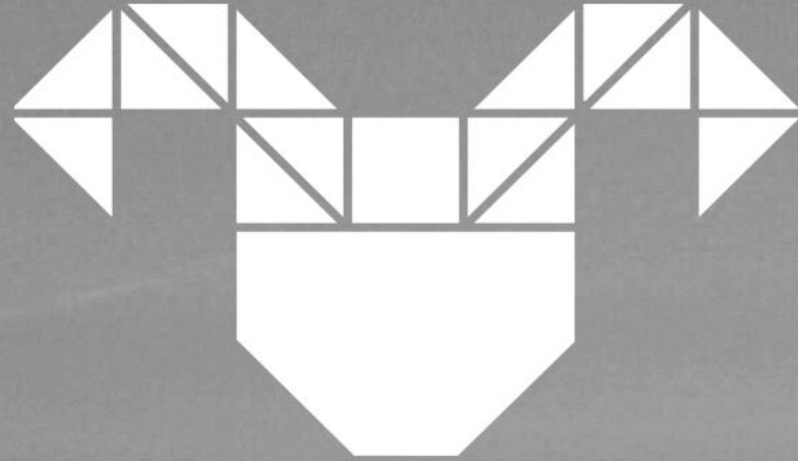




TOUCAN
COMPANY



D A M H A
C O M P A N I



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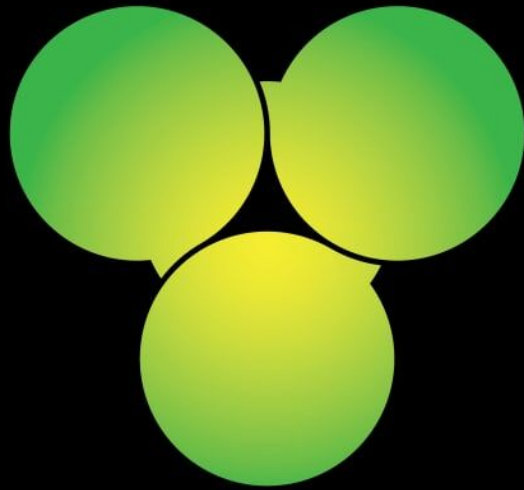
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BINGO
C O M P A N Y

procrastination & how to stop it



1 WRITE YOUR GOAL

Having goals and staying committed to them will keep your focus on the things that you have identified as essential to reaching your desired outcomes. Too often, we expend precious time on issues that have nothing to do with what we really want in our lives.

2 5-MINUTES RULE

just say i want doit just 5 minutes.The five-minute rule works because it tackles procrastination at its core. By turning your task into a small, manageable five-minute chunk, your brain no longer sees the task as a threat, and your body won't enter fight or flight mode



3 DONT WAIT FOR MOOD

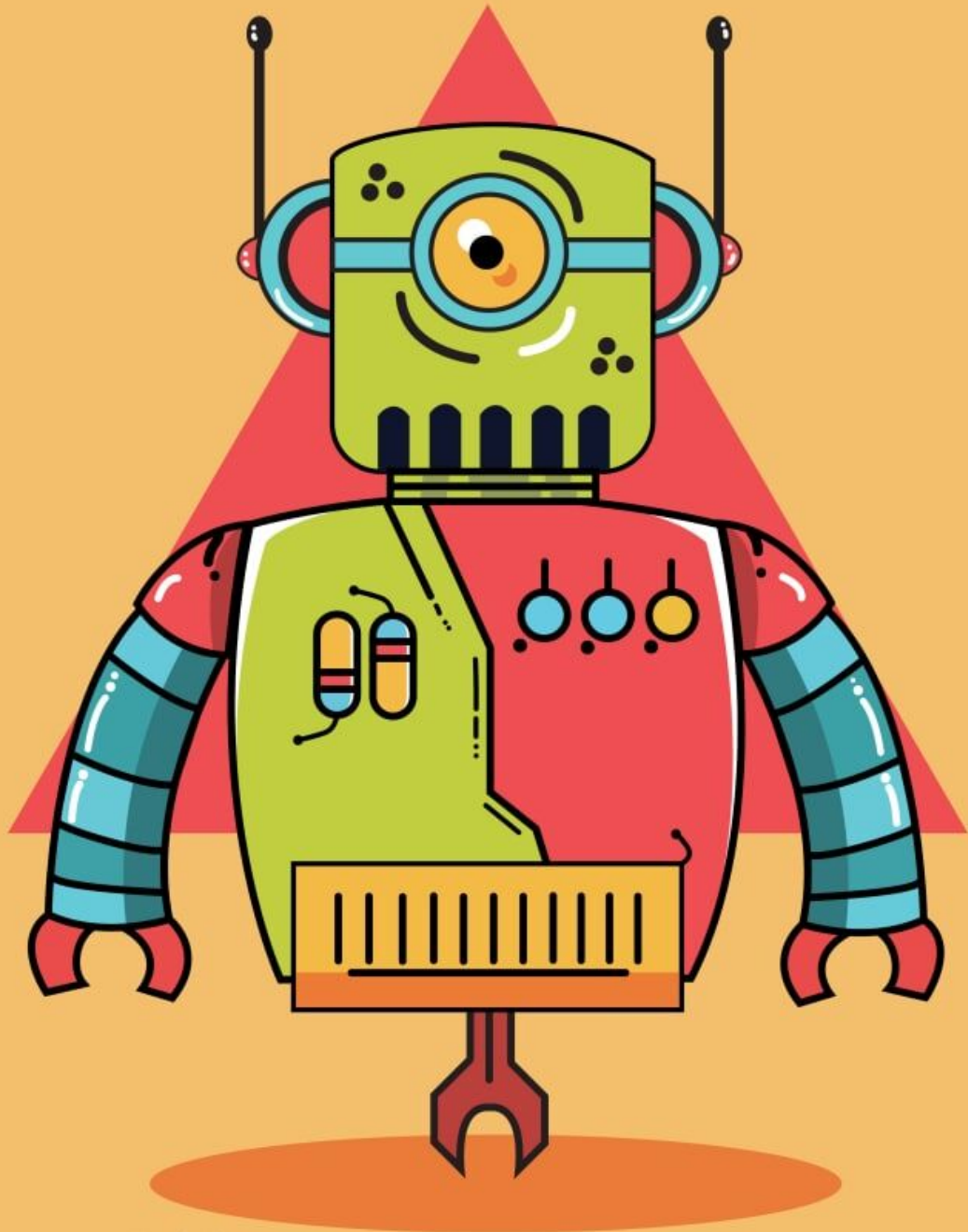
Stand up and just do it.today is the tomorrow of yesterday.never say i will do it in suitable time.suitable time is exactly now.gstart without thinking,overthinking causes you see just the hard part of the work but if you start you will see its not that much bad.face your fears.



4 BE YOUR OWN HERO

Comparison is the worst thing that you can do with yourself. it makes you think about others and dont keep on. in comparison you just see others success and your failures. start first and then just compare yourself with yesterdy. be the best character in your life.





faezeh.ahm

coffee

KAMO



Arabic coffee powder



250 g

قهوه کامو از محبوب ترین قهوه عربی می باشد و نموه اسباب آن به گونه ایست که تمامی عطر و کیفیت آن حفظ شده است قهوه کامو سعی داشته است با فراهم آوردن محصولی کاملا ارگانیک ساعات فوشی را برای شما فراهم آورد .

Camus coffee is one of the best coffee It is arabic and how to grind it In such a way that all the perfume and Its quality is preserved.

CoffeeCamus has always tried By providing products perfectly Organic happy hours for You provided.

۲۰۰g

کامو



پودر قهوه عربی



نمونه مصرف
یک عدد ق چ را در ۲۰۰ گرم
آب جوش درج کرده و دم کنید .
consumption instruction
One ounce in 200 g
Dissolve boiling water
and brew it.



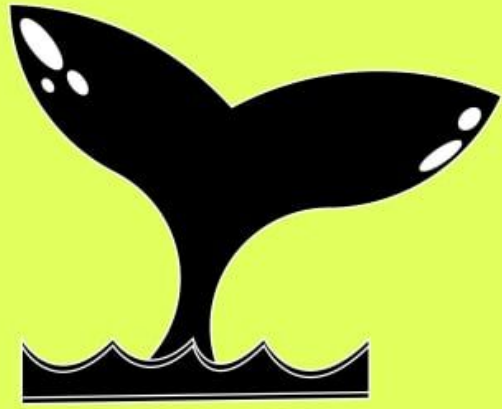
رضایت شما افتخار ما است



coffee







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