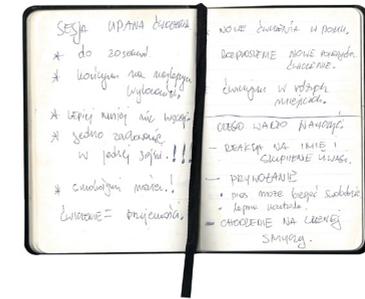


180°





Albert Einstein said: „It's crazy to do the same and expect different results.” This is one of such trivial statements that it is very hard to put into action. We have our habits, weaknesses, everyday rituals. It is not easy to mobilize for change, even if our lives seem boring and uninteresting. Each of us has a hundred different dreams, change your figure, then finally dress in style, or finally find real love. This list can be extended any time.

Even if you are a happy person, you certainly have a dream of realization to go with you. Usually, we remind ourselves of them for the New Year by making provisions that are not met in 99% of cases. It is good that a man easily forgets about them, because the frustration of another failure could be unbearable. I lived an unsatisfying life myself for years. I know what it's like to wake up every morning in a depressive mood and not know what to do with yourself. But even though there were days when I felt like I was about to die, somewhere deep inside me was the belief that in the end this state of affairs would change. I have experience in turning my own life 180 degrees. But without exaggeration, I'm far from my many goals and dreams.

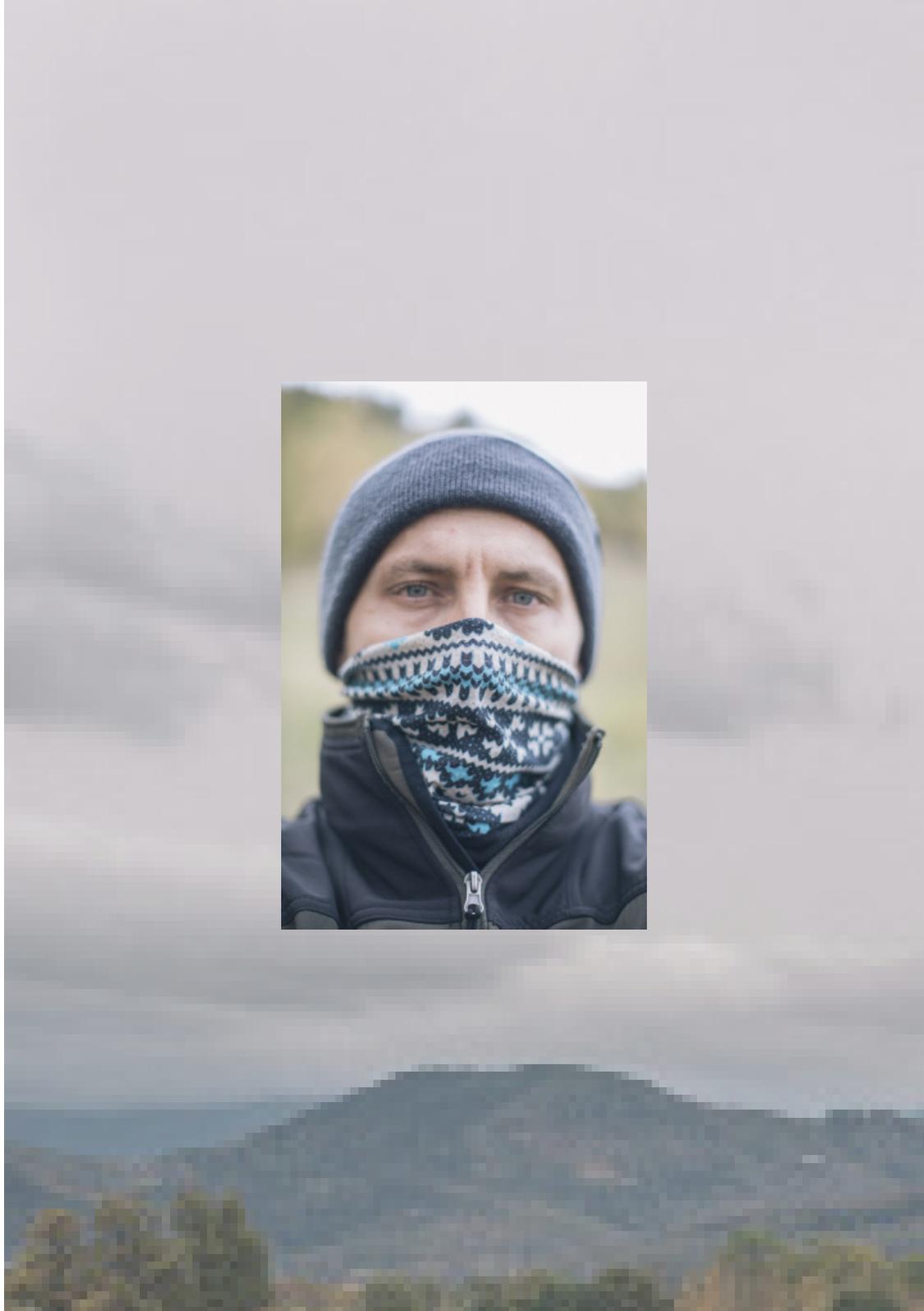


I set goals in my life.





Work "over yourself" has begun







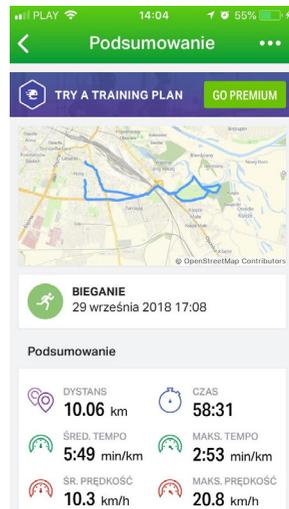
2016



2017



2018



I stopped smoking after 20 years.





Favorite place to run.



My love.



I feel fire in my veins



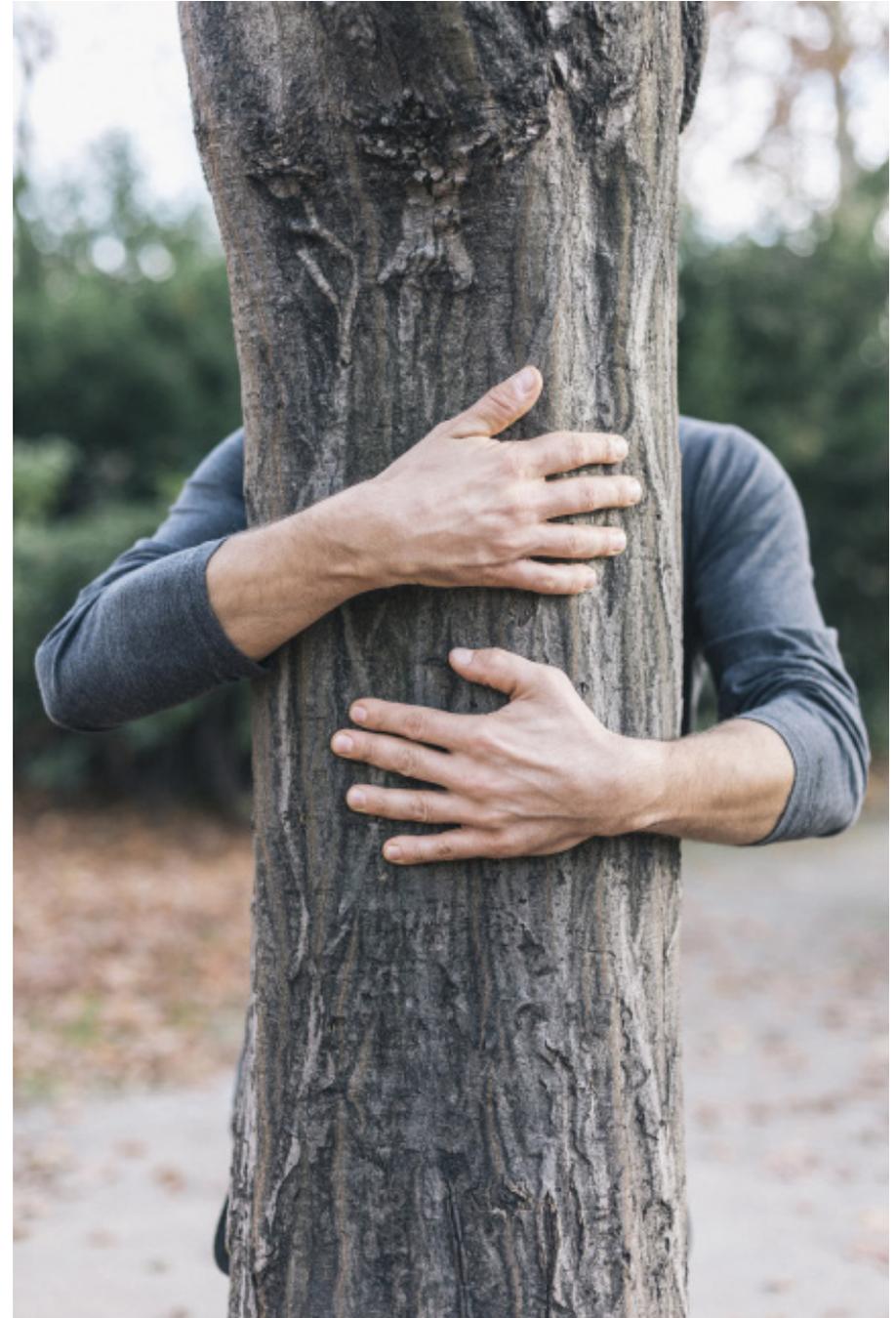
Now I am closer to nature.



I discovered that I feel best in the mountains.



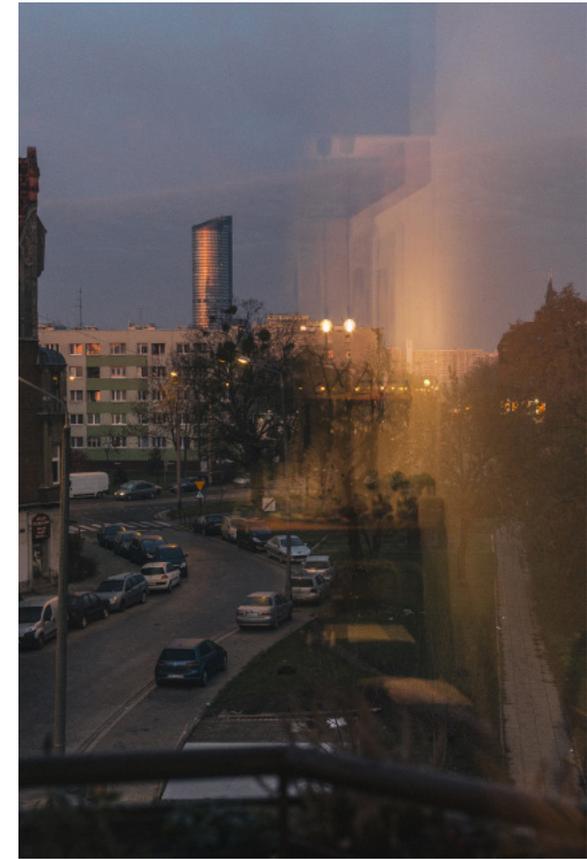
Important sentences.



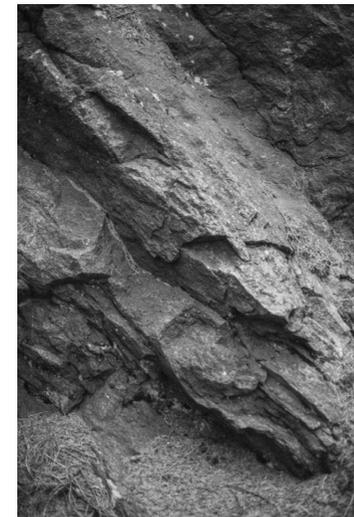
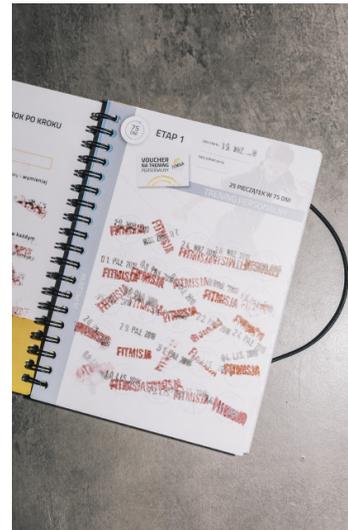
and I feel good now.



I'm glad she is with me.



I started to get up at 6 in the morning.



Once I did not pay attention to what I look like, what I eat, what I drink. I drank for two, I smoked for three. I ate it anyhow. Now I count and look at what I put in the pot. Today I am more aware of who I am and how important is self-development. I am myself today. I've never felt better today.





Routine gives balance.



I'm vegetarian.



I count the calories in the calculator.





Wrinkles appear regularly.



Today I am not afraid of winter.



I cook every day.

