A photograph of a long, narrow path lined with numerous orange torii gates at night. The path is illuminated by warm, golden light, creating a strong sense of perspective and depth. The gates are arranged in a repeating pattern, leading the eye towards the vanishing point. The ground is a mix of gravel and stone steps. The overall atmosphere is serene and majestic.

Сила воли. Мотивация. Цель.

Алексей Маликов



Я устал

Я ленивый





Зона комфорта



Я буду!
Я не буду!
Я Хочу!



Самоконтроль

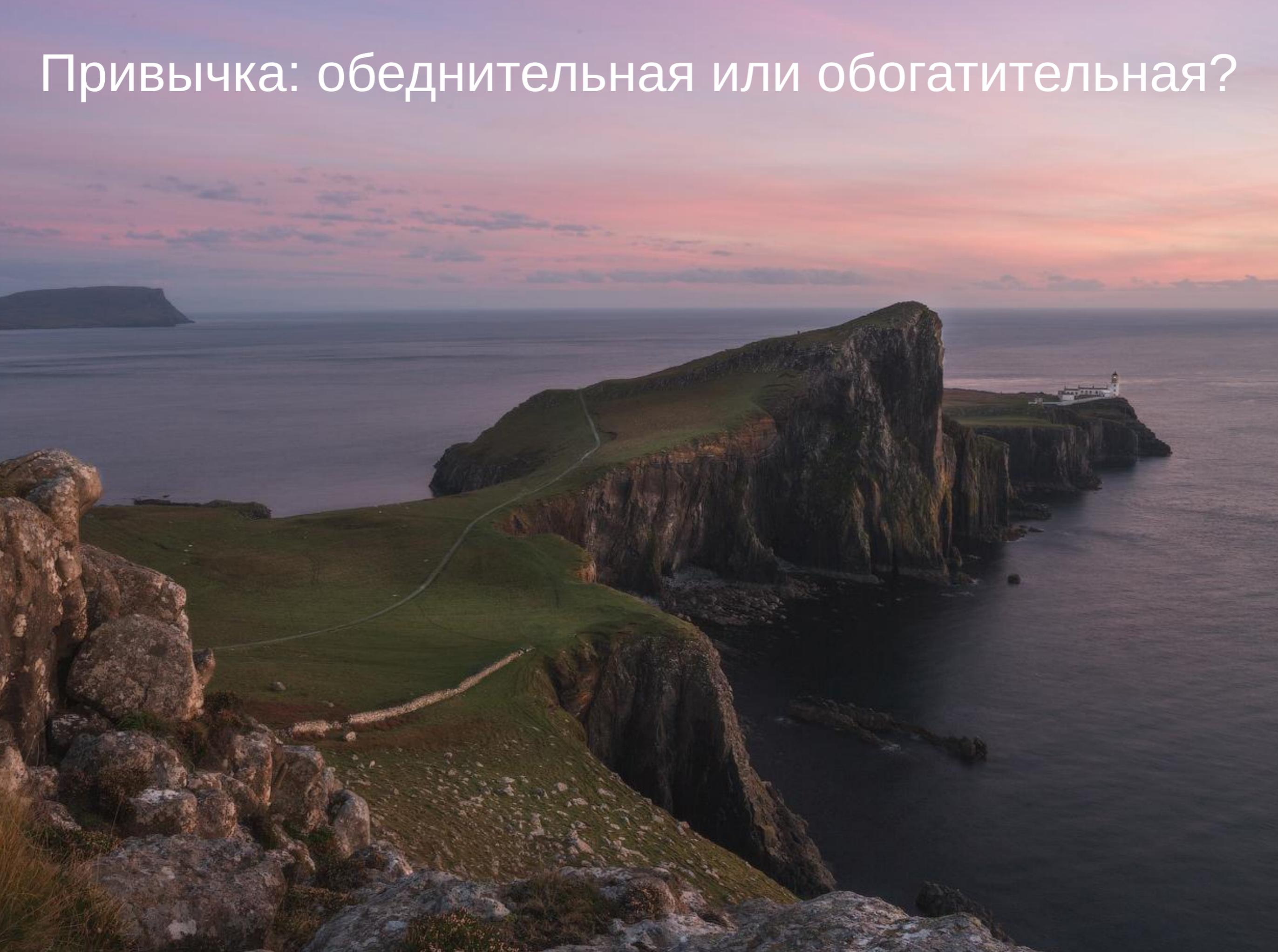
10 минут, а потом можно!





Раскаяние

Привычка: обеднительная или обогащающая?



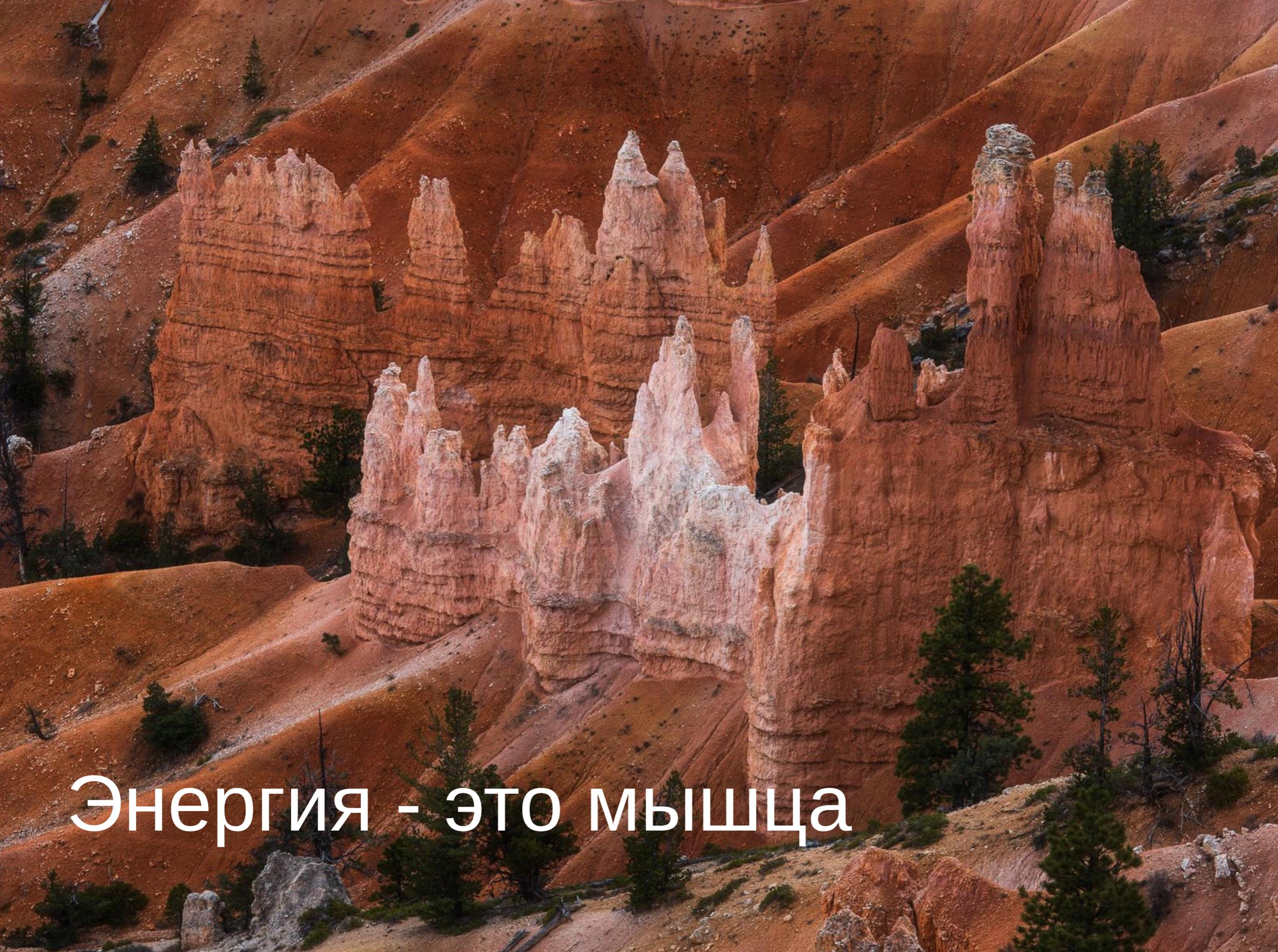
СКОЛЬКО СИГАРЕТ?



Что можно сделать утром?



Цель - SMART

A photograph of a canyon with tall, layered rock spires and a quote in Russian. The spires are made of reddish-brown sandstone with distinct horizontal layers. The background shows rolling hills of the same color. There are some green trees scattered throughout the landscape. The text is in white, bold, sans-serif font, positioned in the lower-left quadrant of the image.

Энергия - это мышца

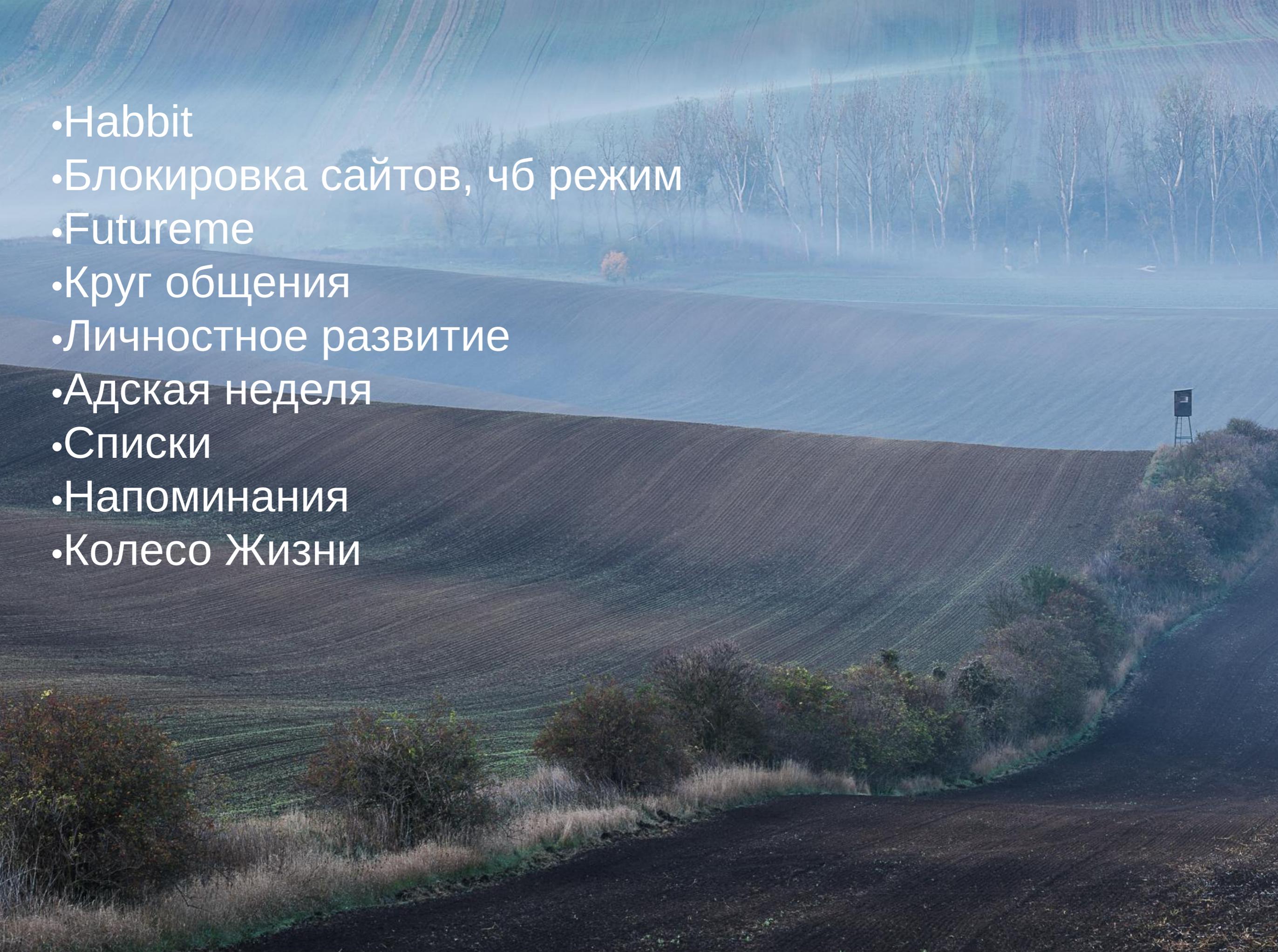
Стресс

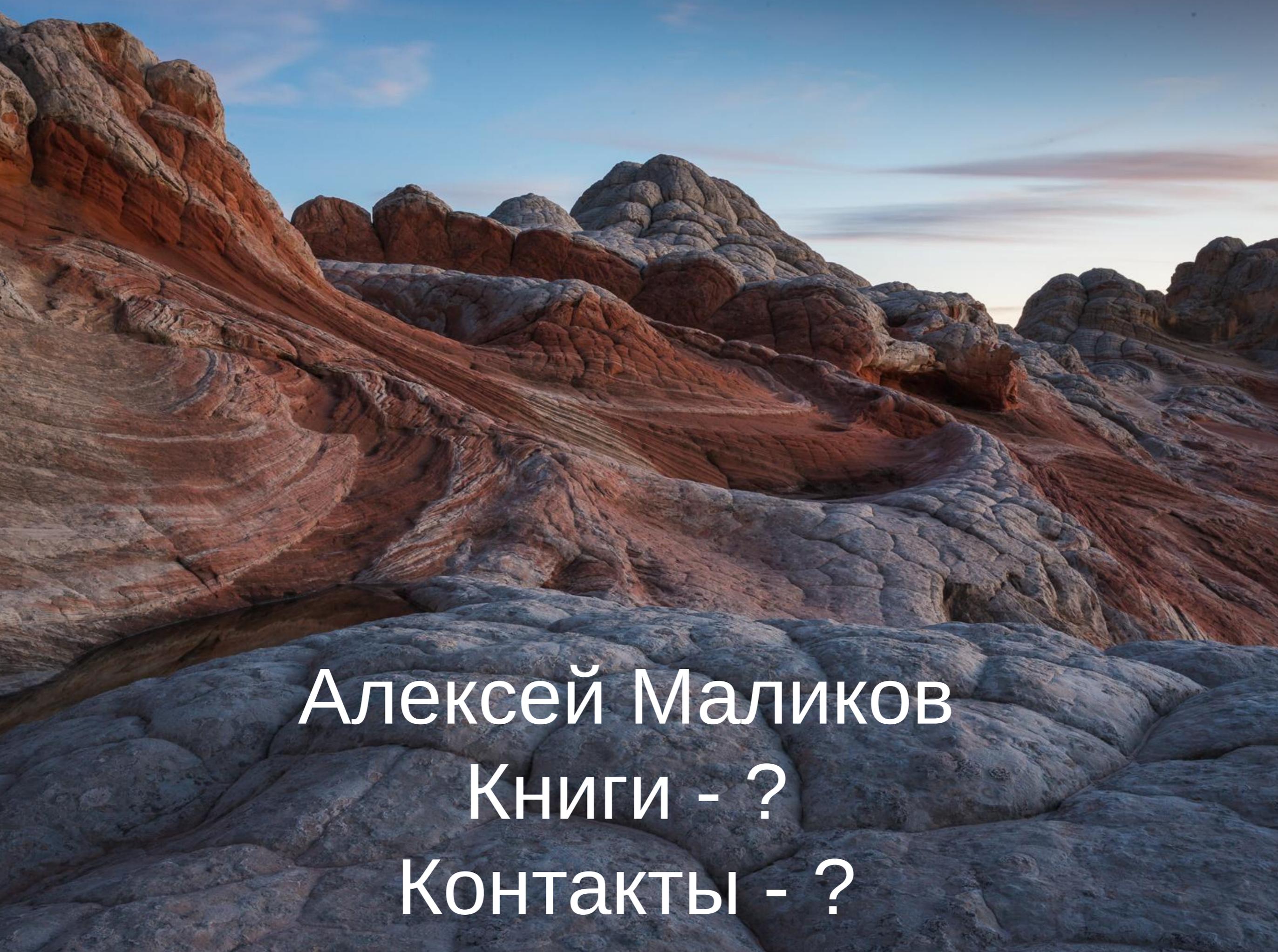


Отдых

A wide-angle landscape photograph of a mountain range. The foreground features a winding river with a blue-green hue, surrounded by dense green and yellowish-brown trees. The middle ground shows a large, dark, rocky mountain peak. The background consists of rolling hills and mountains with various shades of brown, tan, and red, suggesting different geological formations. The sky is filled with soft, grey clouds, and the overall lighting is diffused, creating a serene and somewhat somber atmosphere.

Тишина. Визуализация. Медитация.
Физические упражнения. Чтение.

- 
- A misty landscape of rolling hills. In the foreground, there are dark, tilled fields with visible furrows. A line of trees, some with autumn-colored leaves, stretches across the middle ground. In the distance, more hills are visible under a hazy sky. On the right side, a water tower stands on a small hill.
- Habbit
 - Блокировка сайтов, чб режим
 - Futureme
 - Круг общения
 - Личностное развитие
 - Адская неделя
 - Списки
 - Напоминания
 - Колесо Жизни



Алексей Маликов

Книги - ?

Контакты - ?