

1 STEP ONE

GOAL: NOT HATE HIMSELF FOR NOT FITTING IN

GOAL: NOT HATE OTHERS FOR NOT UNDERSTANDING



! NOT ALONE !

FAILURE BROKEN WRONG

YOU GET TO: CHOOSE

A
~~A~~
OLD

B

NEW

I'M READY

2 MY WHY!

COMMIT
I'M IN!

CHOOSE
A, B, C

SHARE

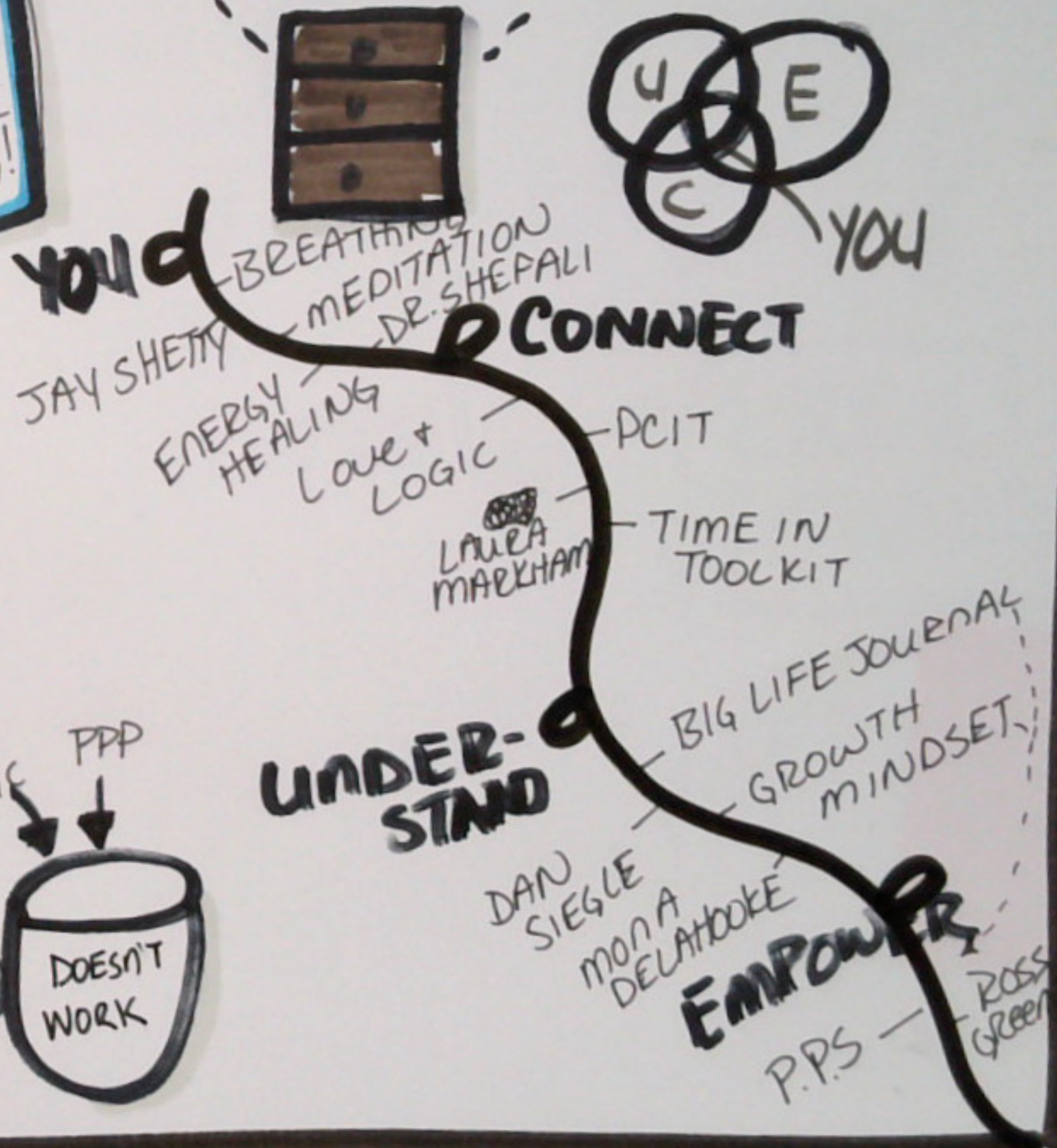
@CAIMTHECHAOS

STEP 2: REFLECT

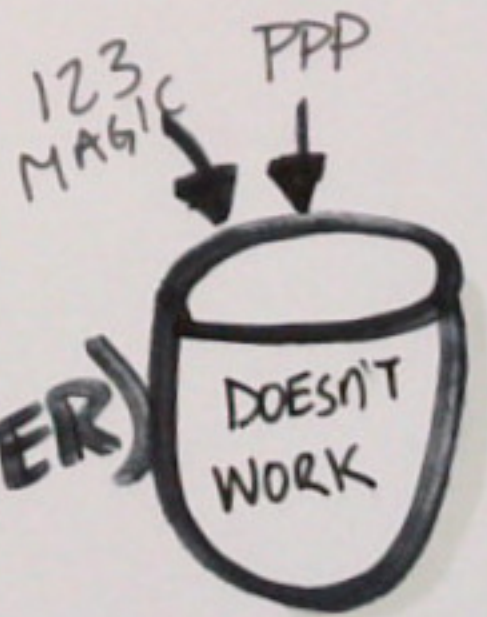
- YOU
- CONNECT
- UNDERSTAND
- EMPOWER

YOU HAVE TO KNOW WHERE YOU'VE BEEN TO SEE WHERE YOU ARE GOING!

NOW



YOU DON'T NEED MORE... YOU NEED LESS (BUT BETTER)



STEP 3: REDEFINE

OLD WAY

COVID

OUT OF THE BOX LIFE!



REDEFINE SUCCESS



HOW WE WERE PARENTED

- o GETSY
- o YOUTUBER
- o AUTHOR
- o COLLEGE
- o COURSE
- o CHEFS
- o INFLUENCER
- o CREATOR
- o VIRTUAL

Success - - -

SUCCESS LEAVES
CLUES

WHAT HAVE YOU OVERCOME
THAT ONCE FELT IMPOSSIBLE?

IF YOU ARE
HERE, YOU
HAVE A 100%
SUCCESS RATE
OF SURVIVING!

THE ~~THING~~
WE NEED
MOST
IS
ALMOST
NEVER
CONVENIENT!



BELIEVE

I CAN DO
HARD
THINGS!

#ICANDOHARDTHINGS

IF YOU
OVERCAME
ONCE BEFORE

GUESS?
WHAT!

YOU CAN
DO IT!
AGAIN!

YOU DON'T
HAVE TO
DO IT
ALONE!



@CAIMTHECHAOS

OUR BRAIN TRIES TO PROTECT US.

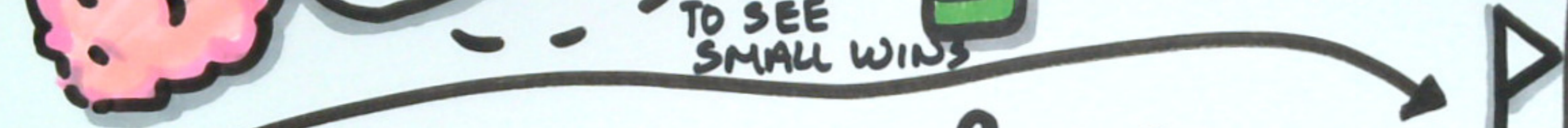


BAD

SWAP TO SEE SMALL WINS



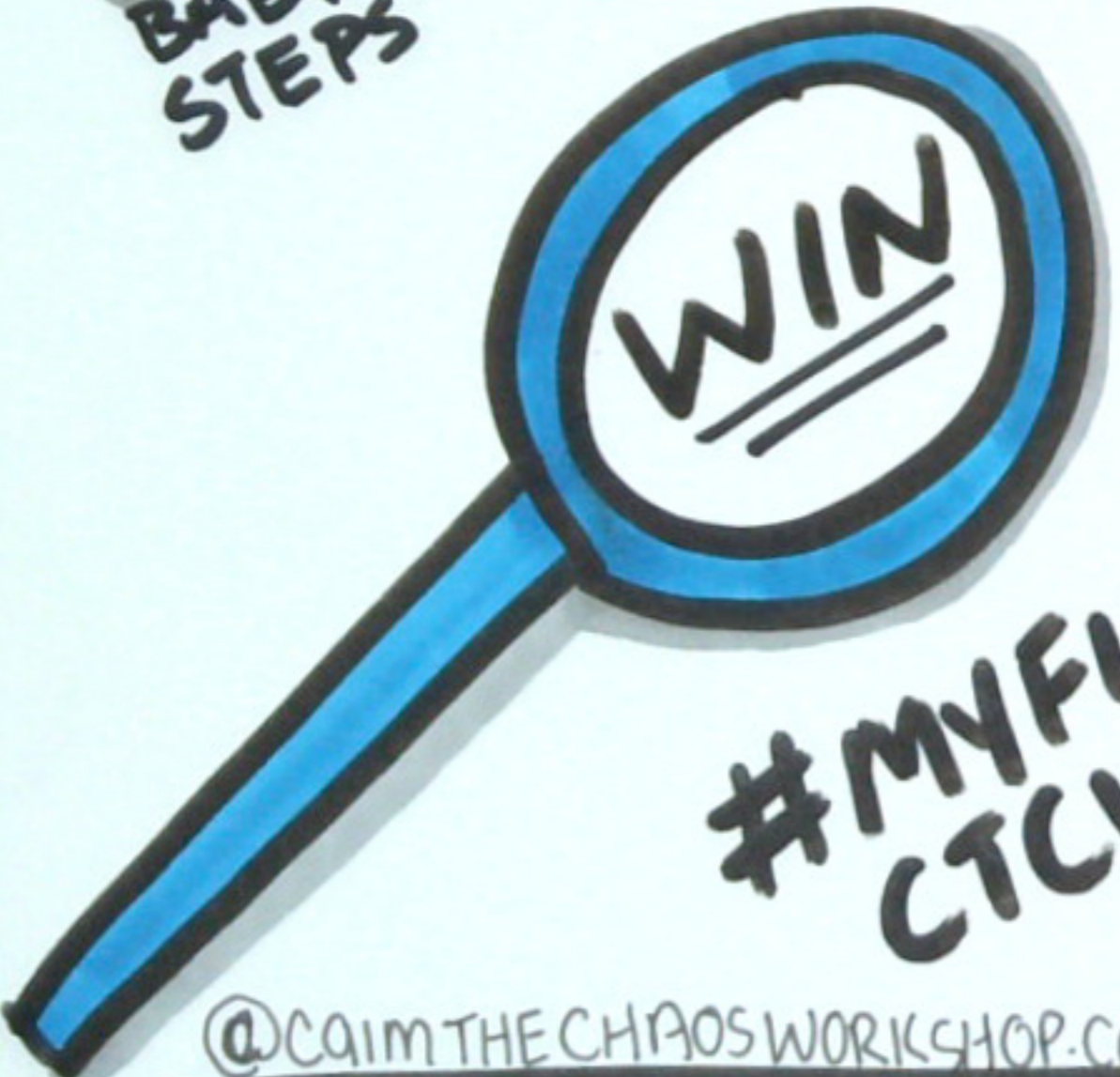
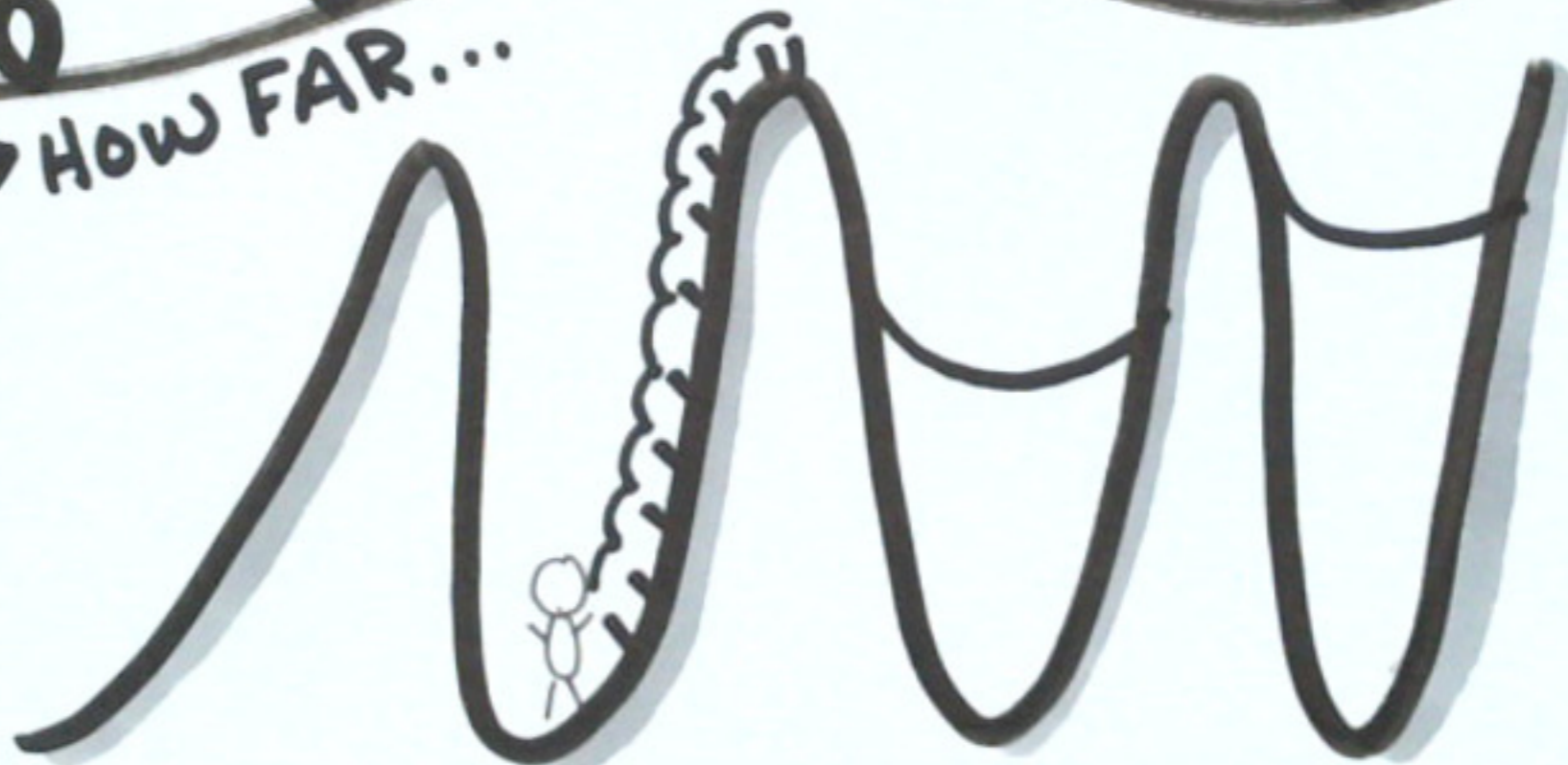
WHAT YOU FOCUS ON...



BABY STEPS

VS.

HOW FAR...



#MYFIRST CTCWIN

#onewinaday

