

CALCULATE A BETTER LIFE. ELIMINATE **com.**

 $\int dt$

Your future is not a random outcome.
It's the result of what you **integrate** into your life
and what you **differentiate** (remove) from it.

 $\frac{d}{dt}$

YOU ARE THE FUNCTION. CHOOSE WHAT SHAPES YOU.

INTEGRATE INTO YOUR LIFE

($\int$ good things dt)



KNOWLEDGE

Read. Learn. Ask questions.
Expand your mind.



DISCIPLINE

Work out. Build habits.
Do hard things.



GOALS

Set direction. Take action.
Track progress.



REAL CONNECTIONS

Build meaningful relationships.
Be present. Be kind.



MENTAL HEALTH

Meditate. Reflect. Journal.
Protect your peace.



GRATITUDE

Appreciate what you have.
It compounds.

$\int$ (Consistent good choices) dt
= A better you, every day.

DIFFERENTIATE FROM YOUR LIFE

($\frac{d}{dt}$ bad things = 0)



PORN ()

It distorts your mind.
Drains your energy.
Destroys real connection.

Differentiate
this completely.
Make it
zero.



INSTANT DOPAMINE

Endless scrolling. Short videos.
Quick fixes.

Reduces focus.
Increases
regret.



NEGATIVE SELF-TALK

You are not your thoughts.
Stop the inner critic.

Differentiate
doubt.
Choose belief.



TIME WASTERS

Mindless gaming. Binge watching.
Procrastination.

Reclaim your
time. Invest it.



TOXIC INFLUENCES

People who bring you down.
Environments that distract you.

Protect your
environment.



POOR HABITS

Late nights. Junk food.
No plan. No routine.

Differentiate
chaos.
Create order.

$\frac{d}{dt}$ (Bad habits, distractions, porn)
= 0 → **Eliminate. Remove. Move on.**

THE GOAL:
Shape your life
on purpose.
Become the
best version
of you.

$$\text{LIFE}(t) = \int \text{GOOD}(t) dt - \int \text{BAD}(t) dt$$

MAXIMIZE THE INTEGRAL.
MINIMIZE THE DIFFERENTIAL.

YOU DON'T NEED MOTIVATION.
YOU NEED MATHEMATICAL DECISIONS EVERY DAY.

CHOOSE TODAY.

- ✓ Close it.
- ✓ Delete it.
- ✓ Don't go back.
- ✓ Build a better life worth living.



Your future self is watching.
Make them proud.

You have one life.
Don't let **porn**
calculate it for you.



Be the integral
of your potential.
Not the product of your impulses.