Being-Sustaining

Daily routine-practice. ↑↓ early

AM-*Meditate*-dedicate-practice-review-action AM-QD-
   trans: xpt-ideas-write-art X-aero-flex-posture-hike-fit
PM-PRN *Meditate*-in-action… Be proactive: values, goals,
   death horizon… NIGHT-review ⊃ this, ↓ *early*

Notes (daily practice)

Sustaining—essential // journey-program

Place-spirit-jib | *Transport* | *Work*-skills (jib, $$-e.g. apps)
Health—Multivit+gluco, ↓sugar, coffee, ↑live foods. ><

Notes (sustaining)

To do

Plan—xpt-travel-mini-trips; yr rnd hike-ready-list; maps-
   locations-access-storage, loc trails *Return* | integrate

Do—trainer, upper body, pingpong, photography

Current tasks—*Today* and on…

1. FRI Changes: refine interview & outline	KDB
Write / amazon / developers.fbk / info / qm=jib
2. SAT Pub Amazon Fbk Frnds.fmly socmed
3. NEXT MinMax (begin with this and DVD'S)
4. THEN Break-essential focus-needs-vision-goals ><

Thu-Fri. *Chores*: clean-groceries-cook. *Appointments*

Web Order

LED lantern

Town | social: TUE-dvd, WED-opn mike, FRI-ping pong

Notes

Transformation

Program emphases: 2013 = transformation (& write) →
   2014… = civilization → artifact → retn to ideas
   Planning—envision // priority (detail: matrix, chart)

Experiment ⊃ NOW = transition & prep trip; 'just do it'
   Nature-share-$$→f.travel (hike-bike-bus-car-ocean-air)
   Risk—get out of comfort zone; do good work (civ)

Notes (transformation-ideas)

QM=jib

Network

Contact-kinds; risk-share; co expt-publicist
People—colleagues. Friends, family, and love
Language—Spanish

Notes (network)

Publish—*Gen campaign*; photo; talk/simple, Socmed;
   copies→lib-school-cafe-store; media/promote…
   Site: portal to 'essential'—improve. Web/tools: blog,
      F'book, Google, >< list

Notes (communicating, advertising)

Immediate priorities

MinMax. *Time*-action | *Space*-property; store → Craig-list,
   trinityjournal.com → place) | *$*-work, ↓ expense,
   rent=service | *This* | *Goals*—simple, 1st resolve next

Information needed

Constitution, politics, economics, values
Programming; application areas
Become a trainer ><	Selling Pentax
Bike (other travel) and hike. Locations, trail access
Did Heidegger say that Being is in time?
Soc med Wikipedia	Google	Sites Fbk dev opn:grph

Notes