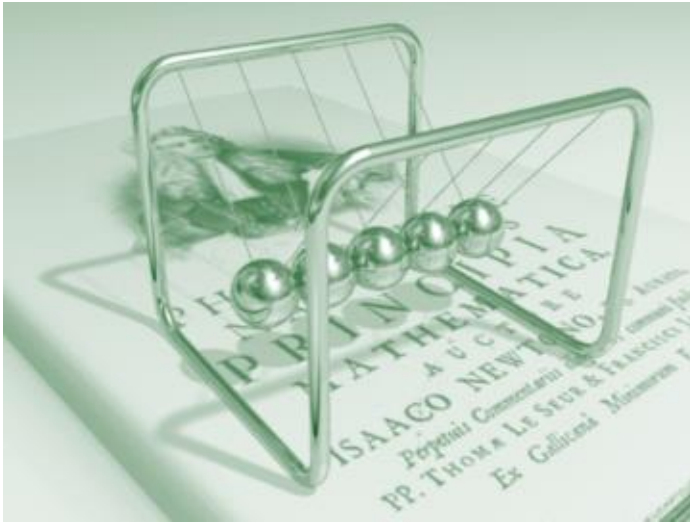


Momentum – keeping it going



3Ms HELP

- Mindset – Believe things can be better
- Mini-improvements – the 1%
- Make it stick – daily habits
- Honesty – be honest to others
- Experiment – failures aren't bad
- Learn – don't make the same mistakes
- Pace – keep on cycling