



HOW TO

BUILD A BETTER YOU IN JUST 5 MINUTES A DAY

- *One Habit*
- *Five Minutes*
- *A Lifetime of Growth*



@vallabhchitnis



THE POWER OF

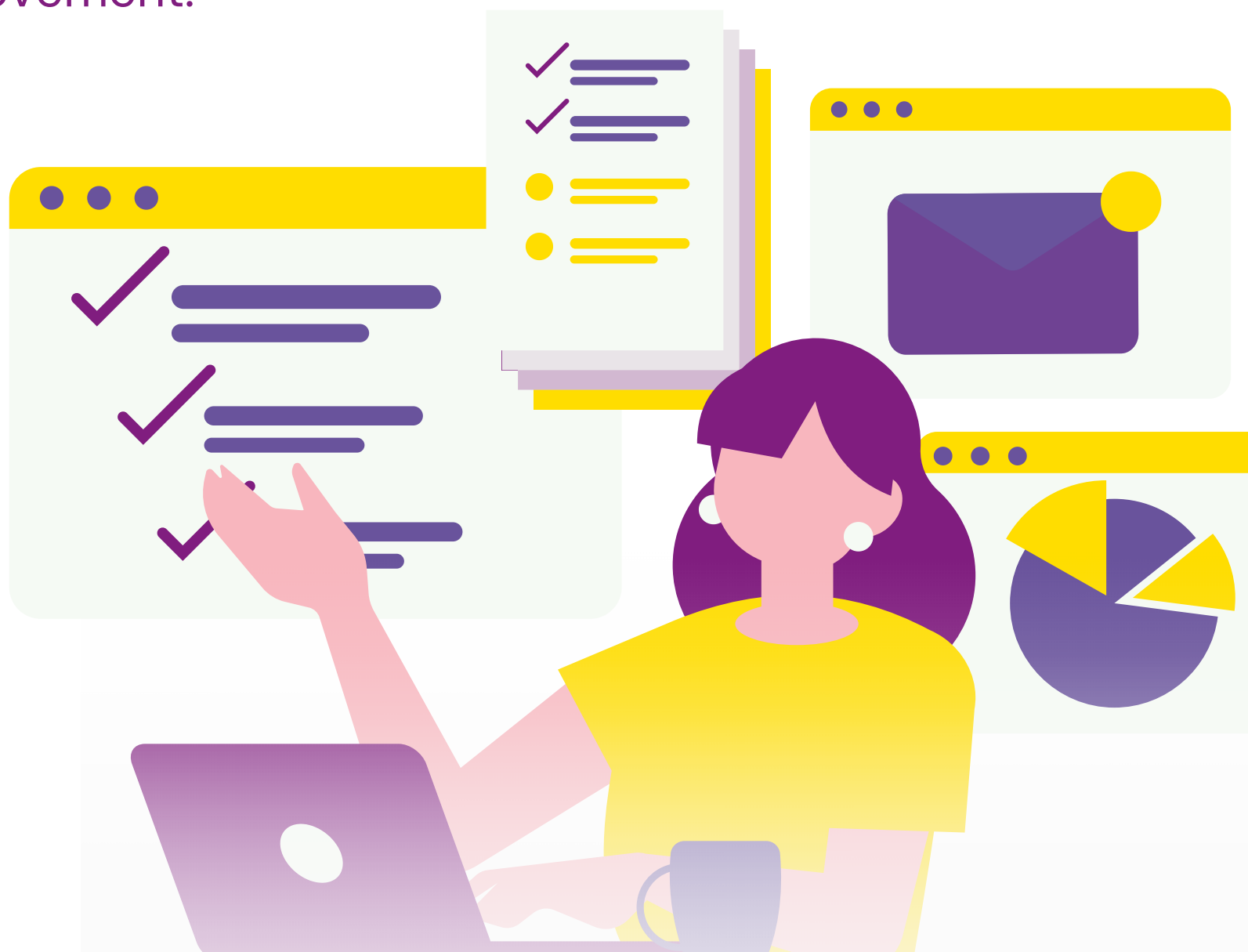
REFLECTION

01

Reflection isn't just looking back. It is the key to progress.

It helps you:

- Spot bad habits.
- Celebrate wins.
- Focus on improvement.





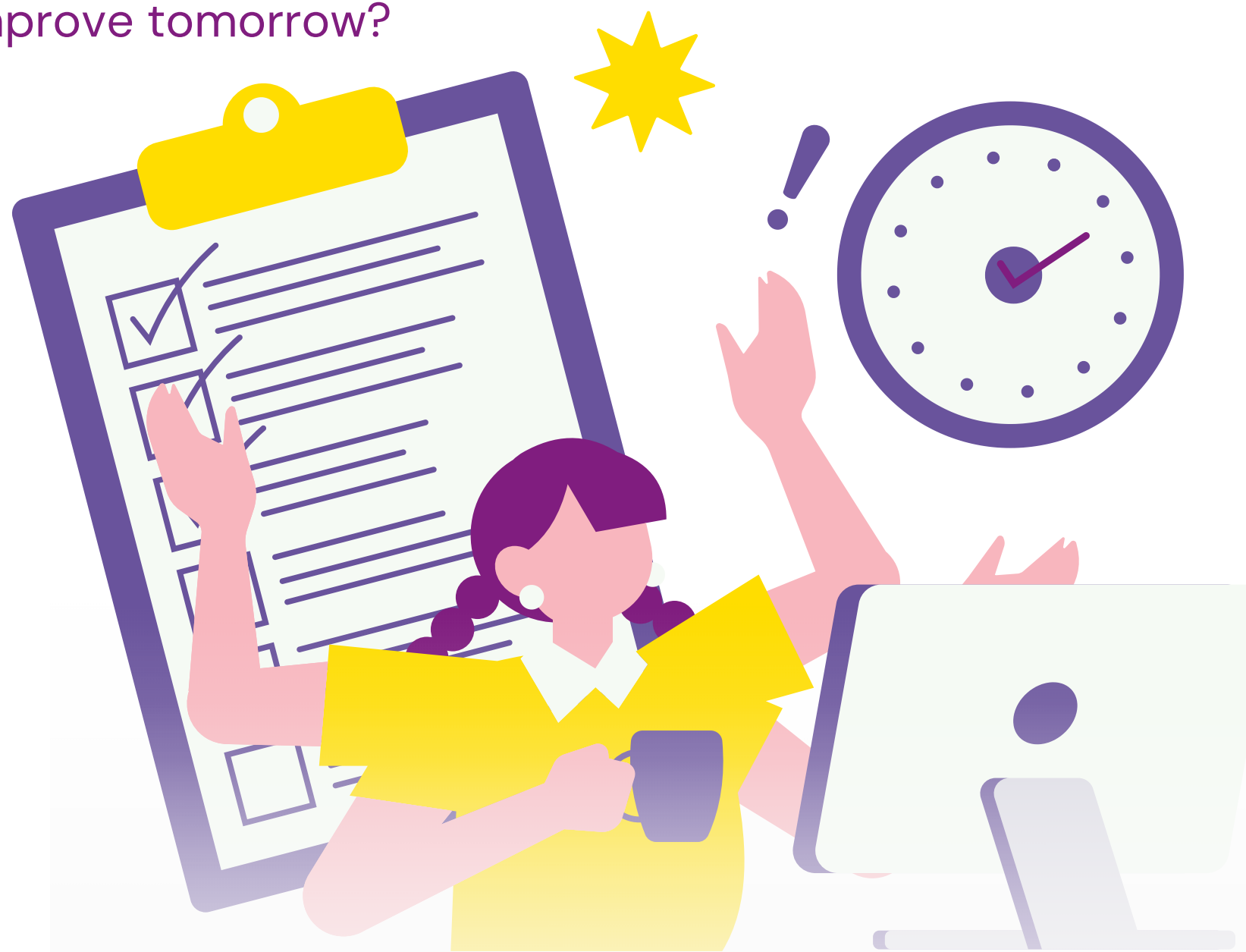
THE STOIC

PRACTICE

02

Ask yourself these questions:

- What bad habit did I curb today?
- How am I better than yesterday?
- Were my actions fair and just?
- What can I improve tomorrow?





A SIMPLE

HABIT

03

Here's how to start. Take 5 minutes tonight.

Write down:

- What made me happy today?
- What drained my energy?
- What's one thing I will improve tomorrow?





WHY IT

WORKS

04

Daily reflection helps you:

- Recognize patterns in your life.
- Build better habits.
- Stay aligned with your values and goals.





START TODAY

ASK

05

Ask yourself:

- What went well today?
- What didn't?
- What's one step forward for tomorrow?

5 MINUTES TODAY = A BETTER TOMORROW



**"KEEP CONSTANT WATCH OVER YOURSELF
AND YOUR ACTIONS." — SENECA**

- *The past is your teacher.*
- *The present is your opportunity.*
- *Your future starts today.*



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