

# The Adaptability Toolkit

## ThinkTank Online

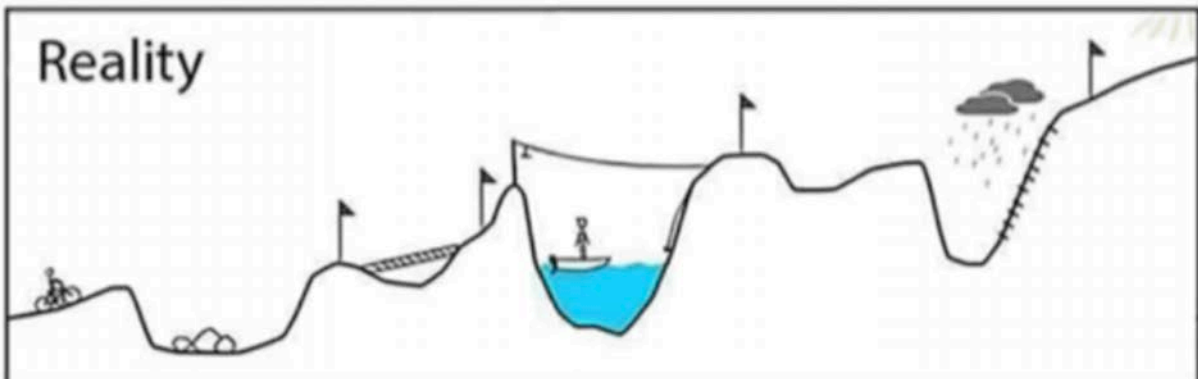




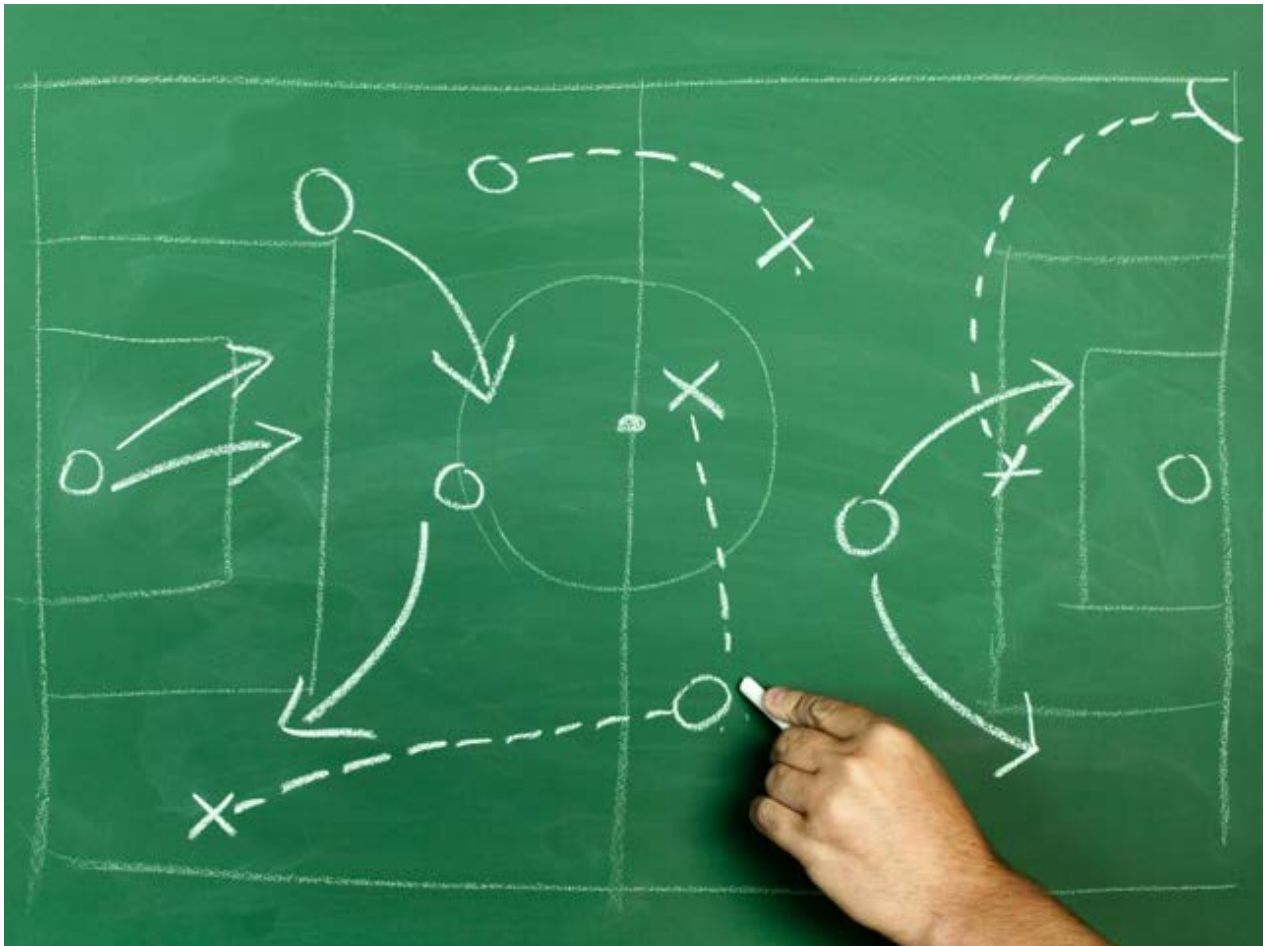
Your plan



Reality







**Be like a postage stamp**

**Stick to one thing until you get there**

FROM: Josh Billings

PLACE  
STAMP  
HERE

Myself

---

---

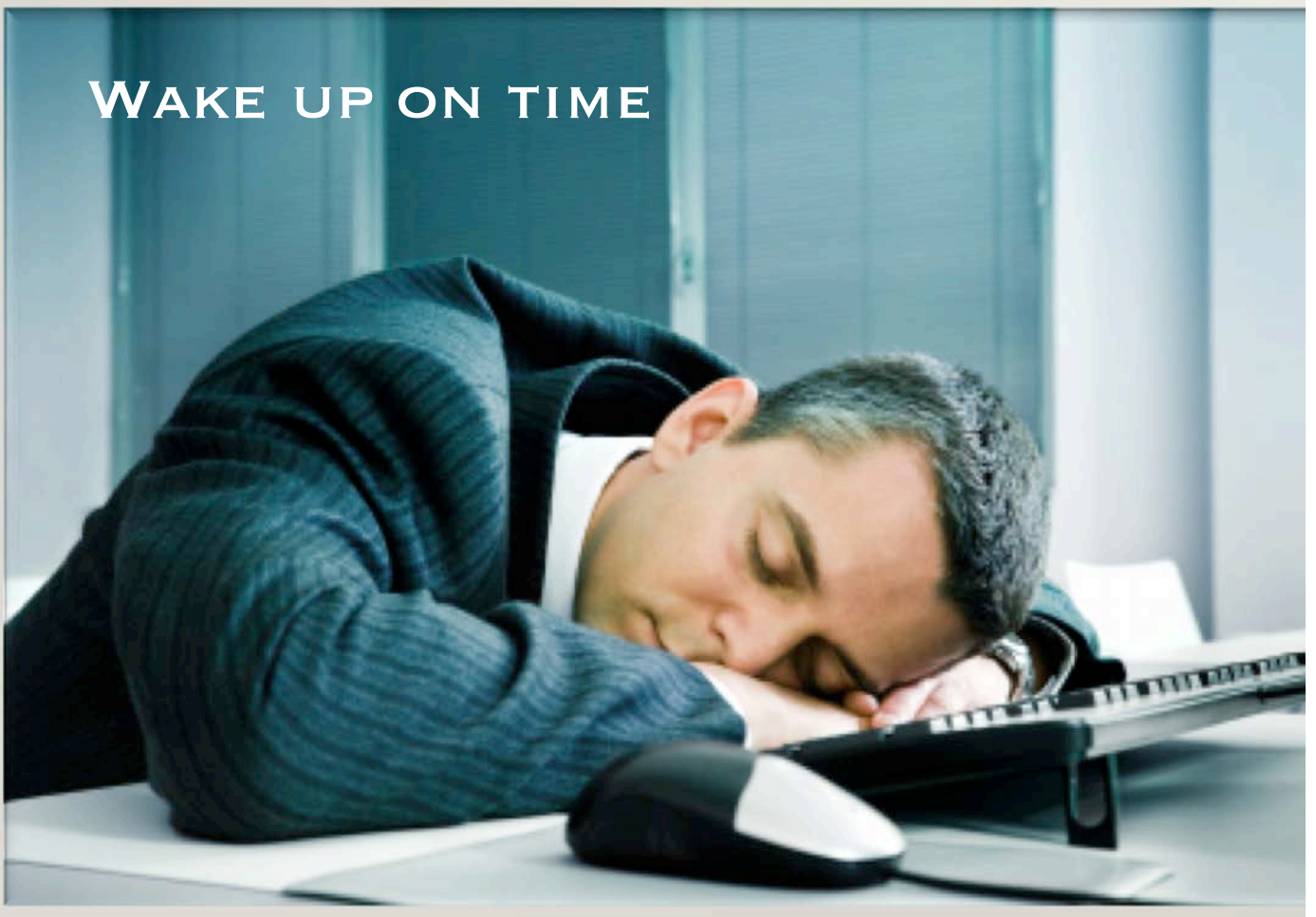
---

---

**WAKE WITH WATER**



**WAKE UP ON TIME**



DEAR NAPTINE, SORRY I WAS SO  
MEAN TO YOU IN KINDERGARTEN.



**Be Real. Be** *Carefree*

Fuel your cycles of intense effort





Beverage	Serving	Caffeine (mg)
brewed coffee	1 cup	85-120
instant coffee	1 cup	60
brewed tea	1 cup	75
instant tea	1 cup	30-50
green tea	1 cup	50-80
cocoa powder	2 tsp	20
milo	2 tsp	1
energy drink	250 ml	80
milk chocolate	30 grams	6
cola drinks	375 ml	40
Caffeine Tablet (No Doz)	1	100



**“I’ve lost 13 inches off one leg.”**



10 slices bread = 150g jelly beans





*healthy choices*



**"We're looking for a 5000 step walk."**







**“Motivation is what gets  
you started. Habit is what  
keeps you going.”**

**Jim Ryun**



[julie@juliemeek.com.au](mailto:julie@juliemeek.com.au)

[juliemeek.com.au/blog](http://juliemeek.com.au/blog)