



**WAKE UP EARLY**

Tell no one

An illustration of a person wearing a dark, hooded sweatshirt and dark pants, running on a path at night. The person is looking forward with a neutral expression. To the left, a tall street lamp with a curved arm and a glowing light fixture stands on the path. The background features several stylized trees with light-colored foliage. A semi-transparent dark grey horizontal band is overlaid across the middle of the image, containing the text.

**GO FOR A RUN**  
Tell no one



**EAT HEALTHY**

Tell no one

A stylized illustration of a man with dark hair and a beard, wearing a dark blue t-shirt, sitting at a wooden desk and typing on a laptop. The desk also holds a small vase with dried flowers and a larger vase with a bouquet of dried flowers. In the background, there is a simple rectangular window, a hanging lamp with a beige shade, and a plain wall. The overall style is clean and modern with a limited color palette.

**BUILD THAT BUSINESS**

Tell no one



**LEARN. GROW. EVOLVE**

Tell no one



**DO IT SILENTLY**  
Shock them loudly