

Priorities

Shared realization	Ground
Foundation Experience, write —docs, site ▶ network , advertise, publish Institute —plan to be entered to axiomatic and minimal versions Transformation Self —yoga, ground (right) ◀ ▶ world —psyche, nature, society, artifact, universe Plan trip — alternates : v. quest, road trip, camp w. Large tent ▶ replenish gear (tasks), lite tarp, mattress, mosq net, bivy sac, grunge=essentials only, opt battery charger ▶ prepare w/ trips , hike list , tunes leave when weather is good	Immediate priorities \$-security-community-place for TWB, health, ppl (end the unhealthiness; act when i'm ready with a prepared statement), strengthen self ◀ ▶ discipline , routine, house – project TWB, minimize dissipation ▶ this : incorp the world and pathways Daily —TWB (left, schedule below) Task days Mondays —may begin ground, other essential tasks ▶ prep for realization , ▶ trips Tuesdays —biweekly vitamins, coffee, clean, list needs → shop ▶ longer periods

Today

Time	Activity (constants, variables)
	Rise — center set attitude, affirm-dedicate ▶ review-plan-meditate –day, week, summer, trip, life ▶ reflect in nature Setup files, folders, times ▶ option phone off
	Foundation (experience, ideas, write)—follow j2026 , design ▶ plans in and for axiomatic , master , informal (invitation), minimal ; site
	Breakfast —bike or walk, water ▶ review activities and times ▶ option – continue foundation
	Transformation ▶ Yoga-fitness (stretch, weights, grip / quad strength) ▶ meditation (calming, analytic) ◀ ▶ world —(see world, above)
	Task options —daily (lunch), periodic, and ground
	Exercise two hours — aerobic (walk / bike; 1 – 2 hrs walk with weights, 3 times a week) ◀ ▶ fitness (above) ▶ photo essays
	Evening —tasks, prep for next day, shower, supper, activities (write, movie, network), minimize dissipation
	Sleep early —folders, files; night yoga