

Intention*Go to work*

I need money, and while people are practically lining up to hand it to me, some good old fashion work is good for the soul.

Intention*Go to work*

[EXCUSES]

[EXCUSES]

[EXCUSES]

Support*Early dinner*

Eating an early dinner helps me get a restful full night's sleep.

Support*Early dinner*

[EXCUSES]

[EXCUSES]

[EXCUSES]



No nagging stressful thoughts keeping me awake all night. I get a solid 8 hour snooze session.

Sleep
Support

[EXCUSES]

[EXCUSES]

[EXCUSES]

Support

Alarm



Alarm

Support

The alarm I remembered to set last night went off without any hitches. I even placed it across the room so I had to actually get out of bed.

[EXCUSES]

[EXCUSES]

[EXCUSES]

Support*Will power**Will power***Support**

Sometimes the only thing that is getting me out of bed at 6:30am is pure power of will.

[EXCUSES]

[EXCUSES]

[EXCUSES]

Support*Warm shower*

A warm shower in the morning washes over me like rays of life, waking me with soggy vigor that almost nothing else provides.

Support*Warm shower*

[EXCUSES]

[EXCUSES]

[EXCUSES]

Obstacle

Snooze



You evil staller of success, you
seduce me again, and again.
You don't bring relief, only failure.

Obstacle
Snooze

[EXCUSES]

[EXCUSES]

[EXCUSES]

[EXCUSES]

Blank

[EXCUSES]

[EXCUSES]

[EXCUSES]

[EXCUSES]