

Planning

Priority	Year	Main detail
Ground	All	Essentials: Centering—people issues, personal power / Money, community, place / Routine and program / Home Tasks: Week – opt essentials ▶ immersion prep and resupply ▶ Fri: biweekly tasks, needs > shop > long periods
TWB: foundation	2027	Experience, publication, institution
TWB: transformation – self	All	Unition – self (yoga) ↔ world (psyche > universe)
TWB: transformation – world	2027+	Travel – immersion (nature – v quest, culture: spirit, social) ▶ road trips, camp ▶ relationships ▶ Institution for TWB

Daily routine

Activity	Time	Detail
Awaken early	2:00	☐ Focus: center ☐ Review day ▶ season, travel ▶ years: general plan, programs ▶ sequence of action ☐ Affirm, dedicate ▶ reflect in nature
Setup for the day	3:15	☐ E.g., open computer files and folders, setup times ☐ Breakfast and fluids, short walk
Foundation (TWB)	3:30	☐ Experience, ideas ☐ Writing, with review of website and documents ☐ Institution – study, proposal
Review activities, times	7:30	☐ Review, walk ☐ Continue foundation
Transformation (TWB)	9:00	☐ Unition (yoga) ☐ Relationships (axiomatic+self-world) ☐ Setup and administration of an institution for the way
Tasks	11:00	☐ One time and daily through life ☐ Lunch ☐ Ground (priorities in planning above)
Exercise	12:00	☐ Total two hours a day, bicycle / walk / stretch / weights ☐ Photo essays
Evening	14:00	☐ Preparation for the next day(s), shower ☐ Supper ☐ Network, entertainment
Sleep early	18:00	☐ With meditation and stretching