

Сила воли. Мотивация. Цель.

A photograph of a long, narrow path lined with numerous orange torii gates, receding into the distance. The path is paved with gravel and has a series of steps leading up towards the end. The torii gates are made of wood and are painted a bright orange color. The path is flanked by dark, cylindrical bases for the gates. The overall scene is illuminated by warm, golden light, creating a sense of depth and perspective.

Алексей Маликов





Я устал



Я ленивый








Зона комфорта





Я буду!  
Я не буду!  
Я Хочу!





Самоконтроль



10 минут, а потом можно!



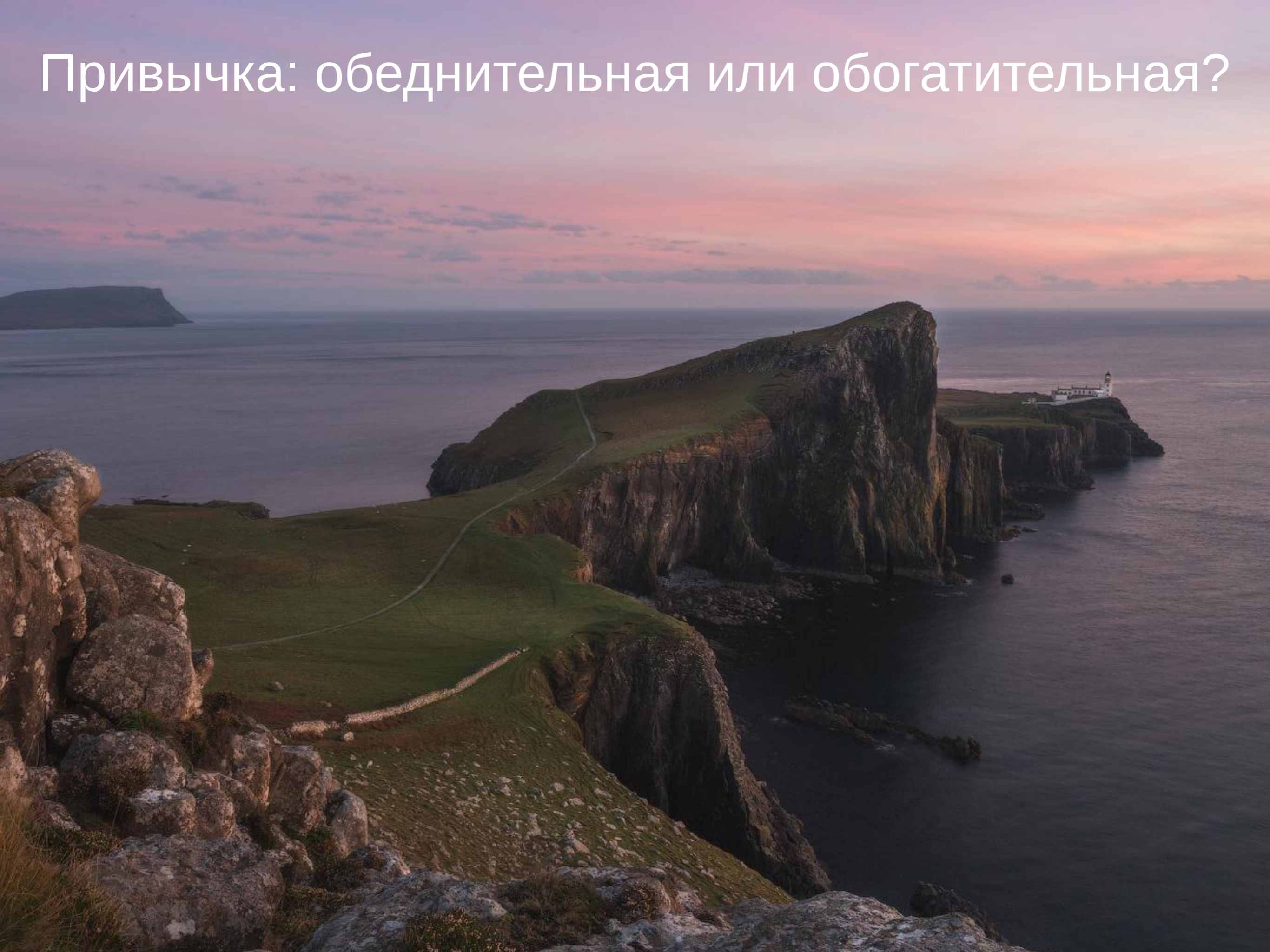




Раскаяние



Привычка: обеднительная или обогащающая?





СКОЛЬКО СИГАРЕТ?





Что можно сделать утром?





Цель - SMART





Энергия - это мышца




Стресс



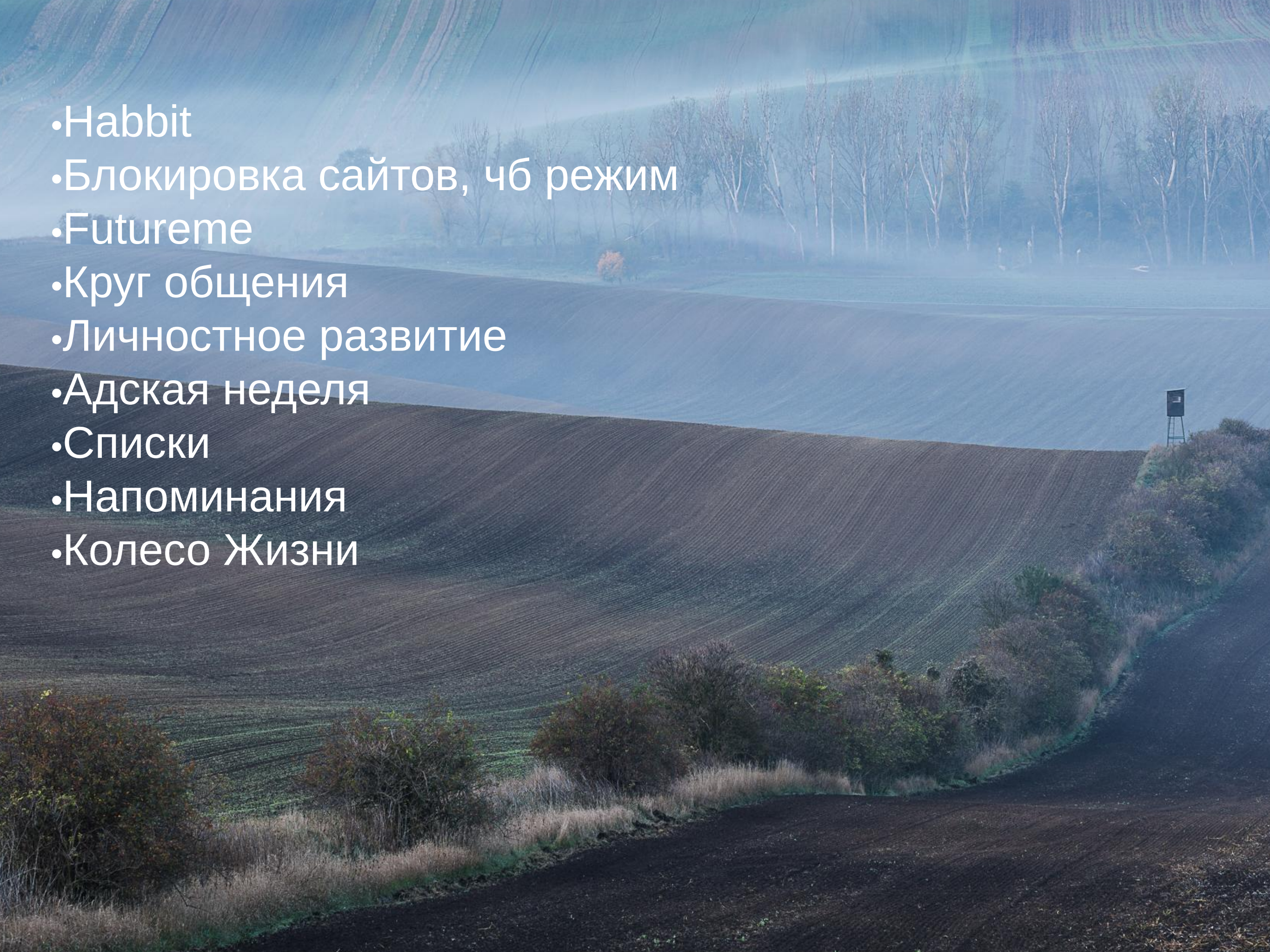
Отдых



A wide-angle landscape photograph of a mountain range. The foreground is dominated by a winding river with a blue-green hue, flowing through a dense forest of trees with yellow and green foliage. The middle ground shows a large, dark, rocky mountain peak. The background consists of rolling hills and mountains with various shades of brown, red, and tan, 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.



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- Habbit
  - Блокировка сайтов, чб режим
  - Futureme
  - Круг общения
  - Личностное развитие
  - Адская неделя
  - Списки
  - Напоминания
  - Колесо Жизни





Алексей Маликов

Книги - ?

Контакты - ?