

Priorities

Shared realization	Ground
Immediate Experience, write ▶ network, publish Institute Transformation Self—yoga ◀ ▶ world — psyche ▶ universe Plan trip—alts: v. quest, road trip, camp ▶ resupply gear, tasks: ▶ prepare (trips, hiking list), tunes leave when weather is good	Immediate \$-ppl-scommunity-place fo realization, health, ◀ ▶ discipline, routine, house, min dissipation ▶ this: incorp pathways Daily—realization Task days Monday—may begin ground / essential tasks ▶ prep for realization -trips ▶ Tuesday—biweekly vitamins, coffee, clean, needs → shop ▶ longer periods

Today

Time	Activity (constants, variables)
	Rise—center, affirm-dedicate ▶ review-plan-meditate —day, week, season, trip, life ▶ reflect in nature Setup files, folders, times ▶ option phone off
	Foundation (experience, ideas, write)—design ▶ plans in docs, site
	Breakfast—bike or walk, water ▶ review activities and times ▶ option — continue foundation
	Transformation ▶ Yoga ▶ meditation ◀ ▶ world
	Task options—daily, lunch, periodic, and ground
	Exercise 2 hrs—(aerobic, flex, tone, strength) ▶ photo essays
	Evening—tasks, shower, supper, activities
	Sleep early—meditate, stretch