

priorities menu

now > year+	zero +> 6MO immerse > \$.place-co-edit
life	the way -yoga
... beyond	connect to ultimate

activity today menu

<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">first things</div> <p style="margin: 0;">priorities + set attitude all day</p> <p style="margin: 0;">rise 01:30</p>	<p style="margin: 0;">review life-twb-the day, affirm-dedicate attitude self=Brahman-positive relations ¿block? feel.relax.meditate.script.move on</p> <p style="margin: 0; text-align: right;">tx, nature, b'fast, walk, alarms</p>
<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">the way</div> <p style="margin: 0;">found discover 03:00 +0</p> <p style="margin: 0;">transform +3</p> <p style="margin: 0;">ground +6</p>	<p style="margin: 0; text-align: right;">twb-dev, editor <> publish</p> <p style="margin: 0; text-align: right;">yoga-meditate, redo alarms immerse-act (nsu), share, influence</p> <p style="margin: 0; text-align: right;">finance-place, discipline (wait, min) prep zero trip-immersion (+ map)</p>
<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">the day</div> <p style="margin: 0;">tasks lunch 11:00 +8</p> <p style="margin: 0;">exercise 13:00 +10</p> <p style="margin: 0;">evening 15:00 +12</p> <p style="margin: 0;">sleep early 17:00 +14</p>	<p style="margin: 0; text-align: right;">tasks - day/week, diet iPhone notes < apple.support > network whatsapp</p> <p style="margin: 0; text-align: right;">mega x mwf – excursion, photo essays</p> <p style="margin: 0; text-align: right;">x-rest > review-plan life-tomorrow (focus) the way, network, meditate</p>

notes
