

Priorities

- The **essentials #1** ▶
- **Foundation**— φ etoh, health; ½ tablet _____
- **People**: neutrality to negativity, **essential choices** ▶
r-letter > simple ▶
they're on my side

To do: the way, life

- **Step back** trips (a) research _____ (b) go Sep – Nov
- Computer _____ ▶
- Misc ▶

To do: today

- Bare content-review for field **2021 now** ▶
- Brief x + walk _____ _____
- Internet search _____ ▶
- Study topics _____ ▶
- Tasks _____ ▶

- Yoga _____ _____
- Lunch – **basic** _____, dinner—**beans etc, no outside food + fluids, coffee** _____
- Exercise 2° _____
- PM _____ (i) rest > reflect > relax > x > claut > no et (ii) long plan (iii) this + print
- Sleep early _____