

To Do List

★

🔒 Private

Board

Board

Filters

OK

Share

...

Notes

[Sebderm] No conditioner, wim hof, propylene glycol. Always wash hair when social.

Shampoo daily no matter what

Exercise only before breakfast. Eat smaller meals. Slice apples. NEVER eat lactose products. No vinegar.

Haircuts: leave long. Lightly trim sideburns & back.

Move couch for the summer.

Future bus living option

Aveeno apple cider vinegar blend. Or Neutrogena TeaTreeShampoo

Touch, competition, chemistry, danger, beauty, status/power/wealth


seek autism evaluation

end of month tasks

Gut bac test

Tasks

## Sooner




April 6th - 12:00pm Book club

Check on HealthEquity


## Later

[Summer] Dr Aung appt

strongbox



Sept 23rd tuesday 10:30am.  
Dentist - demand these fuckers to  
check your gums



[In Jan/Feb of 2026] For 2025 Tax:  
Get mailed automatically with the  
form 1099-R from Transamerica.  
It's for the (non-taxable event)  
401k to Rollover IRA Fidelity.

## Optional

Recreate trel board

Cerave Cleanser

Dermastamps

NMN? Invisalign? Research big  
korean wigs? Redlightmask?

## Book Tasks

## Sooner



Work on Witches 2

## Later

After publish: social media posts, substack post, discord share, goodreads claim

1) Get Word 2016. 2) Edit on own with grammarly, trial prowritingaid, and readthru. 3) Another edit with Katie and see if she's worth. (Or don't. Just get prowritingaid & learn APA style & grammar.)

## Notes

5.25 x 8.00

Future: IngramSpark later if success goes up

Future: Library of Congress set up (Add Lucky Wok Publishing House as publisher.)

## Template & Done

[Plan] FITNESS. WRITE. pt job. light social.

Only workout before breakfast to avoid acid reflux

Leave toothpaste in 30m.

Art is never finished. Only abandoned

abandoned.

Northwell applications. Specify internship. Leave out positions with three or less months.

If regular morning + no poo. 6:00  
--- 6:55 workout/run 6:55 ---  
7:30am shower, eat 7:30am --  
8:00am walk to work If regular morning + poo. 5:30 wake

#### Thursday

Read book x 2

Trello PDF

Epic Games Friday


Think about what to do for pt job or future backup.

Time into writing, pt job, girls.

Find books on writing. Grammar. Hazelwood advice on writing.



#### Friday

6:00am wake absolute

ShaveRunChecklist (Apply Fellowship)Therapy Prep

11:00am Friday Therapy - I just want someone to talk to. I would prefer no homework at least when starting out.

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Romcom beats + snowflake beats. (Dont fuck with bookclub bitch)(Ghost almost kills flower. Put in sun to heal.) I made two of the beds invisible, like bookclub told me to ... Admittedly, it is a great idea. A little thirsty? Maybe. Crazy? For sure. But great, nonetheless. Now, there was only one bed left for me and Flowerboy. To share.

Get Word 2016 & Prowritingaid.walkRed Light 20m - Divide HairRetinol9:00pm Sleep.Saturday

30m - Journal

Workout

 CodeWars JS


 CodeWars Python

 11:00am Meetup Walk


 SLOW Derma Roll

### Sunday

 SQL

 Red Light 20m - Divide Hair

### Monday

 MLT how to: deadline, apply, pre-reqs, credits, tuition, when graduate

### Tuesday

 Red Light 20m - Divide Hair

### Wednesday

 Dermastamp before minox

