The way of being

Everyday Activities

- **1:15 am**  On rising and prn—center • dedicate • review general & daily activities, dates-times • breakfast

Ground—yoga.finance.place.relations.health.discipline

Realize—discovery.development.immersion.instrumental transformation

Today...

Time Activities

- **2:00 am**  Realize #1

- **6:00 am**  Review

- **6:15 am**  Yoga

- **7:15 am**  Realize #2

- **9:45 am**  Ground, tasks

- **10:00 am**  Lunch

- **10:45 am**  Exercise

- **12:00 pm**  Afternoon

- **2:00 pm**  Evening

- **4:30 pm**  Sleep