

\_\_\_\_\_ 02:00 **AWAKEN meditate** – affirm, dedicate | attitude set/reset | review priorities, plan life<sup>+</sup>, year, day, trips<sup>↗</sup> | and... \_\_\_\_\_  
**GROUND** \$.place<sup>↗</sup>.φet | jhan 1 thing “nature.me.life.death” – twb<sup>↗</sup> | health med issues-diet-x-sleep | discipline routine, ↓ dissipation \_\_\_\_\_  
**RISE** meds, tx | nature | open files | walk-stretch // vitamins – breakfast // fluids | set times, alarms

notes, special plans \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ 03:30 **TWB develop**<sup>↗</sup>-**foundation.ideas** – experience, reflect, study, cowrite<sup>↗</sup>, publish – print.site<sup>↗</sup>, present when ready, network<sup>↗</sup> \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ 07:30 **TWB implement-transform** share local-global action in dimensions...<sup>↗</sup> univ yoga-πμ<sup>↗</sup> > nature immerse-travel<sup>↗</sup> society, relations, acting \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ 09:00 **URGENT** jhan now // security \$.place<sup>↗</sup>.φet // safety 888, country, immig law<sup>↗</sup> // push twb<sup>↗</sup> // zero now \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ 11:00 **TASKS**<sup>↗</sup> day [ needs, lunch ] | week<sup>↗</sup> chores-vitamins-coffee.fluids-supplies-cook-clean | this review.min | trip prep<sup>↗</sup> \_\_\_\_\_

\_\_\_\_\_ 13:00 **EXERCISE** regular bike/walk &or excursion &or photo essay

\_\_\_\_\_ 15:00 **PM prep** rest review plan prepare – pm, focus for tomorrow [ one v many – reg v urgent ] | chores shower supper \_\_\_\_\_  
\_\_\_\_\_

**PM activities** the way<sup>↗</sup> share – network<sup>↗</sup> | walk (φet, accept stress) | entertainment read / video / night out \_\_\_\_\_

\_\_\_\_\_ 17:00 **SLEEP EARLY**