

# HACK a Happy New Year!



Try going twenty-one days  
without complaining (not even  
once) and watch how your life  
starts changing \*

New Year  
**HACK**



For any idea to become  
a habit, it needs at least  
21 days of practise.

# 2019

Let 2019 be full of contentment.

 **Tempepest**  
IT makes sense