|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Aug/Sep  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  |  |  | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  |  |  |  |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05** Circuits Fundamentals 🦾 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05** Circuits Fundamentals 🦾 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 – 5:20**  Digital Logic Lab 🧠 | **2:40 - 3:55** Industrial Revolutions ⚙️ | **2:40 – 5:20**  Circuits Fundamentals  Lab 🦾 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15** Digital Logic 🧠 |  | **6:00 - 7:15** Digital Logic 🧠 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  | ☐ 十年 # 38 |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Sep  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  |  |  | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  |  |  |  |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05** Circuits Fundamentals 🦾 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05** Circuits Fundamentals 🦾 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 – 5:20**  Digital Logic Lab 🧠 | **2:40 - 3:55** Industrial Revolutions ⚙️ | **2:40 – 5:20**  Circuits Fundamentals  Lab 🦾 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15** Digital Logic 🧠 |  | **6:00 - 7:15** Digital Logic 🧠 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  |  |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Sep  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  |  |  | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  |  |  |  |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05** Circuits Fundamentals 🦾 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05** Circuits Fundamentals 🦾 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 – 5:20**  Digital Logic Lab 🧠 | **2:40 - 3:55** Industrial Revolutions ⚙️ | **2:40 – 5:20**  Circuits Fundamentals  Lab 🦾 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15** Digital Logic 🧠 |  | **6:00 - 7:15** Digital Logic 🧠 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  | ☐ 十年 #39 |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Sep  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  |  | ☐ Vale 生日🎂 | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  | ☐ Kanon 生日🎂 |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  |  |  |  |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05** Circuits Fundamentals 🦾 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05** Circuits Fundamentals 🦾 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 – 5:20**  Digital Logic Lab 🧠 | **2:40 - 3:55** Industrial Revolutions ⚙️ | **2:40 – 5:20**  Circuits Fundamentals  Lab 🦾 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15** Digital Logic 🧠 |  | **6:00 - 7:15** Digital Logic 🧠 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  |  |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Sep/Oct  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  | ☐ Brian 生日🎂 |  | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  |  |  |  |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05** Circuits Fundamentals 🦾 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05** Circuits Fundamentals 🦾 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 – 5:20**  Digital Logic Lab 🧠 | **2:40 - 3:55** Industrial Revolutions ⚙️ | **2:40 – 5:20**  Circuits Fundamentals  Lab 🦾 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15** Digital Logic 🧠 |  | **6:00 - 7:15** Digital Logic 🧠 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  | ☐ 十年 #40 |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Oct  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  |  |  | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  |  |  |  |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05** Circuits Fundamentals 🦾 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05** Circuits Fundamentals 🦾 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 – 5:20**  Digital Logic Lab 🧠 | **2:40 - 3:55** Industrial Revolutions ⚙️ | **2:40 – 5:20**  Circuits Fundamentals  Lab 🦾 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15** Digital Logic 🧠 |  | **6:00 - 7:15** Digital Logic 🧠 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  |  |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Oct  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  |  |  | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  |  |  |  |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05** Circuits Fundamentals 🦾 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05** Circuits Fundamentals 🦾 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 – 5:20**  Digital Logic Lab 🧠 | **2:40 - 3:55** Industrial Revolutions ⚙️ | **2:40 – 5:20**  Circuits Fundamentals  Lab 🦾 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15** Digital Logic 🧠 |  | **6:00 - 7:15** Digital Logic 🧠 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  | ☐ 十年 #41 |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Oct  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 上午 | *6 : 00* |  | ☐ Tarek 生日🎂 |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  |  |  |  |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  |  |  |  | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  |  |  |  | |
| *2 : 00* |  |  |  |  | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* |  |  |  |  |  |  |  | |
| *4 : 00* |  |  |  |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  |  |  | |
| *6 : 00* |  |  |  |  |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  |  |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Oct  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  |  |  | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 - 5:20**  Engineering Statics Lab  🗜️ | **2:40 - 3:55** Industrial Revolutions ⚙️ | **11:50 - 1:05**  Conservation Laws in Engineering Lab 🚀 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  | ☐ 十年 #42 |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Oct/Nov  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  |  |  | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 - 5:20**  Engineering Statics Lab  🗜️ | **2:40 - 3:55** Industrial Revolutions ⚙️ | **11:50 - 1:05**  Conservation Laws in Engineering Lab 🚀 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  |  |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Nov  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  |  |  | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  | ☐ Timo 生日🎂 |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 - 5:20**  Engineering Statics Lab  🗜️ | **2:40 - 3:55** Industrial Revolutions ⚙️ | **11:50 - 1:05**  Conservation Laws in Engineering Lab 🚀 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  | ☐ 十年 #43 |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Nov  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  |  |  | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 - 5:20**  Engineering Statics Lab  🗜️ | **2:40 - 3:55** Industrial Revolutions ⚙️ | **11:50 - 1:05**  Conservation Laws in Engineering Lab 🚀 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  |  |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Nov  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  |  |  | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 - 5:20**  Engineering Statics Lab  🗜️ | **2:40 - 3:55** Industrial Revolutions ⚙️ | **11:50 - 1:05**  Conservation Laws in Engineering Lab 🚀 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  | ☐ 十年 #44 |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Nov/Dec  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  |  |  | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 - 5:20**  Engineering Statics Lab  🗜️ | **2:40 - 3:55** Industrial Revolutions ⚙️ | **11:50 - 1:05**  Conservation Laws in Engineering Lab 🚀 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  |  |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Dec  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  |  |  | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 - 5:20**  Engineering Statics Lab  🗜️ | **2:40 - 3:55** Industrial Revolutions ⚙️ | **11:50 - 1:05**  Conservation Laws in Engineering Lab 🚀 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  | ☐ 十年 #45 |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Dec  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 上午 | *6 : 00* | ☐ Deep Work |  |  |  |  | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  | **10:25 – 11:40**  Engineering Statics 🗜️ |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 | **11:50 - 1:05**  Conservation Laws in Engineering 🚀 | **11:50 - 1:05** Linear Algebra 📈 |  |  | ☐ | |
| *1 : 00* |  |  |  |  | |
| *2 : 00* |  | **2:40 - 5:20**  Engineering Statics Lab  🗜️ | **2:40 - 3:55** Industrial Revolutions ⚙️ | **11:50 - 1:05**  Conservation Laws in Engineering Lab 🚀 | **2:40 - 3:55** Industrial Revolutions ⚙️ |  |  | ☐ | |
| *3 : 00* | **2:55 – 4 :10**  Linear Algebra Recitation 📈 |  |  |  | |
| *4 : 00* |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  | |
| *6 : 00* |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  | **6:00 - 7:15**  Beginner Hip Hop 🎵 |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  |  |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Dec  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 上午 | *6 : 00* | ☐ Deep Work | ☐ Deep Work | ☐ Deep Work | ☐ Deep Work | ☐ Deep Work | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  |  |  |  |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  |  |  |  |  |  |  | ☐ | |
| *1 : 00* |  |  |  |  |  |  |  |  | |
| *2 : 00* |  |  |  |  |  |  |  | ☐ | |
| *3 : 00* |  |  |  |  |  |  |  |  | |
| *4 : 00* |  |  |  |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  |  |  | |
| *6 : 00* |  |  |  |  |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  | ☐ 十年 #46 |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Dec/Jan  2022 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 上午 | *6 : 00* | ☐ Deep Work | ☐ Deep Work | ☐ Deep Work | ☐ Deep Work | ☐ Deep Work | ☐ Deep Work | ☐ Deep Work | ☐ | |
| *7 : 00* |  |  | ☐ Jason Li 生日🎂 |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  |  |  |  |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  |  |  |  |  |  |  | ☐ | |
| *1 : 00* |  |  |  |  |  |  |  |  | |
| *2 : 00* |  |  |  |  |  |  |  | ☐ | |
| *3 : 00* |  |  |  |  |  |  |  |  | |
| *4 : 00* |  |  |  |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  |  |  | |
| *6 : 00* |  |  |  |  |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  |  |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |
| Aug  2021 | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 上午 | *6 : 00* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  |  |  |  |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  |  |  |  |  |  |  | ☐ | |
| *1 : 00* |  |  |  |  |  |  |  |  | |
| *2 : 00* |  |  |  |  |  |  |  | ☐ | |
| *3 : 00* |  |  |  |  |  |  |  |  | |
| *4 : 00* |  |  |  |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  |  |  | |
| *6 : 00* |  |  |  |  |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  |  |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |



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