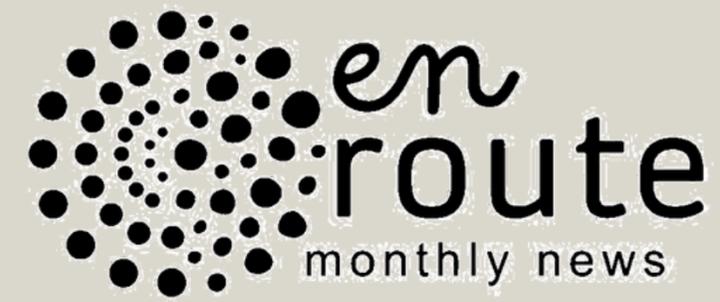


FEBRUARY NEWSLETTER



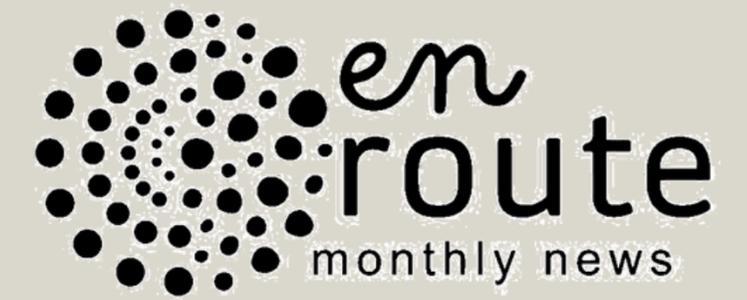
Welcome to our 2026 monthly newsletter

This month, we're focusing on progress, not perfection. It's easy to pressure ourselves to do more and be perfect, but growth doesn't have to be fast or flawless. Every small step counts, showing up or learning from mistakes. This is a reminder to have some self-compassion and celebrate the little wins, because progress, no matter how small, is still progress.



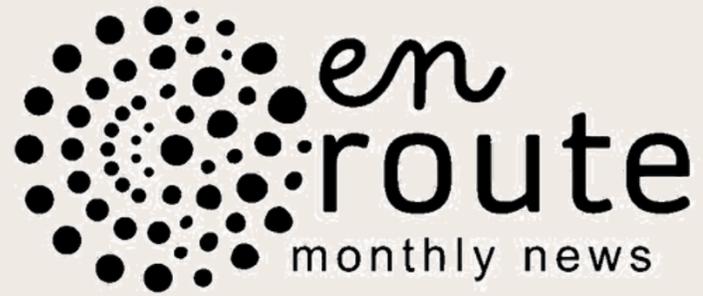
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Progress in Action



This month, think of your journey like building something brick by brick. Each choice, each effort, even the times you stumble, adds to the bigger picture. Over time, these tiny steps accumulate into meaningful change, even if it doesn't feel dramatic day to day. The secret is not about being perfect but its about consistency, the curiosity and the willingness to keep moving forward.





Get 1% Better Every Day

“If you can get just 1 percent better each day, you’ll end up with results that are nearly 37 times better after one year.”

— James Clear

Real growth doesn’t happen in a straight line and it often isn’t obvious at first.

In the book *‘Atomic Habits’*, James Clear explains that tiny improvements compound over time into remarkable results. Improving by just 1 percent each day might feel small, and you might not see much change in the beginning. This is normal, it’s part of the process, sometimes called the valley of disappointment, where your effort doesn’t yet look like big results.

However, because these small gains build on one another, like compound interest, a year of 1 percent improvements can add up to a huge difference. And even if progress feels slow or messy at times, it’s still progress.

The **key is consistency** over perfection.

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A Note for the Overachievers



The one always chasing the next goal. It's great to be driven, but remember: growth doesn't have to be nonstop or perfect. Slowing down doesn't mean you're failing or not working hard enough. It means you're giving yourself space to breathe, reflect and actually enjoy the progress you've made. Real growth isn't a race; it's steady and thoughtful.



Tips for Overachievers

Set realistic goals

Focus on small, achievable steps instead of trying to do everything at once.

Celebrate small wins

Every bit of progress counts, no matter how tiny.

Give yourself permission to rest

Taking breaks helps you recharge and perform better. It is only going to help you!

When 'Doing' Becomes Identity



For many overachievers, productivity slowly becomes part of identity. Doing well, staying busy, and always moving forward can start to feel like proof of worth. When things slow down, discomfort creeps in not because rest is wrong, but because it challenges the belief that you must always be achieving to be enough. This pressure can be quiet and constant, making it hard to pause without guilt. Recognising this is powerful, because growth doesn't require you to constantly perform.

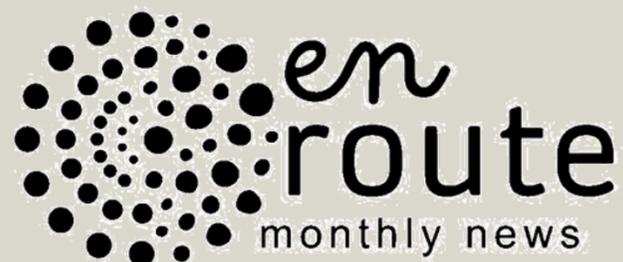
Rest is often mistaken for stopping, but in reality, it's where growth settles. For perfectionists, slowing down can feel risky, even scary, like you might fall behind or lose momentum. But choosing to move at a gentler pace isn't laziness; it's **intention**.

Progress isn't only built through effort, but through **balance**.

FUN FACT

Research shows that people with high achievement standards or perfectionist tendencies are often more prone to burnout, not because they work too little, but because they struggle to switch off.

Learning to rest is actually a skill and over time, it improves focus, motivation, and performance. This is a more sustainable approach especially in high pressure working environments.



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**PROGRESS OVER
PERFECTION.**



Love the Progress You're Making

*Happy
Valentines Day*



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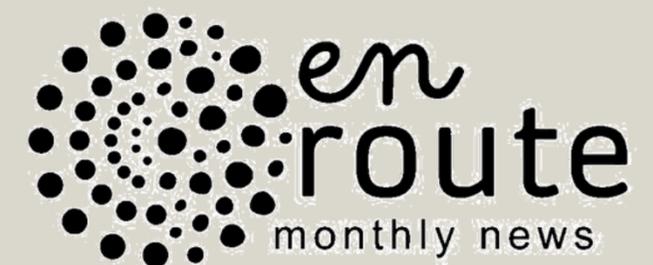


By now, we've talked about taking small steps, moving forward, and celebrating progress over perfection.

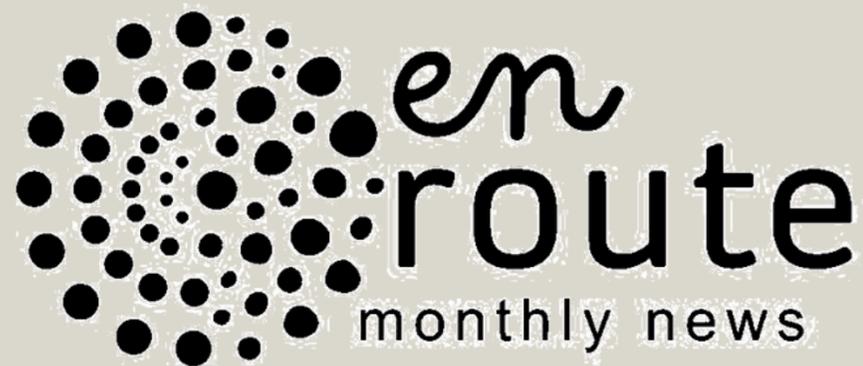
This February, as Valentine's Day approaches, let's shift the focus to something just as important: appreciating your own growth.

Take a moment to genuinely acknowledge yourself. Not for where you still want to be, but for how far you've already come.

Appreciate the effort you've put in and resilience you've shown.



Thank You



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