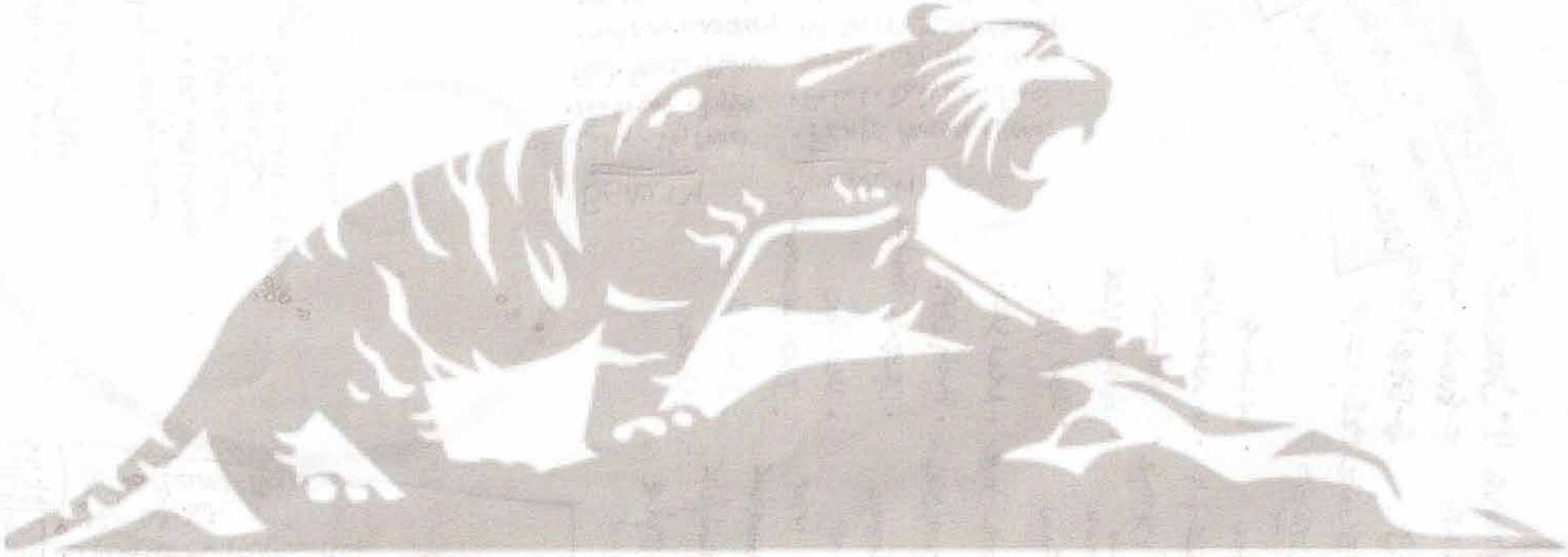
Summer 2016



ALL EVIL IS INSUFFICIENT KNOWLEDGE

INTENTION: To remember Lulu's IMPORTANT PRAXIS

Hope MEANING PURPOSE

Goals

1 - NO DDAG
2 - ALWAF
3 - SES
4 - CARNEGIE
5 - Fuck it, try it
6 - RAGE & BLISS

OBJECTIVES

- Quotes
- 1 hp/NK-jits
- New Fighting style
  - indo
  - Karate
- 1 Long Run
- OR → SC drive
- 1 Big Ty w/ DSC
- New Carnegie
- Arderist
- Praxis further
- 1.5 books/UK
- New plant/UK
- New GS/UK
- Low caffeine
- unconditional love
- fix stomach
- Glutton 1/UK
- Used 1/UK
- New Skill
- Steady GSA
- OR → SC Transition
- New Mosc
- 1 SX/UK Warrant
- Gifts & Give
- Write

BEAUTY

- Lily
- Veg Food
- No Stress
- light Food
- Peace
- Mania
- SA'ING
- EXOTROPY
- GIVING
- RARE SPECIES
- THINK SEXY

AGENCY

- FRAPE PAMSAN FRAPE
- Rebel
- Don't be afraid to Push
- CREATE
- TALK NO SHIT
- I'M A Monster
- A LEADER
- A FUCKING FORCE

Lessons Learned

- Don't TAKE Not Hitting goals personally
- Fuck Feelings

CELEBRATE

- The life
- ABUNDANCE
- CALM LIFE
- CA
- Accomplishments
- Full moon
- Freedom

OPTICS

- Arborist
- CARNIVA

ANS

- OR → SC
- Stat School

SEPT

- Nat Skills

Ideas To Play With - It Don't Know Where THEM Fit

- FREE in the Belly
- SA'ING
- PRAXIS
- Seeking a dream
- DRAWN BY A CAUSE
- Not Knowing What I'm FIGHTING FOR → But still FIGHTING

SEEKING SEARCHING

For the Answer

For the Questions

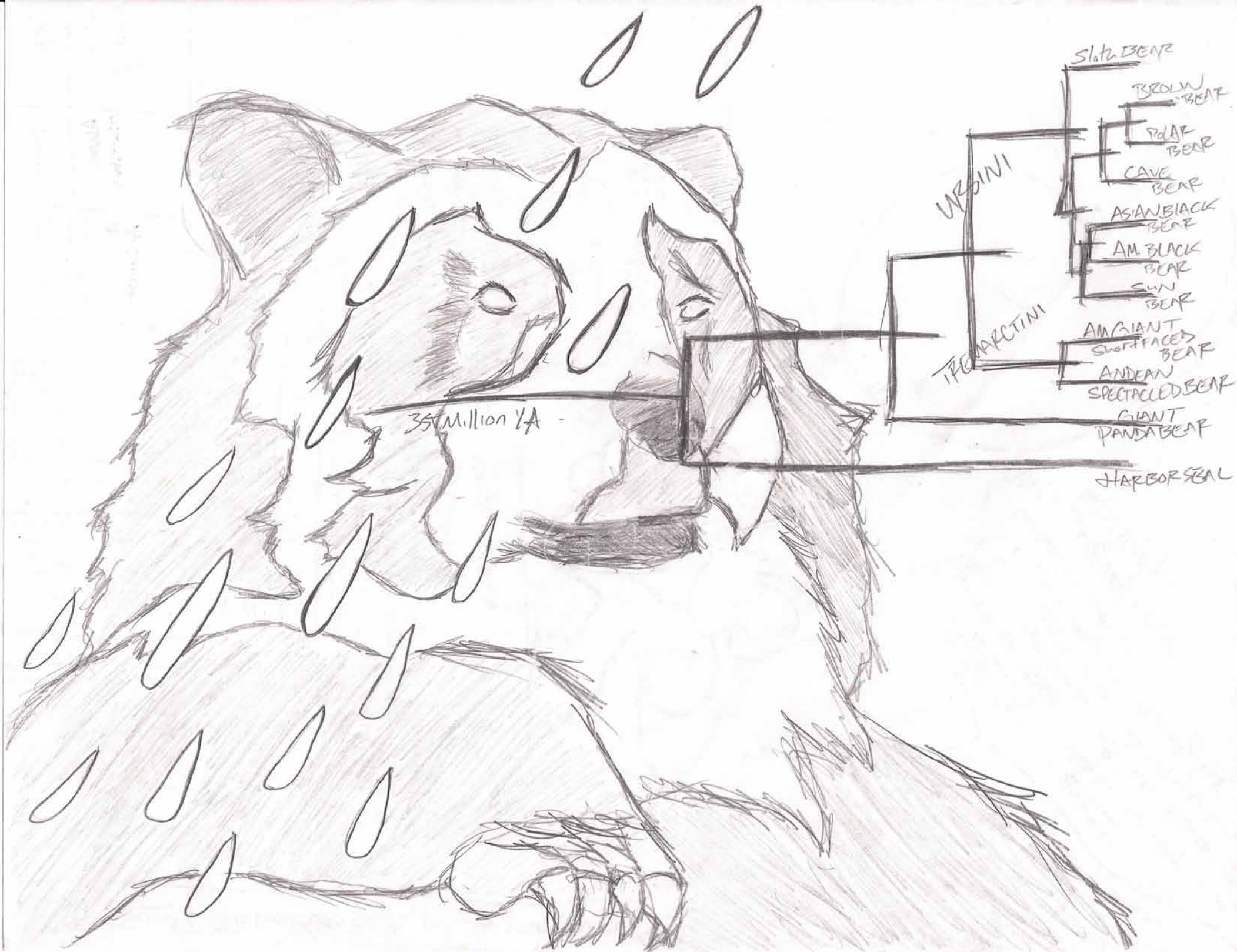
For the Feel

HOW

- No One & No Thing MATTERS MORE THAN SA'ING
- You Owe No one Anything
- CREATE Authentically
- No DDAG
- PLAY/LEARN/BUILD

EGO	Jenson PRAXIS	High energy Zplates FIGHT		
PANDA	Wealth Photo PRAXIS			
EXO	BLOOD DECENT Returns			
PLUG	RAGE BLISS EGO			
Mind	DEEST SUPREME			
Ken Ity				

PRAXIS → IMPORTANT


Sloth BEAR
BROWN BEAR
POLAR BEAR
CAVE BEAR
ASIAN BLACK BEAR
AM. BLACK BEAR
SUN BEAR
AM GIANT Short FACED BEAR
ANDEAN SPECTACLED BEAR
GIANT PANDA BEAR
HARBOR SEAL
URSINI
TREMARCTINI
35 Million YA

APRIL	MAY	JUNE
LIN NUM	ALONE JUSTIN	MARK BEAK & ARBORIA

ACADEMIC FIGHTER
11:00 MONDAY
50 K RUN
TWO PLACE JIU JITSU
LIFT & CRAFT
DOCUMENT BEATS
BLOOD PRESSURE
FLAGE BLISS DAILY
ON TRACK

ECG
PANDA
EXO
GIVE
MIND
LEARTH

PRACTICE PRAXIS

- 6 PACK
- CHEST
- DAILY IAMS
- SANGOREGWID
-

GOALS: NODDAG • ALIAR • CARNEGIE • ECHENEGRAMS

- Figure out Post July
- learn all OS ESA
- learn New plant/WK (12 plants)
- Practice CARNEGIE
- Pivot (Cloney)
- Get Money on track
- Good Resting Heart Rate
- 5X/WK Workout
- 1X/WK Run
- 1X/WK Fight
- 1.5 hours/WK
- New Cert
- New MOOC
- Finish Duolingo
- Photography Project

• SES

OBJECTIVES

- Study ESA
- New Skill
- Learn PNW
  - PLACE
  - PROFESSIONALS
- Alcohol ≤ 1/WK
- Weed ≤ 1/WK
- Gluten ≤ 1/WK
- Fix stomach
- unconditional love
- low caffeine
- PRAXIS BIZ

• NO ONE & NOTHING MATTERS MORE THAN SAYING YOU DIE NO ONE ANYTHING
• Live Authentically
• NOBADA
• PLAN/LEARN/BUILD

HOPE MEANS PURPOSE

PAGE BLISS

INTENTION: TO REMEMBER WHAT'S IMPORTANT

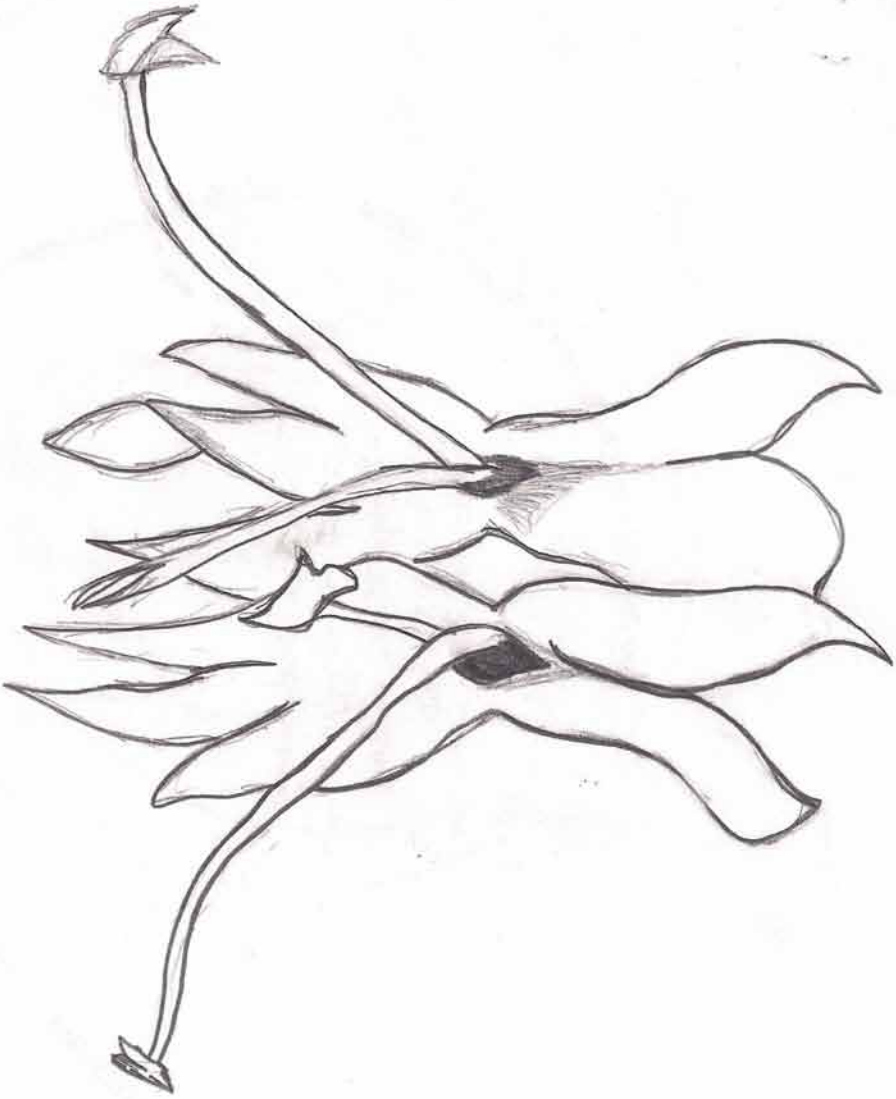
BEAUTY
LIN · Veg food · Rest
NO STRESS · light food
REMANIA · SAING
EXOFOLIN · GIVING · PAGE
SPECIES · Tunl Seen

AGENCY
• FRAME ANSEAN FRAME
PUSH · DONT TAKE AFRAID
· REACH · CREATE · TAKE NO
SAY · I'M A MONSTER · A
LEADER · A FUCKING FACE

ALLEUSSAKE INSUFFICIENT
KEVULLEDGE

LESSONS LEARNED
DONT TAKE NOTHING FOR GRANTED
GOALS RESONALLY
FUCK FUCKS
NOBODY STOPPING US

CELEBRATE
HEALTH · ABILITY · CALM
LIFE · CA · ALCOHOLISMS
FULLNESS · FREEDOM
REMEDY SELF



BRIO

ENDGOAL — New job ✓

Wealth — INCOME ✓

PANDARILLA — LEAN/High ENERGY ✓

EXOTROPY — CREATING ✗

MINDSET — TOUGH ✓

VANITY — 6PACK ~

Beauty: Full Moon · Study Shaks · Vg · Mania · Projects · SAING · Giving · Sexy · Peace · Transcendy · Athletic · Beach

Dog · PLAY: Running · Learning · making · Dog · Photos · Sex · City · Ready · Lonsent · Cooking · Zoo ·

AGENCY: FRAPE PAMSAN FRAPE · Play Hurt · Rebel · All Evil

IS INSUFFICIENT KNOWLEDGE.

CELEBRATE: Health · ABILITY · LEASHED DEMONS · PEACE · DOGS · Full MOONS

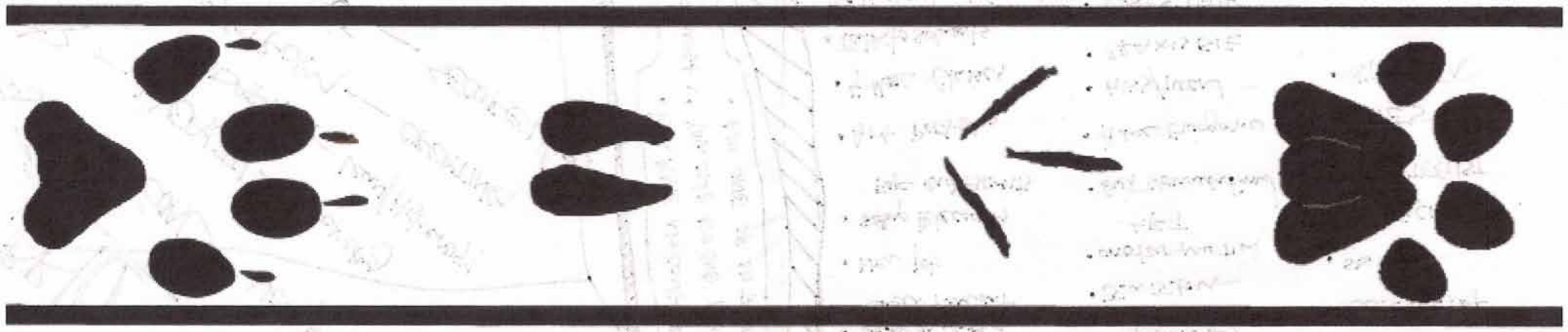
You ARE NO LONGER TENDER · You HAVE NOTHING TO PROVE · You ARE NOW CREATING AUTHENTICALLY · You OWE NO ONE ANYTHING · You DON'T SLEEP TIME ON YOUR OWN · MOVING CRAZY TIMES MATTERS — ONLY SUCCESS

INTENTION:
- To Remember what's important
- To keep me moving up the cycle
- To keep DOGS AT BAY
- To Feel EMPOWERED
- To keep me tough and Resilient

Objectives:
- Electric/Wk ✓
- 1.5 Books/Wk ✓
- Duolingo Daily ~
- New Music/Art ~
- Tech/Acu ✓
- Daily Jams ~
- Daily Reflections ~
- Photography Project ~
- Lifting ~
- Drawing ~
- Video ~
- RUN 50 miles ✗
- Schedule Meaf Talk ✗
- Learn 3rd Language ✗
- 6 Pack ✗ ~
- Check Developed ~
- 100% Fasted Spirit ✗
- Eat for Hunger ~
- Run 1/Wk ✓
- 5x/Wk Workouts ✓
- Testosterone Pump ✓
- (Too) Nasty Hate ✗
- Enviro Vision Talk ✓

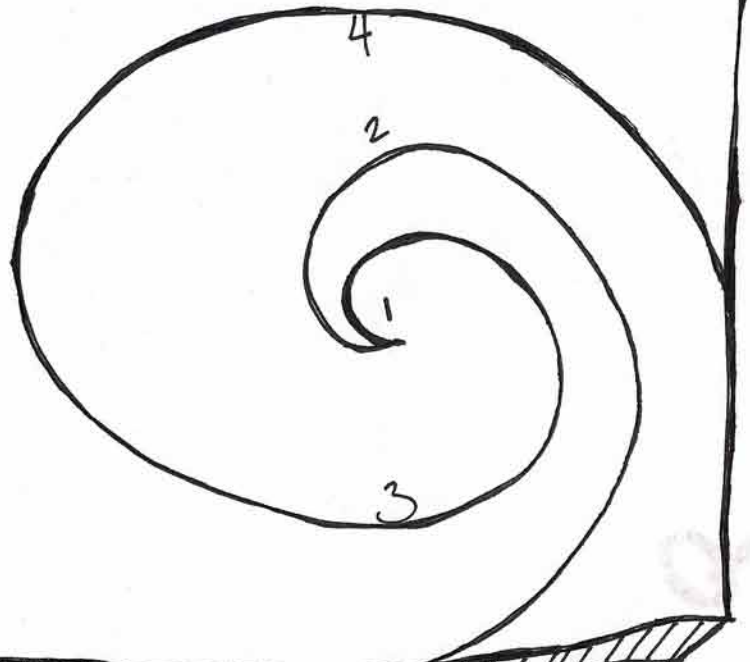
GOALS: NOBODY AWAR SES DOS

JAN	FEB	MARCH
~~OWS TALK~~ ~~Anniversary~~		SAN GORGONIO NEW TALK



autumn

2015



BEAUTY: yes, rest, peace, mania, saying, giving, scan

PLAY: games, run, draw, photo, sex, urge, read, fight, hitchhike, surf, dog, beach

AGENCY: frame, reason, frame, play, hurt, rebel, all, quiet, insufficient, knowledge

CELEBRATE: health, ability, calm, life, leader, demons, peace, dogs, full, moons, free, no, liquors

BRIO

SD — ENTOGAL — NEW JOB

O — HEALTH — something

F.t — PANDARILLA — lean/high energy

Trying — EXOTEROM — CREATING

SIP — MINDSET — SECURE LIFE/SELF

FIRST & FOREMOST:

- You are no longer tender
- You owe no one anything
- No one or no thing matters
- You have nothing to prove
- You are now creating authentically

SEPT	OCT	NOV	DEC
SAN DIEGO	SANTA BARBARA	Pelecanus West Coast Tour	Death Valley
	RIDE 21 AVES	RUN 20 Miles	

INTENTION:

- NO DDAG
- FOCUS
- Feel EMPOWERED at all TIMES
- USE LA to ANSWER SES & AWAR

Focus:

- PLAY
- EXOTROM
- LEARN
- BUILD
- EXPERIENCE
- WAR

GOALS: SES AWAR NO DDAG

OBJECTIVES:

- 1 MARATHON
- ~~Lean & Cut~~
- Stand on Wave each tournament
- New job
- setup Pelecanus for endorsements
- Art Portfolio
- ~~4 More Classes~~
- ~~Talk to schools~~
- ~~Talk to Coast Guard~~
- 5 pages W/K/Wr 1hr
- Podcast / month
- 1 ART / Month
- ~~SPANISH Class~~
- Paydown IRS
- ~~J.u J.tsu~~
- ~~exotor martial ART~~
- ~~Get stomach fixed~~
- Heal Gorgonio
- ~~ABS/Lucu~~
- PRAXIS BIZ
- ~~ENPS Talk~~
- CREDIT
- ~~Caffeine after Noon~~
- ~~1 BOOK/WK~~
- ~~EAT SENSICLY~~
- ~~SEEK Mentor~~
- ~~SD ZOO~~
- TACTICIAN
- STRATEGIST
- ~~CITES~~
- ~~STOICISM~~

GOALS:

- 1.5 Books/wk
- Pushups daily
- Breathing exercises
- Run 1x/week
- Permanent Aisle
- Network w 2 people
- 5 jobs/wk
- interview 4 people
- learn telemetry
- Drive Manual
- Drive on other side

- Draw a letter
- learn 3 New NZ ES
- Study ESAct
- Draft of Book
- SCUBA
- New Fighting style
- New photos/wk
- low alcohol
- low caffeine
- morning fast
- No oil
- low stress
- How to love my body
- New Trail Run

- Write regularly

FIRST AND FOREMOST:

- You ARE NO LONGER TENDER
- You OWE NO ONE Anything
- You have Nothing to prove to anyone. No one or Nothing Matters
- You ARE NOW creating authentically and uniquely

FOCUS: (Nature Quotient)

- Plan
- Explore
- Learn
- Build
- Get ready
- Stop
- Clean
- Nothing
- Clean

JUNE	JULY	AUGUST	SEPTEMBER
IDAHO Graves	NZ Reason on MS	NZ	Next Jobs

POSITIVE PSYCHOLOGY:

- HOPE
- Meaning
- PURPOSE
- Projects to: Self Actualize, FIND FLOW, challenge my skills, Experience NEW
- Belonging: SUPPORT, interdependent circle, opp to give, respect from others

INTENTION

"NO DRAGS"

- feel empowered, strong, & well
- times - I AM DOING GOOD WORK AND MAKING GOOD DECISIONS
- USE NEW LIFE experiences to ensure
- ask questions:
  - why does equine matter
  - why does ES matter
  - How to express Human Bon w/ love

BEAUTY:

Lily Very food Rest
No stress Light food
Peace Mama SA'ing
EXOTROPY Giving Rose
species Think Saving Think
ADVENTURE Great trail
DIFFERENT Read fiction
Explore
Dream Plays SEX
Visit friends
Walk w/ people
Run
GAMES

CELEBRATE:

Health ABILITY
CALM Life Lily
That I've Accomplished everything
I've learned everything
My demons I've
Found PEACE
Fulfillments DREAMS
I'm Adventuring
I HAVE NO Worries
I'm living FREE

LISTENING:

Take person for place Physical
Relax Don't be afraid Express
Comfort levels Create
Learn from people All aspects
Insufficient knowledge

PLAY:

2015 SUMMER

JUNE	SEPT
BR-10	
ENDGOAL: New Zealand	New Job (SCENIC!)
WEALTH: SQUARE 1/Equity	Have New Funds Coming
PANDAFILLA: Play/Art	- Maintain health - learn as hell - Test Body - Wyhrency - No Stress
EXOTROPY & MINDSET: Appreciate	- I'M ANGX PERFECT - I'M HEPE to Contribute uniquely and authentically - I Crack to understand the world (I) I can be better for ID

WEALTH: MY OUN MONEY NOT OWED TO ANYONE
(SAVINGS & TAXES PAID OFF)

PANDAFILLA: HIGHTECHNOLOGY, PLAYING A LOT

ENDGOAL: NEW ZEALAND - MAYBE AFTER NZ FIGURED OUT

EXOTERM & MINISET: CREATING W/OUT DOUBT

SPRING 2015

INTENTION: To remember what's important

- To stay alive from dead
- To feel empowered & strong at all times
- To produce & create

FOCUS:
- PLAY
- EXPLORE (CREATE)
- LEARN
- BUILD FOR NEXT STEP
  - Networks
  - Ribbons
  - Classes
  - Experiences

FIRST & FOREMOST:
- You are no longer tender
- You owe no one anything
- You have nothing to prove
- You are now creating authentically and uniquely

POSITIVE PSYCHOLOGY

- Hope
- Meaning
- Purpose
- Projects to self-actualize
- Find flow
- Challenge my skills
- Belonging
  - Support
  - Independent circle
- Opp to give
- Strength & objectivity = Acceptance & Bottomout

GOALS:

- Finish/Start: Study Essay
- Get Affair
- New Idea in Plan
- Bootcamp Lectures
- Lets Geek
- Slight Regulation
- Coaching Lesson Made
- Rhythms
- Use Life Elements
- Life Scholarship
- Sustainment
- Lookout Moments
- Learn Hula Hoop
- Take Cause Moment
- Life
- Lunar Renewal/Stress
- Learn How to Travel Fantastic Ultra
- Surge
- Hot Cakes Metrics
- Bike to Work Recruitment
- Sponsish
- 12 Mbc Courses
- Purchase Nice Kitchen
- Retreat
- Retreat Weekend from Me
- Planner Quilts Dinner
- Stay Two Podcast
- Stop Drag Tables
- Make Clubs
- 3 Different Mysteries
- Lunch
- Feature Neu Leitmotiv
- Learn 3 Neu Ways
- Neu Flight Title Stuice
- Talk about Dance Chemistry
- Lab on Lab Office
- Talk Dance Chemistry

AGENCY

Celebrate Failure

Heal Habitually Call Life Ulu

Fuck I've accomplished everything that I've leashed all my demons

Fullmoons Kinetides Dogs

Flape Pamsan Flape Play Hurt Rebel Don't be afraid to rush

Comfort levels create take nosh

Learn from people

Alleuils are nourishment knowledge

PLAY

Swim Sunshine run play babies

Sleep Scuba Hike Dream Volleyball paint Bike Photos

Sex Flight Climb Super museums Snorkel-hotel Road trips

Relax — There is nothing to worry about — Mix Things to create and neu things to enjoy

APRIL MAY JUNE

- Move out
- Arizona
- Death
- Lit Resolution
- After September
- Head to New Zealand
- Finance taxes

PLAY PLAY PLAY

WINTER 2015

PRACTICE M5
PRAXIS

13/3/03: ENDGOAL

Intention:
To Remember What's Important

Focus:
ENJOY Ribbons
EXOTROPY NEXT STEP

NUMERO UNO REMINDER:

- YOU ARE NO LONGER TENDER
- YOU OWE NO ONE ANYTHING
- YOU HAVE NOTHING TO PROVE
- THIS MOMENT IS UNPRECEDENTED

CELEBRATE

HEALTH ABILITY
VICTORIES LIFE
FULLMOON LILY
KINGTIDES
NEXT STEP

AGENCY

FRAME PANDAN FRAME
PLAY + HURT GIVE
ALLEVIATES INSUFFICIENT
REBEL CREATE KNOWLEDGE
TAKE NO SHIT TAKE CARE OF
YOURSELF FIRST

BEAUTY

- LILY VEGFOOD
- PEACE & MANIA
- RAGE LIGHTNESS
- SYCAMORES
- ACCOMPLISHING
- SAYING FLOW
- ART LIFTING

DEC	JAN	FEB	MAR
~~4RUNNER~~	~~ES PRES~~	~~ES~~	~~MONTANA~~
~~MOTTO~~	~~BIG $ - IRS~~	~~CORNEH~~	~~Another Class~~
			~~DEAR LOVES~~

GOALS:

- PAYOFF IRS
- ~~ZOMBIES~~
- FIGURE OUT $
- ~~Giving Everything~~
- BIGHIKE
- ES
- MEDITATE
- Submit Unity
- ABS
- ~~LOBSTER~~
- ~~LOBSOFSEX~~
- ~~CORNER~~
- ~~SPACES~~
- ~~STREE~~
- ~~GROWA~~
- PRAXIS BIZ
- ~~Schedule~~
- OUTLINE & DRAFT of BOOK
- ~~DAILY I AMS~~
- ~~BLOOD~~
- ~~GOODSOFFS~~
- ~~BOOK/LIFE~~
- ~~NEW CERT~~
- ~~MAGA SX~~
- NEXT STEP
- ~~NEXT ADVENTURE~~
- ENJOY LILY
- ~~INCREASE NETWORK~~
- SPANISH
- ~~DRAW/ART~~
- PACKUP ART
- ~~BUY NZ TIX~~
- DSLR
- ~~ES PRESENTATION~~
- ~~MAKE PERSONAL PORTFOLIO~~
- SETUP CAMPHOST
- ~~MT Whitney class~~
- ~~GET Alcohol~~
- MAKE Kombucha
- ~~RIDE BIKE EVERYWHERE~~
- ~~VISIT SD~~
- ~~MAKE Alcohol~~

DEC 22 2014 ENDGOAL

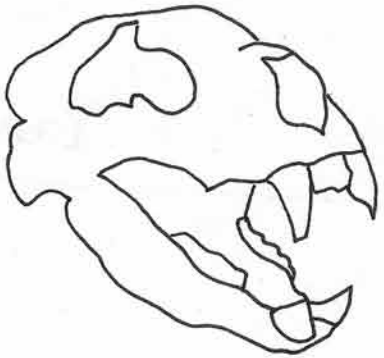
- WEALTH
- PANDARILLA
- EXOTROPY
- MINDSET

MAR 2015

- ~~PRE & POST NEW ZEALAND~~
- ~~IRS PAID OFF~~
- ~~ES~~
- ~~CORNER DRAW LANGUAGE~~
- Kinda work BE OCCULI BODY CALM

PRACTICE MS PRAXIS

AUTUMN 2014



NUMERO UNO Reminder:
You are no cancer tender.
You owe no one anything.
You have nothing to prove

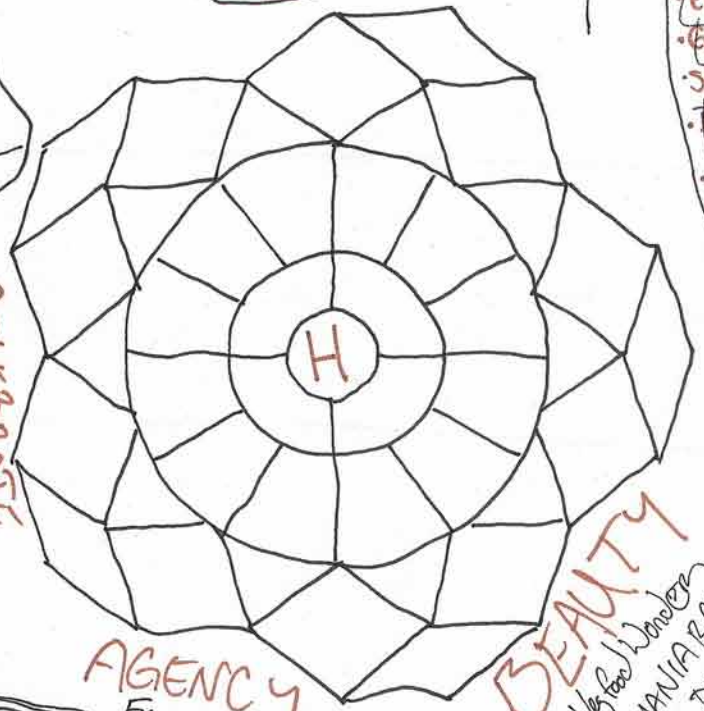
Intention: To Remember What's Important

Focus: Ribbons
Exotropy
Enjoy

13/3/03: END GOAL

GOALS:

- ~~Payoff IRS~~
- ~~Publish Hearing~~
- ~~Daily I Ams~~
- ~~Marathons or Half~~
- ~~ABS~~
- ~~BFR~~
- ~~Blog~~
- ~~Get Money Market Acct~~
- ~~Cornell~~
- ~~OPPS~~
- Skydive
- Get Intl Acct
- ~~Boxing Coach~~
- ~~Book/Link~~
- Get Stocks
- U.S. Fws. Cert
- ~~Electricity~~
- ~~HCN~~
- Start Jiu Jitsu
- ~~Hesp/t, H/UK~~
- ~~New Adventure~~
- Hike Georgia
- ~~Run Hike~~
- New Income
- Go apple picking
- ~~Exotic Jetty~~
- Enjoy life
- ~~Planet Jetty~~
- ~~Increase vendor~~
- CS
- Submit to AOLE
- Praxis 6/2
- ~~Start MA~~
- ~~Book of Xmas~~
- ~~M. dell offices~~
- Draw/Art
- Dinner
- Eat well
- Fishing
- ~~Hotels~~
- ~~Hike~~
- ~~Work Crafts~~
- ~~Trees Garden~~
- ~~Boat trip~~
- ~~Notes~~
- ~~1 Hr Alone~~



CELEBRATE

Health Victories Giving
Adulthood Life Lily Bo
Exotropy Empathy Being
Loved Lunar Holidays

AGENCY

Frape Pay San Frape
Play Hurt Give
All Evils are Insufficient
Knowledge Rebel
Accept & Expect Take
No Shit Take Care of
Yourself First
Fuck Exploitation

BEAUTY

Lily Lily Boo Wonder
Peace Mania Race
Lightness Doctor Wine
Tea Sycamore Bark Stream
Saing Falling Lady Hands
Antiquitine Poetry

PRACTICE PRAXIS MD

SEPT	OCT	NOV	DEC	JAN
~~Entries~~	~~Hrs~~	Boxing Coach	Virginia	CS
~~HCN~~	~~SF~~		Neilmedico	Cornell

SEPT 23 2014	DEC 21 2014
END GOAL	ACCEPTED to MA PROGRAM OR HAVE C. Adventure SETUP
WEALTH	IRS PAID OFF ✓
PANDARILLA	CS Scheduled ✓
EXOTROPY	Costs: WFR ✓, Boxing ✓, IUCN ✓, Cornell
MINDSET	BE GK w/ Body Nothing to Prove to anyone Stay Strong

PRACTICE
PRAXIS

SPRING 2014

SIP

EXPRESSION
Curriculum
Babylon
Exotropy
ALIVE
FUN
Serotonin
MIND
Acceptance
Strength
Authenticity
BODY
SIZE
CS
DANGARILLA
Climb
MONEY
IRS Debt
CREDIT
Get STABLE
Beast
RUN
Lift
Fight

FOCUS:

- SA/Flow Experiences
- Curriculum
- Exotropy
- BIG 3

NUMERO UNO REMINDER: Relax and Go EASY ON Yourself

YOU ARE still TENDER FOR A NOT COMPLETELY KNOWN REASON.

YOU CAN'T GO HOME; IT NEVER EXISTED ANYWAY! YOU CAN'T RUN AWAY!

Intention:

To Remember What's Important!

Reverence • Survive & Thrive • RAGE
Grow & Explore • Give • Empathy

LILY IS ME

Celebrate

Health Victories Giving
Ability Lunar holidays
Being Loved Lily Bol
EXOTROPY EMPATHY

Beauty

Vegan Food Lily Lunder
Peace MANIARAGE
Being Light DOGS
Meet Goals Chocolate
DINE Coffee TEA
SYCAMORES LADIES
BEING STRONG SAING
FLOWING Lotty Flight
Writing POETRY

Gratitude

If Jenny, not Fissed, Love a Sheep
Exist to Evolve
Gaze Lay SAN FRAPE
Play hurt Give
ALL EVILS insufficient knowledge
Rebel Accept Expect
TAKE NO SHIT
TAKE CARE OF YOURSELF
Fast
Fuck Exploitation

LESSONS LEARNED:

I Live in my MORALITY
My SA ≠ SIP I have Nothing
to Prove to Anyone SIP is without
Content of MZ WAS Critical
It's All Practice Don't be my
OWN obstacle YOUR ARTSY
YOU CAN only be judged for yesterday
Runs Don't react to Things

GOALS:

- Run Muir
- Boxing 3X/WK
- Climb Gym
- Testosterone
- PAYOFF TAXES
- Work on Credit
- MAJOR purchases
- Get Ribbon
- Get SICK!!
- Write!!!!!!!!
- Submit 2 places
- 30 Gens/Am
- Light/lean/beast
- Get JACKED
- Run Weekly
- PIGHUNT
- WEAR Alcohol
- No bread
- No Gluten
- Believe in SELF
- DAMIANS
- Otherish Giving
- Music
- Duolingo
- New Truck
- DRAW
- Presentation
- BIKE!
- CAMPING
- Give blood
- low inflammation
- Personal Portfolio
- Apply to "opps"
- GoPro
- WATER!
- LACMA
- CS
- book/WK
- Sex Weekly
- New Apartment
- Non-profit
- MoLAA Tour/WK
- Gaston Bacon
- Start Curating
- Increase Network
- OPEN HOT JAVA
- Buy Tix to Europe
- Aquatic Academy
- Set up an adventure
- EXPRESS SIP
- Learn Allofme
- Multiple source of Income
- New Exotropy
- Every Gratitude
- T1 ALUMNI
- Celebrate 10 yrs in Enviro

WINTER • Dec 21 2013 Mar 20 2014

Intention: To Remember What's IMPORTANT

FOCUS:
- Figure out SA
- Manliness
- Curriculum
- M2-4 & BK3
- Hustle/ENERGY

LESSONS LEARNED:
- I LIVE IN MY MORALITY GIVING'S
- my SA SIP DEFINE ME I've got Nothing to Prove to ANYONE
- SIP is Utmost Importance ALSAP's
- my Savior Gets out of MZ's Critical I NEED to be light and story
- It's all practice you don't learn on a battlefield. Energy Needs to be Expended

IF YOU'RE NOT PISSED, YOU'RE A SHEEP

EXIST to EVOLVE

Rebel Play hurt Give Allow Lis insufficient Kraftedge

Accept Expect Frape Payson Frape

YOU CAN'T GO HOME!

Don't Forget to Have Agency

AGENCY

Creativity self empathy Learn holidays ALSAP ability gratitude health SIP Victories

celebrate giving BOI

Natural beauty Genius Writy DOGUS Ability to Give Phenomena Maria Working w kids wonder Beyoncé Chocolate **BEAUTY** Appreciation Meeting Goals

Numero Uno Reminder: You ARE Still Tender for a Not Completely Known Reason. Relax and go easy on yourself when you get stressed, frustrated and lose hope.

The transition, judgment day is coming and you need to strengthen yourself with:
- skills
- Purchases
- Ribbons
- Rolodex
- SIP

SA

Collect Write Reason Figure OUT ORGANIZE

UH

Exploring

Write DRAW Photo PRODUCE Develop Portal

Give

Share Volunteer DONATE LARGE Time Money Energy Thought

- Art • Health
- Curriculum
- ALSAP
- Serotonin
- Spiritual
- Strength
- Acceptance
- Understanding
- Integrity
- Authenticity

EXPRESSION

SIP

MIND

Body

Money

- Food
- Body
- Loopsuplunges
- Trail Runs
- Testosterone
- Weights
- Size

- CS
- IRS Debt
- SEP
- Monthly
- Credit
- Post 30
- 2013 taxes

YOU CAN'T GO HOME IT NEVER EXISTED ANYWAY

GOALS

- PAY OFF BACK taxes
- Setup 2013 SEP
- Pay full Quarterly
- Work on Credit
- Major purchases
- Start an investment
- 7 200 gms protein/day
- 2 30 gms w/n hr Ulcer
- Weights → get jacked
- Run Weekly

- Run Trail RACE
- Body 73 X UK
- Heal injuries
- Raise Testosterone
- No alcohol
- No gluten
- 100 pushups daily
- Work on belief in self
- Feel Strong - Actions
- Comfortable Giving
- Appreciation

- Work every day
- Read every day
- Gratitude nightly
- Music Nightly
- SPANISH Nightly
- Get LIFAC
- Get Survival Cert
- F/M/F sly class
- Get Personal trainer
- Get Cornell Cert
- Give MUGA bus/UK

- Clean Florida weekly
- Setup new business
- Do conference
- Do presentation
- MAKE Kombucha
- Buy Bike
- Submit Writy
- Go CAMPING 7 1 X
- Meet w/ SC people
- Give blood
- Make personal portfolio

- Apply to 3 Post T1 Projects
- Apply for 7 1 Fellowship
- Apply for 7 1 Personal Grant
- Get 21 Education Grant
- Purchase CAMERA
- Tons of SLATTER
- LACMA 2X
- Limit PROGRAM/Post Gen Mtgs
- Schedule CS

- 1 book/UK
- Lots o' oil
- Reach out to 3 People
- Sex weekly
- 2PM NAPS
- Sleep only 6 hours

① Pay Debts
② Get Ready
③ GIVE BACK BEFORE You Go!

PRACTICE PRAXIS REVERENCE RAGE SURVIVE & THRIVE!!!!

PLUNGE INTO GIVING IMPALA-IVE RELAX

REMINDERS 2/6 1/3

Oct 1 → Dec 31

AUTUMN 2013

Intention: To Remember what's IMPORTANT

Focus:
- Achieve 2 of BIG 3
- M1-4 & SA
- Babylon
- MANLINESS

NUMERO UNO REMINDER: You are still tender for a not completely known reason. Relax.

STRENGTHEN Yourself FOR YOUR TRANSITION With:

- Skills
- Ribbons
- Purchases
- Rolodex
- SIP

MONEY

- ASST 30 ↑
- 2013 SEP
- IRS
- DEBT
- 2013 TAXES
- CREDIT
- CS

BODY

- CS
- Acceptance
- FOOD
- EXERCISE

MIND

- STRENGHT
- INTEGRITY
- UNDERSTANDING
- SPIRITUAL

EXPRESSION

- ART
- Health
- BABYLON
- SEROTONIN
- ALKAR
- GIVE

SIP

LESSONS LEARNED

- You're a gypsy
- Don't be your own obstacle
- Energy
- It's all Practice
- BE LIGHT & strong
- Nothing to prove
- ALKAR!
- SIP!
- Out of M2
- SIP ≠ DEFINE
- I live in my Morality
- Giving is my SA
- Coffee
- Sycamores
- Feeling Free
- PEACE
- Being Strong
- Women
- Friends
- ALKAR
- Being Light
- Rage
- SA'ing
- Wonder
- Giving
- Dogs
- Tea
- Veg food
- Solitude
- Beauty!
- Count. vity
- Lunar Holidays
- ALKAR
- Optimism
- Self
- Ability
- Happiness
- SIP
- Giving
- Health
- Kindness
- Victories
- BOT

CELEBRATE!

PRACTICE PRAXIS · REVERENCE · RAGE

LIVE + THRIVE

GOALS:

- ~~Coffee Fridays~~
- ~~HIC 10hrs/LC~~
- ~~150g protein/DM~~
- ~~30GMS in AM~~
- Vegan unless ill
- ~~STRAIGHTNING~~
- ~~A Month No Alcohol~~
- ~~Tons of Water~~
- Live expressively
- ~~Lunch out~~
- ~~Meditate 1/WK~~
- ~~LACMA 1X~~
- CAMPING 1X
- ~~MANIFESTATION~~
- ~~Limit Pre Drinks~~
- ~~Limit Post Drinks~~
- ~~EFA/FISH~~
- GH FILLINGS
- ~~Grandbody 1X~~
- Austin's Body
- Float 1X
- Praxis DISA
- ~~A&E~~
- ~~a Non-profit~~
- CS!
- ~~Minimal TV~~
- ~~Read 1/WK~~
- ~~Anatomy 1/WK~~
- SKYDIVE
- Horseback ride
- ~~Volunteer~~
- ~~Get Hurt~~
- ~~UFAC~~
- ~~PAYTRS~~
- ~~Birthday 25X~~
- ~~Sex 13X/1/K~~
- ~~Hook/WK~~
- ~~Bowling/month~~
- SYMPHONY
- ~~Hights~~
- ~~MOLAR 1/WK~~
- Physics class
- Peace class
- Seminar
- Get letter out
- Start Vegan cert
- Write 1X/WK
- Get Bicycle
- Special Olympics
- ~~Bike Dance Spin~~
- Get 1 hy Grant
- ~~Get Boots~~
- Get Cola Contract
- ~~Health Insurance~~
- Society 4/ Art: Bet/Lunch
- to Sort
- ~~Tour Lowell~~
- ~~tour coffee~~
- Sleep
- ~~Tryout fight~~

AGENCY!

- FRAPE PAYSAN
- FRAPE, FRAPE, FRAPE
- All Evil is insufficient knowledge
- Rebel · Play hurt
- Exist Beautiful
- Play Hurt
- Accept & Expect
- If you're not pissed you're asleep

GOALS:

- ✓ Fight 1/wk
- ✓ Workouts 5/wk
- ✓ 100-150 gus pushups
- ✓ 30 Gms/Am
- ✓ totally Vegan
- ✗ Light Caffeine
- ✗ No coffee
- ✓ Hippy Skull MANIA
- ✓ Alcohol 2x/wk
- ✓ Tons of WATER
- ✓ Live inexpensively
- ✓ Limit EATING OUT
- ✗ Meditate 5x/wk
- ✗ LACMA 2x
- ✓ Limit Pre 9AM
- ✓ Limit Post 6PM
- ✓ At least 2 Festivals Afternoons
- ✓ GH Fri Nights
- ✓ Platelets Reg.
- ✓ Quigley Bday
- ✓ Float 1x
- ✓ Control TV Lately
- ✓ 1-2 books/wk
- ✓ Run 1/wk
- ✓ Austin 1/wk
- ✗ Skydive
- ✓ Fix Credit
- ✓ Jiu Jitsu
- ✗ Idyllwild meditation
- ✓ Fix Truck
- ✗ UFAC
- ✓ 2 Lit. Journals
- ✓ Morals
- ✗ Praxis LLC
- ✓ Pay IRS a ton!
- ✗ CAMPING 1/x
- ✗ BACKPACK 1/x
- ✓ Get Shotgun
- ✓ Big Books
- ✓ Sex 3x/wk
- ✓ GIVE
- ✗ Music
- ✓ Symphony
- ✗ CAMERA
- ✓ Get Plants
- ✓ Jordan Smith
- ✓ Track for marathon
- ✓ Lift weights

• Lunar Holidays • Perseids • SIP • Creativity • Optimism • Testosterone
• Victories • Health! • Self! • Giving • BoI! • Ability • Kindness

celebrate!

• BEING Light • WOMEN • WONDER
• Friends • SYCAMORES • SA'ING
• Solitude • RAGE • PEACE
• DOGS • Tea • Veg food

Beauty

REMEMBERING

PRACTICE PRAYS

RAGE IN HATE

SURVIVE & THRIVE

REMINDERS
July 1 → Sept 30
2013

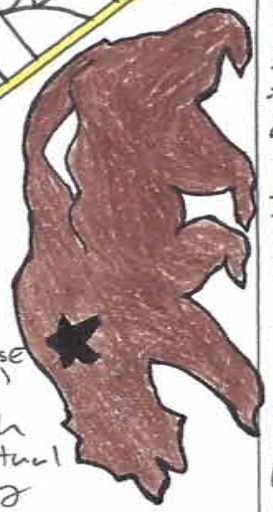
SIP

Money DEBT, Quarterlies, CREDIT, CS

BODY EXERCISE, FOOD

MIND Strength, spiritual

EXPRESSION Giving, ALIAR, Serotonin, Babylon



INTENTION:
To Remember What's IMPORTANT

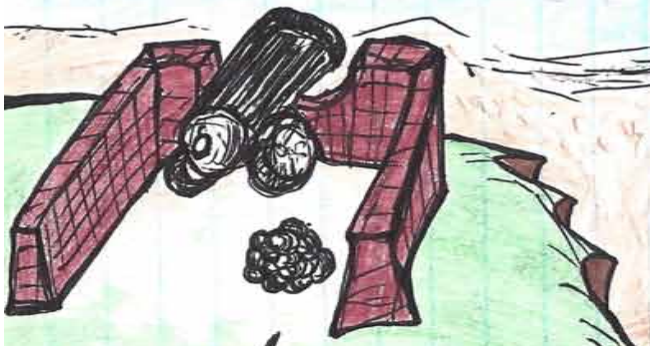
FOCUS:
- BIG 3
- M2/SA
- POST 30
- Babylon

LESSONS LEARNED: I live in my morality • Don't be my own obstacle • You're a gypsy • ALIAR! • SIP! • out of M2 • Sip ≠ Defeat • Focus on ENERGY • It's all Practice • Nothing to Prove to Anyone!

AGENCY:

- FRAPE PAMSAN FRAPE
- All EVIL IS insufficient KNOWLEDGE
- EXIST to EVOLVE
- Complexity = SUCCESS
- PLAY HURT
- BE PRO
- REBEL
- ACCEPT & EXPECT
- If You're Not Pissed, You're A SHEEP

NUMERO UNO REMINDER: YOU ARE STILL TENDER FOR A NOT COMPLETELY KNOWN REASON. Go easy on yourself and you will learn about you and you will figure it all out.



Reminders:

APRIL 1 – JUNE 30 2013

Intention: to help me remember What's important

Practice: Assess goals; Next Steps Reassess direction

Focus:
- M3
- EXPRESSION
- IMAGINATION
- INTUITION

PRACTICE PRAXIS

Numero Uno Reminder

- You're still Tender for a Not completely KnownReason: Relax and go easy on yourself, you're still learning about you and your WAYS

Reverence

Be Present!

Goals: Survive Thrive

- DRY APRIL
- FACEBOOK FAST
- Train like May Weather
- April Focus, MAY PLAY
- Boxing 3x/WK
- EAT for boxing
- No coffee, light caffeine
- Finish MoLAA training
- Start other fighting
- SPAR ≤ 3X
- No Alcohol M-F
- 30 GMS Protein bkfst
- 100-140 GMS daily
- Go to Quetico
- Torso FLATER
- Meditate/stretch/rest
- Limit carb out
- CACMA 1X
- Coli oils
- 5-2-5 workouts
- Limit Post 6pm mtgs
- Limit Pre 9AM mtgs
- At least 2 Ferriss Afternoons
- Greenhouse Friday Nights
- Give blood
- 26 Actions List
- Daily excitements
- Manage $
- Train for hike
- Get NEW contract
- Increase ALFAIR
- Increase SKILLS
- Flight TRIVIA
- Low TV (0 shows/day)
- Prolific 4/ projects
- Focus on Friends
- Run 1/WK
- Austin 1/WK
- TAKE steps toward NEW Business
- ASLE!
- Get Credit CARD
- 1K pushups 1/hr
- 1K situps 1/hr
- HALLUCINOGENS

Create to understand Reality

- I live in my Morality
- Don't BE my own obstacle
- SIP ≠ DEFINE ME!
- You're a gypsy
- ALFAIR
- SIP!
- OUT of Maslow's 2 & 3
- Anxiety = BAD
- FOCUS ON ENERGY

LESSONS Learned

Giving · Spiritual · BE! · SKILLS · ALFAIR · ART · EXPRESSION · CS · MIND · EXERCISE · FOOD · BODY · MONEY · Mind · Debt · Monthly

-SIP-

ENJOY

Celebrate:

- Victories
- Health!
- Self!
- Giving
- Ability
- BOI!
- Lunar Holidays
- Kindness
- Friends
- Creativity
- SIP
- Optimism
- Testosterone

BeAUTY:

- DOGS
- Tea
- Veg food
- ART
- Solitude
- Peace
- RAGE
- Live
- SAING
- Friends
- SYCAMORES
- WOMEN
- Bear light

GROW & EXPLORE

Agency:

- Frape PAYSAN FRAPE
- All evil is insufficient Knowledge
- exist to evolve
- Complexity = Success
- It's all practice
- Accept & Expect
- Play hurt
- Be Pro

BINARIES:

- YIN/YAN
- Service/Learning
- Chaos/Order
- Appreciation/Ambition
- ProAction/ANTI-ACTION
- EMPATHY/Against exploitation

NUMERO UNO REMINDER:

YOU ARE TENDER RIGHT NOW FOR A NOT COMPLETELY KNOWN REASON: IT'S OK → GO EASY ON YOURSELF

NUMERO DOS REMINDER:

DON'T BE SURPRISED WHEN YOUR FEARS ARE EXPOSED OR IF YOU BREAKDOWN → ACCEPT YOU WILL

FOCUS:

- → INTUITION
- → EXPRESSION
- → MASLOW'S 3RD

GOALS:

- Boxing 3x/wk
- Note Books!
- EATEright
- No Coffee
- DRY JANUARY
- No Alcohol M-F
- Med. daily/stretch
- Rest often
- EAT small Portions
- Low/No oils
- KALE
- RAW 40%
- Tons of Water
- Limit EATING OUT
- CAMEtrip Quigley
- Hunting license
- MoLAA Monthly
- LACMA 1x
- Focus on Feely Good
- Limit post 6pm MTGs
- limit Pre 9AM MTGs
- Give blood
- 26 Actions List!
- NEW RECIPES
- Write DAILY Excitements
- NEW AWAIR
- SKYDIVING
- 1 BIG HIKE
- Geology
- 1 NEW Contact
- Increase skills
- Healthy Reasons
- Mood tracker
- HANDLE $
- Lobster
- Shooting
- SKRUP TI Productivity
- Write ESSAYS
- Look into School
- Sensory Deprivation
- Judo/Fighting
- Low/No TV
- BE Prolific
- CS
- HFAC
- Prep for Quetico
- ~~SPANISH~~
- Run 1/wk
- Austin 1x/wk
- BOI 1x/wk

MAXIMS

SIP

Body: Food, Exercise, Mind, CS

Money: Monthly, Debt, Mind

EXPRESSION

AWAIR

Serotonin

SIP

ART

DVLPMNT

Intellect

BE!

LESSONS LEARNED:

- You're A Gypsy
- AWAIR! • SIP!
- SA! • Get out of MASLOW'S 2
- Anxiety = BAD
- Focus on Energy
- EXPERIMENT
- RAGE • LOVE
- I AM MALE!
- SIP ≠ DEFINE

APHORISMS:

- Frape Purson Frape
- All Evil is insufficient knowledge
- Exist to EVOLVE
- Complexity = Success
- It's All Practice
- Accept & EXPECT

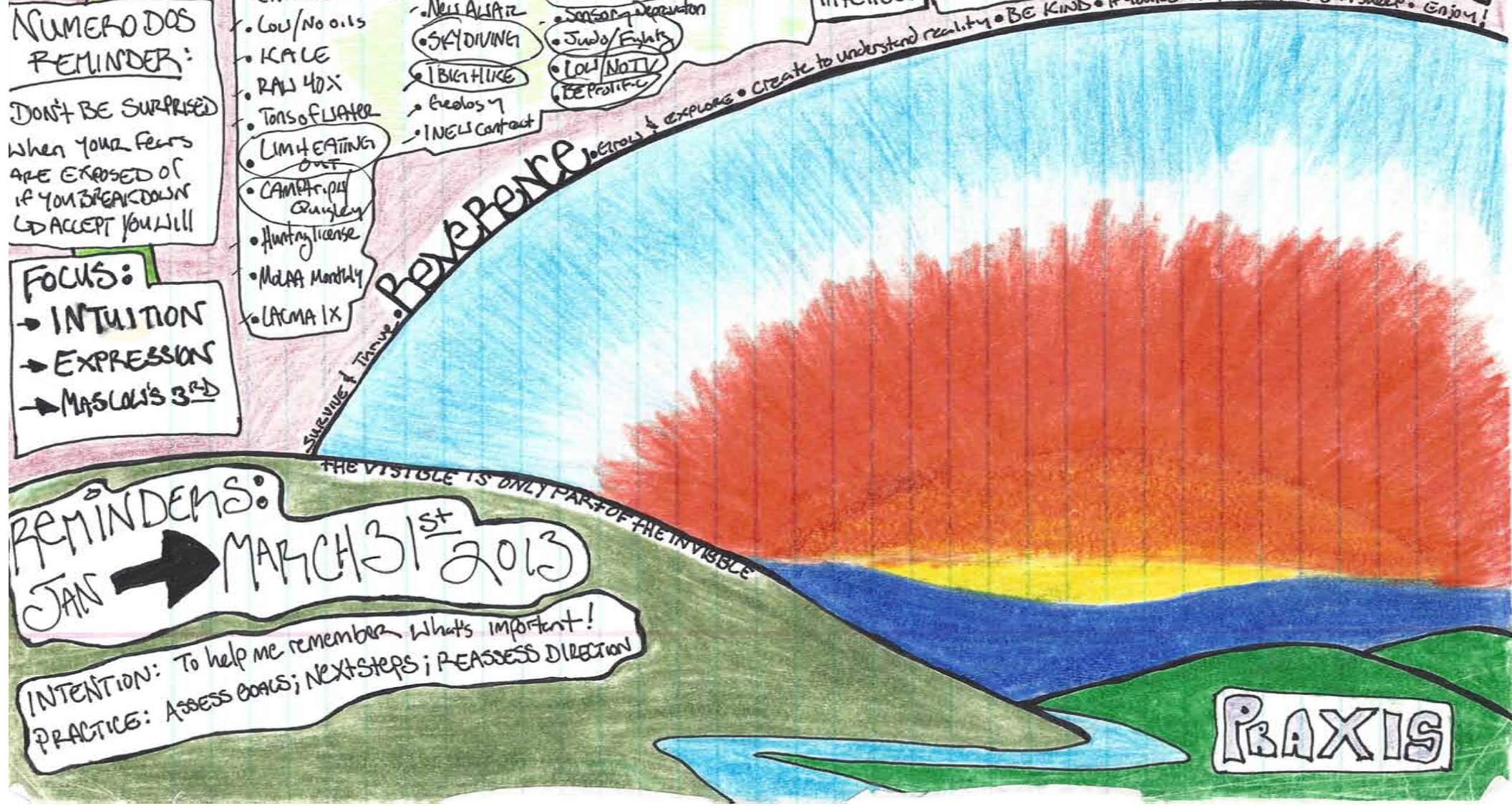
CELEBRATE:

- Victories
- ~~FRIEND~~ LUNAR Holidays
- SELF Actualizing
- HEALTH! • SELF!
- Optimism • Give
- ABILITY
- Creativity • FAMILY
- BOI! • Kindness

BEAUTY:

- DOGS
- SYCAMORES
- Veg Food
- SA'ing
- Friends
- ART
- Solitude
- Full moons
- Bey light
- Tea
- WOMEN
- Peace
- RAGE
- LIVE

BE KIND • IF YOU'RE NOT PISSED, YOU'RE A SHEEP • Enjoy!



REMINDERS:

JAN → MARCH 31st 2013

INTENTION: To help me remember what's important!

PRACTICE: Assess goals; Next steps; Reassess direction

PRAXIS

Reminders: October ⇨ December 31st 2012

Purpose:
- To Help me remember what's important

OF Reflection:
- Assess Goals
- Next goals
- Next Steps
- UPDATE ALL LISTS

Survive and Thrive, grow and explore, create to understand reality, build for better, be patient and forgive - especially yourself, try and be kind

Numero UNO Reminder:

You are tender Right NOW for a Not completely KNOWN REASON: It will Not always be & GO EASY on YOURSELF

MAXIMS

SIP

Money
- Monthly
- Debt
- PS Relationship

Body
- Food
- Exercise
- Psycho-spiritual
- C.S

EXPRESSION

- Serotonin
  - Read - tea
  - Sleep - Rest
  - Sex - laugh
  - Nature - time off
- AWAR
  - Boxing - Business
  - Running - Shooting
  - Exercise - Sport
- SIP
  - Reflection - Research
  - Goals - Comedy
- ART
  - Poems - Drawing
  - Craft - Ukulele
- DUCEMNT/intellect
  - DIY - lectures - AOP
  - Study - Resume - MoLAA
  - Cooking - Certs - Read
  - Projects - Notes - classes

Beauties
- Full Moons
- Dogs
- Sycamores
- Stars
- Crisp Air
- Bey Light
- Veg food
- Tea
- ART
- Self-Actualizing
- WOMEN
- Friends
- Peace

Lessons Learned
- You are a gypsy
- You are a fighter
- But you love long
- AWAR! • SA
- You Love Accomplishing GOALS
- You get caught in Results
- Need to focus on energy
- Get out of Maslows 2ND level
- Anxiety = BAD

Celebrate
- Friends by spending time
- Calm by taking time
- SA by reflecting
- Lunchholidays
- Health
- Self through SIP
- My fortune by Giving
- Optimism
- Reverence
- Unconditional Love

Aphorisms
- You & ZAHN ARE A TEAM - HAVE FAITH & step up
- Frape Payson Frape
- The subject is as important as the objective
- All EVILS ARE CAUSED BY INSUFFICIENT KNOWLEDGE
- This is all Practice
- You're a fighter in your genes

WHY DO I DO WHAT I DO?

Because it is important

WHY?

Because it is PURE and Beautiful

SO?

That is a reason in itself and it deserves defending

ARE YOU GOOD AT IT?

It doesn't matter, I'm doing it until I can't and then I'll do something else

PRAXIS

Numero Dos Reminder:

Don't be surprised when you breakdown or have fears exposed or beliefs challenged; accept that they will

Goals:

- Boxing 3X/WK
- 3 Books/month
- Note ≥ 1 book/month
- Keep to schedule
- EAT LIGHT
- No Coffee
- No Alcohol on Weekdays
- RAW 40%
- Meditate Daily
- Stretch often
- Rest often
- EAT SMALL Portions
- Low/No oils
- Tons of WATER
- Focus on Reverence
- Focus on Unconditional LOVE
- Limit eat out
- Remember to Feel good
- Limit pre 9AM Mtgs
- Limit post 6PM Mtgs
- MoLAA Monthly
- Give blood
- New recipe 1X week
- Write excitement DAILY
- Do Brainback every AM
- Increase skills
- Weekly Questions
- Mood tracker
- Camping 1X
- Pay IRS 3K
- Pay Student loans
- Do 1 BIG AWAR
- 1 live sports
- Practice Giving
- Visit GMA
- Increase self-esteem
- Be More Social
- Write More Art
- STUDY MORE
- No TV
- Try and love
- Kick yourself out of depression instantly
- USE TIME Be realistic

PRAXIS

Reminders:

July 1st → Sept 30th 2012

SURVIVE and THRIVE, GROW and EXPLORE, Create to understand reality, Build for better

NUMERO UNO REMINDER:

YOU ARE TENDER RIGHT NOW FOR A NOT Completely KNOWN Reason → GO EASY ON YOURSELF FOR A WHILE
→ It will NOT ALWAYS BE this WAY

MY PURPOSE:

SIP

- Body → Food, EXERCISE, Psycho-spiritual relationship, CS
- MONEY → Monthly Expenses, Debt, Psycho-spiritual relationship
- EXPRESSION

SUPER IMPORTANT: my WORK Role NOW

Fighter in Enviro Cause

How?

RUNNING MY BUSINESS OPTIMALLY

Why this opposed to using business as a vector?

A capitalist system requires capitalist solutions

I CAN:
1) Restore more Habitat
2) Empower more Fighters
3) Do better research

If I focus on keeping my business financially sound
2) push it further

Bottom LINE:
I AM A BUSINESS OWNER, First AND FOREMOST

EXPRESSION

Serotonin
- Meal · tea
- Sleep · rest
- Sex · laugh
- Nature

SIP
- research
- Goals · Counsel
- reflection

DVLPMNT
- Classes · lectures
- Skills · resume
- Cooking · Arts

ALWAR
- Boxing · Run
- Exercise · sex · Business
- Norepinephrine

Intellect
- Notes · App
- MoLAA · Read
- Projects

ART
- Poems · Drawings
- CRAFT · Advice

Lessons learned:

- You ARE A GYPSY
- You are a fighter first
- But You love loving
- ALWAR!
- Self-Actualize
- You Love accomplishing Goals
- I get caught up in results
- Focus on Energy
- Get out of MASLOW'S 2nd Level
- No Anxiety
- FOCUS ON THAT TRACK

Aphorisms:

- You & ZAHIN ARE A TEAM → HAVE FAITH IN THAT
- Frape pays Ain Frape
- The exercise is AS important as the product
- ALL EVILS ARE CAUSED by INSUFFICIENT KNOWLEDGE!
- This is all Practice
- You ARE A FIGHTER, IN YOUR GENES

MAXIMS

Beauties
- Full moons
- DOGS
- SYCAMORES
- Being Light
- Veg Food
- Tea
- BOOKS
- ART
- Self-Actualizing
- Viento
- WOMEN
- Reflection
- NATURE
- Community
- Meditating

Celebrate:

- Friends by spending time w/them
- Calm by taking time
- Self-Actualizing by reflecting
- Inner holidays
- Feeling Good by acknowledging it
- Feeling Good by being healthy
- Self Through SIP
- Abilities by doing
- Optimism by being creative
- My fortune by giving
- My WORK Role through HARD WORK

GOALS:

- BOXING 3X/WEEK
- 3 BOOKS/Month
- Note 1 BOOK/Month
- Morning Exercise
- EAT LIGHT
- NO COFFEE
- No Alcohol on WEEKDAYS
- RAW 40%
- Stretch often
- Limit eat out
- EAT SMALL portions
- Limit PROGRAMMING
- Limit Post 5PM Mtgs
- MoLAA Monthly
- MoLAA Murals
- Give blood
- CPR Class
- TI Portfolio
- Weekly Goals
- Weekly questions
- Increase Skills
- CAMPING 1X
- PAY IRS SLOT
- TRANSFER to LLC
- Get FOCUS Orientation
- Focus on Creativity
- Complete 1 BIG AWAR
- Try and go to a live sports event
- Practice Giving to learn self
- 1 BIG Grant contract

REMINDERS

APRIL 1st → JUNE 30th 2012

MY PURPOSE: To Work To Understand Reality Through Expression of Self

WORK ROLES NOW:

Fighter in Environmental Cause

1) Restore Habitat
2) Empower other Fighters

- Restore
- Educate
- Share
- Empower
- Study
- Speak
- Write
- Celebrate
- Plan
- Develop
- Story telling

EXPRESSIONS:

Serotonin
- Read
- Sleep
- Meditate
- Tea
- Friends
- Laugh
- Sex
- Rest
- NATURE

Norepinephrine
- exercise
- Boxing
- Sports
- Run
- Hot Road
- Sex
- Hiking

SIP
- Goals
- Reflection
- Research
- Mindmaps
- Counsing
- Interview

Intellect
- Read
- AoP
- Projects
- Notes

DVLPMNT
- Classes
- lectures
- Skills
- Resume
- Cooking
- Certs

ART
- Poems
- Drawings
- Craft
- Adobe

Aphorisms:

- You & ZAHNA LEA TEAM HAVE FAITH in that
- Frame play sum Frame
- The exercise is as important as the product
- All Evils are caused by insufficient knowledge
- This is all Practice
- You are a Fighter in your genes

Beauties:

- Full Moons
- DOGS
- Sycamores
- Being Light
- Veggie Food
- Tea
- Books
- ART
- Self-Actualized
- Visiting w/ Friends
- WOMEN
- Reflection
- Community
- NATURE
- Meditating

YOU ARE TENDER RIGHT NOW FOR A NOT COMPLETELY KNOWN REASON:

GO EASY ON YOU FOR A While

SIP
- You ARE A GYPSY
- You are a disciple
- You love loving
- You love fighting
- AWAKEN the WARRIOR!
- SELF-Actualize
- You love accomplishing Goals
- You ARE Very Strong
- I get Caught in Results
- Focus on Energy
- Focus on Not being depressed
- Get out of Maslow's 2nd level
- No Anxiety!

Celebrate:
- Friends by spending TIME with them
- CALM by taking time
- Self-Actualizing by reflecting
- Cancer holidays by camping
- Feeling Good by acknowledgment
- Feeling Good by being healthy
- Self through SIP
- Abilities by doing
- Optimism by being Creative

Goals:

- Boxing 3/x/Week
- 3 books/Month
- Morning exercise everyday
- Eat light
- No Coffee
- Laser tag 1x
- 1 hike
- 1 Kayak trip
- Camel Conference
- Public Workshop
- Go to Palm Springs
- Pay IRS a ton of Money
- Stretch daily
- Limit EATing out
- Limit Drinking
- STAY w/ Routine
- EAT SMALL Portions
- Draw MORE
- Practice Acceptance
- Limit the 9AM mtgs
- Limit Post 5pm Mtgs
- MoLAA Monthly
- Give blood
- Research big adventure
- CPR CLASS
- Get TI Portfolio
- Weekly Questions
- Weekly Goals
- Increase slowly
- Get to 190 lbs

(REMINDERS THROUGH MARCH 31st 2012)

☆ THE MAGIC IN EVERYthing IS KEY ⟹ IT REALLY IS AMAZING THAT REALITY EXISTS AS IT DOES

MY PURPOSE: TO SPEND MY TIME TRYING to UNDERSTAND REALITY

WORK ROLES NOW ⟹

- AN Actor in Conservation

⟹

- Restore HABITAT
- Build CoConservation
- Build Business

⟹

- Restore
- Conserve
- Study
- EDUCATE

- PLAN
- Write
- Celebrate

BEING GOOD IS GOOD ENOUGH ⟹ YOU ARE GOOD

YOU ARE TENDER RIGHT NOW for A Not Completely KNOWN Reason: Go EASY on YOU

SIP:

- You ARE A GYPSY
- You ARE A DISCIPLE
- You have A Mental DISORDER
- You NEED to AWAKEN WARRIOR
- You Need to SELFACTualize
- You Love Loving
- You Love accomplishing Goals
- You ARE Very strong
- I Get CAUGHT UP in Results
- Focus on Not BEING DEPRESSED
- I'm in Maslow's 2nd Level

APHORISMS:

- You & ZAHN ARE A TEAM: HAVE FAITH IN HIM
- No thing & NO ONE IS permanent
- SUCESSFUL MEN HAVE Priorities
- FRAPPE PAPSAN FRAPPE
- The EXERCISE IS AS IMPORTANT As the PRODUCT
- All EVILS ARE CAUSED BY INSUFFICIENT KNOWLEDGE

BEAUTIES:

- BEING LIGHT
- MEDITATING
- JOURNALING
- Visits w/ Friends
- Vegetarian Food
- EMPOWERED Communities
- MANIA
- BOOKS
- ART
- NATURE
- SELF-ACTUALIZING

CELEBRATE: • FRIENDS by SPENDING TIME • CALM by TAKING TIME • Lunar Holidays by CAMPING • Feeling Good by Acknowledging it • Feeling good by being Healthy

GOALS

- EAT RAW 2X/WEEK
- ? LOSE 15 POUNDS
- Get $ STRAIGHT
- INCREASE SKILLS
- Workout Everyday
- WEEKLY Goals
- WEEKLY Questions
- SPEAK at 1 Conference
- 3 books/Month
- Notes on Important Books
- Write A GRANT
- Get TI Port Folio DONE
- Get TI Website up
- Get LCLV Website up
- Bring on Graphics Person
- Research Yearly Adventure
- Another SAIL
- Give Blood Regularly
- Wilderness First AID
- Lectures Regularly
- MoLAA Monthly
- Meditation WALKS
- Limit Post 5PM Meetings
- Limit Pre 9AM Work
- Limit EATING OUT
- Limit Drinking
- WRITE MORE
- DRAW MORE
- BIG HIKE
- PRACTICE ACCEPTANCE

Reminders THROUGH December 31st 2011

SiP

- You are a Gypsy
- You are a Disciple
- You have a mental Disorder
- You NEED to Awaken Warrior
- You need to Self-Actualize
- You Love Loving
- You Love Giving
- You Love Accomplishing Goals
- You are very STRONG

Aphorisms

- You & ZAHN ARE A TEAM with a common Goal → Have faith in him to have your SA best interests in mind
- Nothing & NO ONE is Permanent
- Successful MEN HAVE Priorities Not Principles
- Frappe paysan frappe
- The exercise is as important as the product

Beauties:

- Meditation
- Vegetarian food
- Empowering communities
- MANIA
- Giving
- ART
- BOOKS
- NATURE
- Self-Actualizing

> You are tender right NOW for a Not-completely-KNOWN Reason. Forgive yourself and give yourself nurture, have patience with yourself and with your shortcomings.

Celebrate: · DOGS · HAWKS · SYCAMORES · MOON · Shooting STARS · Feeling Good

> Being Good is Good ENOUGH. Making other people Good is a Gift.

Expressions: · Building My business · Building Habitat · Building Community · Building Self · Reading · Writing · Reflection/SiP · cooking · Building My other projects

Goals:

- ✓ Commit to SiP
- ✓ Maintain Weekly Goals
- Q lose 15 lbs from 200
- ✓ 3 books a month
- ✓ Write another Grant
- Q Get T1 Portfolio DONE
- Q Get T1 website updated
- Q Get LCLL website up
- ✓ Get Jeffos Proposal IN
- ✓ Get Austin SA'D
- Q HAVE Communication out to Yearly Adventure
- ✓ SAIL
- Q Wilderness First Aid
- ~ Go to lectures regularly
- Q TAKE STEPS TOWARD Fighting
- Q MoLAA Monthly
- Q New Museum
- ✓ Mopo IX
- ✓ Run, lift, Push, Pull, hit
- ✓ Meditation WALKS
- ~ Limit post 5PM Mtgs
- ~ Limit EATING OUT
- ~ Limit Drinking to GD drinks
- ✓ Give Blood
- Q Handle Finances
- Q A POEM A WEEK
- Q Reach out to other Gypsys
- Q BIG HIKE IX
- Q Follow up on one "crazy project"
- ✓ USE TABLET in Education
- ✓ WATCH AN INSTRUCTIONAL YOUTUBE/WIC
- ~ MAKE THINGS BETTER 4 Females
- ✓ Figure out Quarterly Goals place to reflect
- ~ Write out DREAM SABBATICAL
- Q Read Publicly once

REMINDERS THROUGH SEPTEMBER 30TH 2011

APHORISMS:

- NO THING & NO ONE IS PERMANENT
- YOU & ZAIIN ARE A TEAM WHOLE
  YOU BOTH SUPPORT EACH OTHER TOWARD A COMMON GOAL → HAVE FAITH IN THAT
- YOUR WORK IS THE MOST IMPORTANT
- YOU ACCOMPLISH A LOT, MEET CHALLENGES AND SUCCEED → HAVE FAITH IN YOU
- YOU LOVE BEING PRODUCTIVE
- YOU HAVE AN EGO & FEAR
- YOU ARE VERY STRONG
- YOU KNOW YOURSELF WELL, BUT NOT WELL ENOUGH
- FRAPPE PAYEAN FRAPPE
- THE EXERCISE IS AS IMPORTANT AS THE PRODUCT

LIFE IS:

- CREATION • CELEBRATION
- OVERCOMING CHALLENGES
- COMMITMENT • COMPASSION
- CONTROL OF ONESELF
- MEMORY • FEELING
- ENGAGEMENT
- AFFECTATION of SENSES

CELEBRATE:

- DOGS • HAWKS
- SYCAMORES
- MOON • QUIET
- FEELING GOOD
- SUNSETS
- MILESTONES

EXPRESSIONS:

- Building my business
- Building Habitat • BUILDING COMMUNITY
- Building SELF • READING • WRITING
- HEALTH • REFLECTION • COOKING

BEAUTIES:

- NATURE • GIVING • Meditation • MANIA
- Vegetarian Food • BOOKS • TEA • ART • WOMEN

GOALS:

- MEET DELIVERABLES TO:
  - Build HABITAT
  - Build COMMUNITY
  - Build SELF
- ✓ 3 BOOKS a MONTH
- ~ STUDY EACH BOOK
- ~ 1 Nobel a MONTH
- ✓ 27 Pullups a DAY
- ✓ 50 Pushups a DAY
- ✓ Lift MORE WEIGHTS
- ✓ PRACTICE WALKING MEDITATIONS
- ~ BE MORE FOCUSED
- ~ DISPLAY FOCUSED ATTITUDE
- ~ LIMIT POST SPM MEDS to 1x/week
- ~ LIMIT EATING OUT
- ✓ LIMIT DRINKING OUT
- ✓ LIMIT NEW FRIEND MAKING
- ✓ KEEP IT TO YOURSELF MORE
- ✗ BE A 'DISCIPLE' REGULARLY
- ✗ HIKE 3X
- ✗ ESTABLISH NATURALIST QUESTS
- ✗ GIVE BLOOD
- ✓ Go to ALL MOLAA LECTURES
- ~ DEVELOP GDRINKS & ECOLINK BETTER
- ~ HANDLE FINANCES
- ~ INCREASE DAILY ENERGY
- ✗ ENTER ANOTHER CONTEST
- ✗ MEDITATE [illegible]
- ~ EMPOWER TEAM TOWARDS INDEPENDENCE MORE
- ✓ HAVE PUBLIC ACCESS PLAN
- ~ IDENTIFY WRITING OUTLET
- ✗ Go to another MUSEUM
- ✓ MOLAA MONTHLY
- ✓ UNDERSTAND SEAL LCP
- ✓ Apply for GRANT ≥ 50,000
- ~ EMPOWER AUSTIN
- ~ INCREASE ARTISTIC EXPRESSION