

Never underestimate the
power of small habits.

Normalize changing career direction
because your priorities have changed.

Make a habit of reaching out to people
just because they crossed your mind.

Be kind.

You'll probably forget about it in
5 minutes, but the other person
might remember it forever.

You deserve a job that allows you
to sleep peacefully at night.

Burnout happens when you treat
rest as a reward rather than a right.

1,440 minutes in a day.

You can afford to spend 60 of
them working on your dream.

Reminder:

Do more things that make you
forget to check your phone.