

A photograph of a bamboo forest with a path leading through it. The path is made of stone steps and is flanked by a wooden railing. The bamboo stalks are tall and thin, and the leaves are a vibrant green. The path leads towards a bright light at the end of the forest, suggesting a journey or a goal.

**EVERY HOUR YOU SPEND WORKING  
ON YOUR GOAL PUTS YOU AN HOUR  
CLOSER TO ACHIEVING THAT GOAL.**

**If you have one hour a week to work  
on your goal, use that hour *to work  
on your goal*. If you have 30  
minutes, use them. Don't believe  
the lie that you don't have time.  
Take whatever time you have and  
use it. One step at a time - get  
started today.**