

YOU ARE ALLOWED TO ↓

**MAKE
THE DECISION**

you think is the right decision to make.

**START
SOMETHING**
that needs to be started.

**ASK
FOR HELP**
whenever you want it.

**HELP
OTHERS**
whenever you can
(even if they don't ask for it).

**TAKE
TIME OFF**
to do something that
inspires
excites and energizes you.

