

priorities		menu
year+		zero + 6MO immerse > \$.place-co-edit
life		the way-yoga
... beyond		connect to ultimate

activity	today	menu
<b>first things</b> (priorities & attitude) all day <b>rise</b> 01:30		<b>review</b> life-twb-the day, affirm-dedicate <b>set attitude</b> self=Brahman- <b>positive relations</b> <b>¿block?</b> feel. <b>relax</b> .meditate.script.move on
<b>the way</b> found (discover) 03:00 +0 <b>ground</b> +1 <b>transform</b> +4		<b>twb-dev, editor</b> <> publish <b>finance-place, discipline</b> (wait, min) <b>prep zero trip-immersion</b> (+ map) <b>yoga</b> -meditate, redo alarms immerse-act (nsu), share, influence
<b>the day</b> tasks (lunch) 11:00 +8 <b>exercise</b> 13:00 +10 <b>evening</b> 15:00 +12 <b>sleep early</b> 17:00 +14		<b>tasks</b> - day/week, <b>diet</b> iPhone notes < apple.support > network whatsapp <b>mega x</b> mwf – excursion, photo essays <b>x-rest</b> > <b>review-plan</b> life-tomorrow (focus) <b>the way, network</b> , meditate

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notes