

# **January 2021**

## Monthly Report

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# EXECUTIVE SUMMARY

## Overview

*January 2021 was perhaps the most productive month of my entire life and should be the benchmark to which future months are compared against.*

**In only 31 days, I became engaged to the brilliant and gorgeous Dr. Amy Plasencia, negotiated a paid leave to work on QLA with my employer (a Big 4 Accounting Firm), negotiated a deal for 20% equity in a FinTech Startup, and still had time to transcribe hours of QLA content.**

During the month I was on vacation for a full week, meaning all the deals I negotiated were negotiated inside of 3 weeks. The same is true for content transcribed.

This month I ate healthy, my relationship with Amy received proper attention and grew, and the accomplishments in both work and relationship that I achieved in this one month outpaced the entirety of my last year.

From having a top .1% engagement involving helicopters, famous actors, and a sunset Yacht Club dinner to negotiating to get paid to not go to work I have done things this month that I never thought were possible. In doing so I learned to stretch what I believe is possible and more importantly *I learned that nothing is more important than choosing the highest impact activities.*

While it is no surprise to anyone that getting engaged has had a big impact on my relationship, when I did something similarly impactful by negotiating with EY for paid time to pursue QLA everyone is surprised. People become surprised by the engagement when I say that I got actors from Game of Thrones and Greys Anatomy to participate. In all 3 cases it was just a decision to pursue the highest impact activity that I can think of.

Negotiating the deal with EY took less time than coding one application for one client in my day to day job at EY. But I had never prior made the decision to focus on the high impact activity that is the negotiation.

Being well prepared was essential to the success of January 2021 and enabled me to do in one month what previously would have required six. Both the engagement and the start up deal had been worked on for months prior to pulling the trigger in January - but the work was minimal a couple hours a week.

Other accomplishments like the negotiations with my employer and the QLA transcribing were completely spontaneous and had no prep work. I merely figured out a methodology as I went.

I also found that big accomplishments beget little accomplishments - there are perhaps a hundred minor achievements - taming a bucking horse in South Carolina, calls with influential people, and successful interviews that prior to this month I would have listed as a major accomplishment.

However, next to the big accomplishments of the month they all seem small and I find myself just lumping them into broader categories such as exercise and cold calls. Nevertheless they occurred it seems the momentum of big accomplishments is such that little accomplishments just occur for as long as one can resist the urge to slow down the momentum.

Overall, if I can live every month the way that I lived January 2021 then I will be one of the wealthiest and most fulfilled men on the planet. It is absolutely the benchmark for the year and as such this report will attempt to capture its essence.

While this executive summary has reviewed the month qualitatively, the following pages will attempt to do so in the quantitative. The focus will be on finances, productivity, and goals. The report will also set goals for February for the next report to measure against.

2021 is off to a better start than I could have imagined. It is time to push it much further.

# FINANCES

## 2020 Review

2020 saw a fivefold increase in net-worth for me, mostly driven by a promotion to manager at Ernst & Young, strong investment performance and the moving in and splitting of expenses with my now fiancé Amy who as a medical doctor, is more than capable of paying her share of expenses. One year ago in January 2020 my net worth was 19,632 dollars. Going into January 2021, that net worth was 99,981 dollars.

Spending in 2020 was \$82,777.00 meaning after tax income was 163,126.00, which is strong both in trend and in the fact that I was 26 years old.

Spending amount was not small, and the breakout of spending can be seen in Figure 2. That said, my focus in 2021 is not to curb spending but instead to increase income.

A large percentage of income was due to trading, about \$15,000 this year was made in my 401(k) where I manage the trading and another almost \$50,000 in trading was made by my investment in a hedge fund. I was able to put \$20,000 in due to a friend being a portfolio manager at the hedge fund and that, by far, was the most lucrative investment almost tripling in value in one year.

My business, RS Universal Exports LLC made around 4,500 dollars in revenue - all from moonlighting services.

The largest part of the pie was my W2 income from EY, which represents the remaining balance.

2020 Change In Net Worth

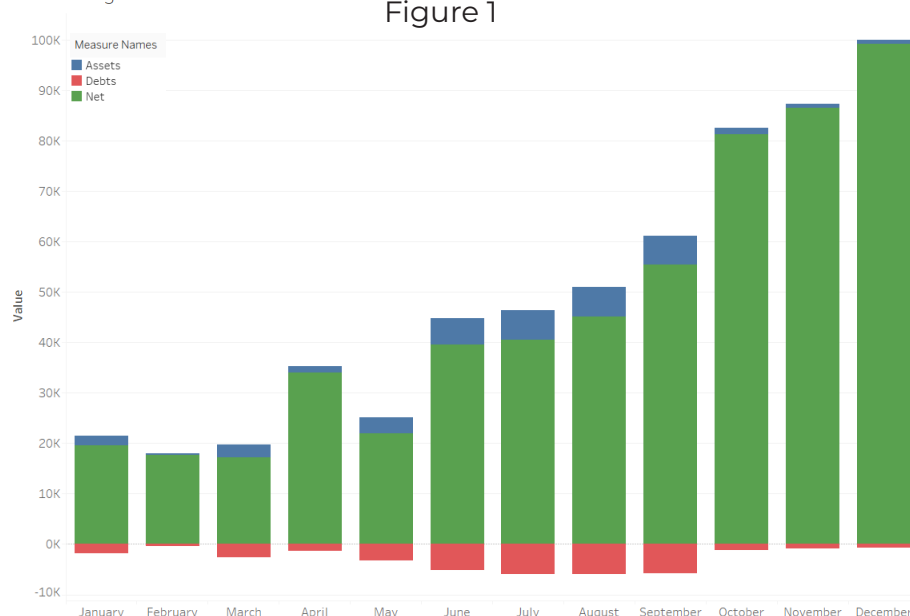


Figure 2

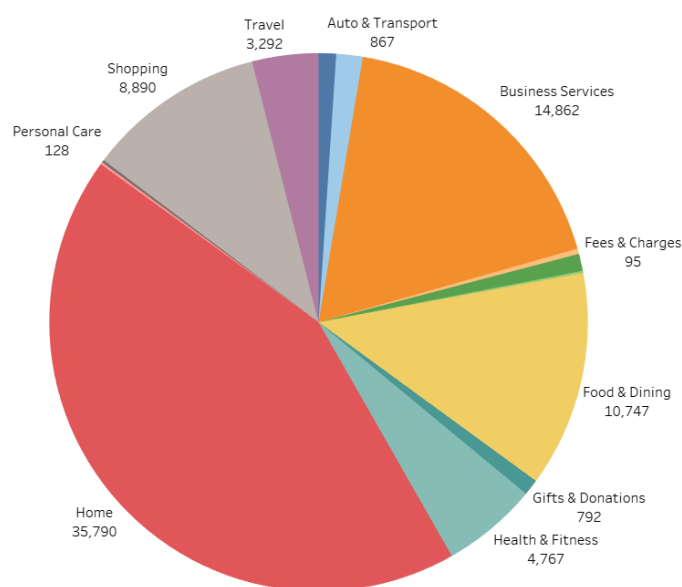


Figure 3

## Retirement Trading

Name	Shares	Price ..	Price	Mkt. ..	Change
CLOU	100	2,465	25	2,860	395
OPYK	33	1,324	40	1,731	407
OPYL	705	16,822	24	21,984	5,162
SOXX	5	1,556	311	2,087	531
UVXY	8	133	17	82	-52

# FINANCES

## January 2021

### 2021 Goals

Looking at the 2020 Financial Year In Review Figure 1, one thing that stands out is how low the ratio of debt to assets is. This is especially striking because the largest jumps in net-worth occur immediately following months where debt (the red) and assets (the blue) both expand beyond the green net worth bar indicating that the assets are leveraged serviced by debt not just equity.

Even at the highest ratio of debt to assets in 2020, this number is far too low and one that I hope to increase in 2021 with the financed acquisition of assets.

My primary financial goal of 2021 is to control over \$1M USD in assets and be on my way to controlling \$10M USD in assets by 2022 and \$100M USD in assets before November 2023 which is when I turn 30.

### January Performance

January 2021 **after tax income was \$10,626.43** USD and January 2021 **spending was \$11,449.00** USD. This represents a small overall reduction in assets of roughly \$882 dollars which in addition to stock market losses in a similar magnitude resulted in a **new balance of \$98,103.28** down from \$99,981.00 on January 1st.

Notable transactions that account for the high spending include \$2541.31 spent on a powerful

server replacing my previous computer, \$849 for an under-desk treadmill to be used while working with my standing desk and \$330 on professional clothing as part of a push to dress professionally every day. The other very notable expenses in January can be attributed to travel and dining as part of the week long vacation taken for the engagement from January 4th to January 10th. Spending breakout can be found in Figure 4.

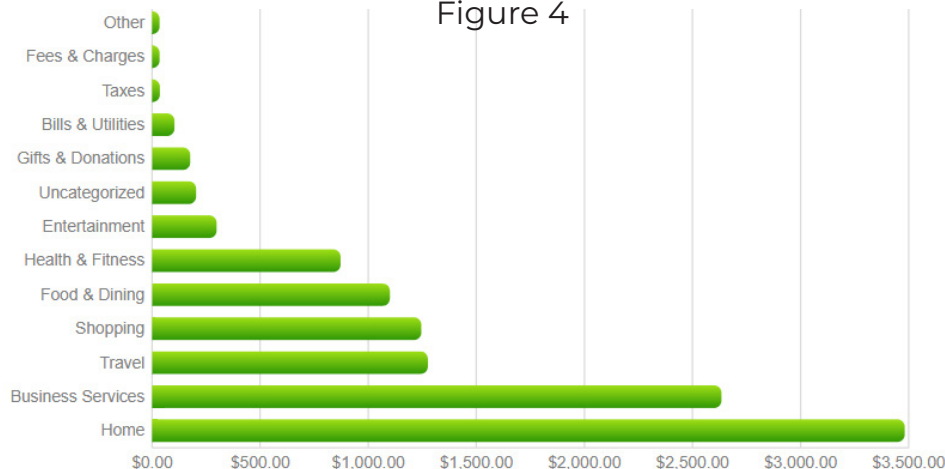
Overall in January I spent slightly more than I made.

### Negotiations and Future Projections

In January I negotiated two deals that will affect future income. One I negotiated for 20% equity in a startup business in exchange for advice and services, should this startup turn profitable I will gain significant income based on that equity. The other is I negotiated 3 months off of work at 33% pay to pursue QLA effective February 23, 2021. This means I can expect lower income starting February and will need to adjust spending accordingly. However I will still sufficient income to cover expenses while completing the initial learning and QLA required steps to put together a first deal.

The long term financial benefits of pursuing QLA should justify the temporary decrease in income.

Figure 4



January 2021 Spending  
by Category

# Vision

## Long Term Goals

Every day, on the daily report it asks what are your goals for the week and how did your activities and communications today connect to those goals. For those weekly goals to make sense, a larger vision is required. As this is the first monthly report - this section will explain the long term vision and goals I have for the future.

The vision is broken down into multiple categories, all of which have been bolded.

### **Business and Income and Financial Position:**

When people ask me what I do, I tell them that I am consolidating the home healthcare industry. I grow my business through acquisition; my board and I buy new businesses, closing deals every month. I am happily and easily increasing my net worth by \$5 million dollars, or more, each and every month.

Soon I will sell up and exit, so that I can throw my hat into being a senator or maybe a celebrity. I am rich. The world is my oyster.

### **Lifestyle, Home, and Environment Lived In:**

My home is beautiful, designed to remind me of the old gods of industry Carnegie and Rockefeller and to a lesser degree, newer titans such as Elon and Bezos.

My office in particular is made to fulfill that purpose. It is furnished and shaped like the oval office, but all of the furniture pieces, especially the desk, are the kind that one would expect to have found an Andrew Carnegie using in his own office. The desk is similar to the resolute desk gifted by Queen Victoria to US President Hayes in the late 19th century.

Simple projectors - the kind that I imagine Edison would have made for Morgan had they stayed young longer (or the technology been a bit better) - these projectors light the ceiling of my office to make it look like either stained glass, a star filled night sky, or like it is made of fire. They default on the

kind of lighting a Broadway theater has. They are not computer screen projectors, Edison would not have had that, rather something one might find in an old planetarium, repurposed for inspiration.

The office is my Guthrie it makes me feel like a mythical god in my domain, a place where I have complete control, and can look up and see whatever I want to see - like magic.

The rest of the house is equally stunning. The bedroom is designed to be sensual for Amy - and the adjoining hidden room is meant to relieve that. The bedroom closets are huge and the bathroom contains both a hot tub jacuzzi and a polar plunge. Every morning I get up and start my day plunging into icy water.

The house is meant to inspire and raise powerful children. The house itself is not far from a yacht club where we often charter boats with our friends. It is also near a golf course where I have become quite good. Everything I do is with intention. I work undisturbed.

My time with Amy is intentional and often romantic and sexual. My time with my family is frequent and such that I, the kids, and Amy are all present in that time together. We have an amazing kitchen that would make Gordan Ramsay wet himself and we often cook and eat together as a family.

### **Life Purpose and Personal Qualities:**

My life purpose is to change finance and to change healthcare. I start by consolidating the home healthcare industry while implementing new technologies such as Augmented Reality.

Once this has made me rich I will turn my attention to using my wealth, network, celebrity, political power or anything else I can get my hands on to change finance forever by making the dollar digital. I am confident, happy, and funny with a fit and attractive body and a high self esteem.

# Productivity

## January Time Management

This report will look at productivity in two categories:

**1. Time Management** - the amount of hours spent productively working.

**2. Goal and Task Prioritization** - the choices made about which activity to work on.

As discussed in the executive summary, January 2021 was a landmark month for Goal and Task Prioritization and the new benchmark. For Time Management January is the benchmark as well although less because of peak performance and more because it was the first month I ever tracked. I feel like I worked more in January than I typically did in previous months, but unlike with prioritization I do not think it was the best month I ever did. It will be interesting to see how January compares to other months once there is more data.

In January I did 220 hours of productive work averaging 55 hours a week. In addition I spent about 17 hours a week doing Fitness/Exercise activities and about 6 hours a week having sex for a total of 23 hours a week spent on health.

About 16 hours a week was spent with Amy or doing housekeeping activities. 19 hours a week was wasted, 14 of those hours on average was spent sleeping in and the other 5 on YouTube or Social Media.

13 hours a week were spent on eating or traveling, an amount made higher by a vacation in the first week of January. Finally almost 4 hours a week was spent at parties or socializing and 3 days were not tracked.

Figure 5 shows the hours per activity spent per month and Figure 6 shows how the amount of time on each activity relates to the whole as a percentage.

While I am happy with the proportion of productivity to sex and domestic time with Amy, I am hoping the purchase of a treadmill desk will allow me to cut back on exercise and use more of that time on productive work. Further I hope to focus on reducing the 70 hours of waste that occurred in February.

Figure 5

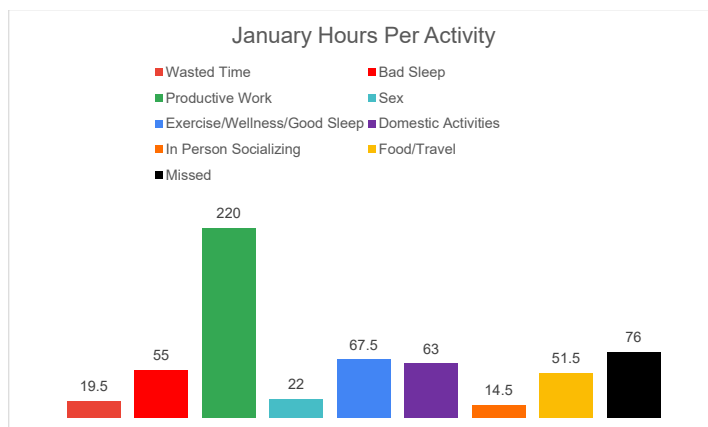
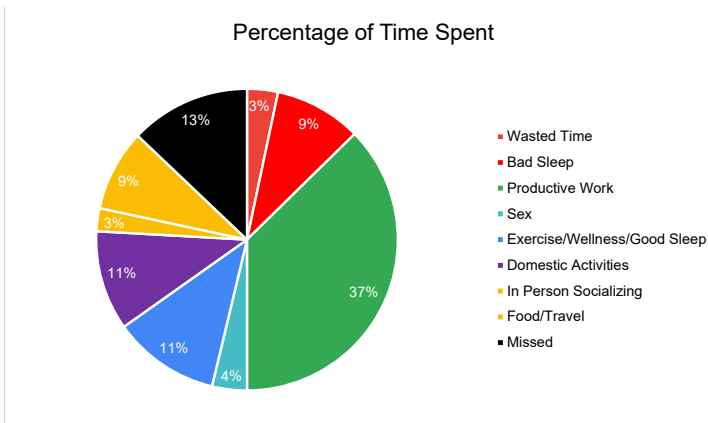


Figure 6



The methodology of tracking time has worked out well, and the analysis of the data is beneficial. 3 Days Missed of tracking was unacceptable but the exercise still stands as proof of the value of the tracking tool I created. I also created a daily report tool that I did not use nearly as much due to some technical difficulties that have since been remediated. I created a daily report on 16 of the 31 days in January, representing roughly half of the month. This is a number I expect to go up as the technology remediations are completed and the newly required weekly reports begin as those weekly reports will need something to draw upon.



# PRODUCTIVITY

## Goals and Task Priorities

As I have mentioned several times in this report, from a prioritization of actions standpoint, January 2021 was the best month I have ever had. From my work at EY, to my relationship with Amy, to my QLA and business goals - every action I took was the highest impact I could think of and as a result I accomplished more in one month than I normally do in 6.

However, while the above statement is true it is also largely a result of chance. I do not currently have a repeatable system by which I can repeat the task prioritization that happened in January. Instead I must look outside and ask more experienced mentors and methodologies like QLA what the highest impact tasks are. I am not yet in a position where I can come up with them myself. I am however now in a place where I have a visceral understanding of the importance of task selection and where I truly believe I have had my first truly high-performance month by the standards of my idols.

One high-performance month does not make a high-performance life however, so looking forward to February and beyond it is important I set appropriate goals and take the right high impact actions to achieve them.

In future reports this section will be used to evaluate progress towards the goals set forth in the monthly report prior and to set new goals for the following month. As this is the first monthly report, we can only do the latter.

### Goals For February 2021

1. Fulfill the requirements set forth by EY to begin my 3 month leave at 30% pay on February 23rd.
2. Transcribe the full Harvard Club Tapes and the entire 2012 QLA Seminar
3. Lose 10 pounds and walk 150 miles.
4. Create the video of my engagement and share

5. Do weekly reports with accountability buddy

### Analysis of February 2021 Goals

One important thing to note about February 2021 goals is that QLA will not start in earnest until March. I made a decision in discussing with my firm to spend the month of February largely focused on my clients and work at EY so as to make sure the firm can continue to successfully deliver on the work I have won for it and continue to build on those engagements.

In return for this I will receive 3 months of paid leave covering March through May where QLA and determining what my next few years of life look like will be the primary focus. 33% of my salary is still more than enough to live on so I am very intent on taking this deal and honoring my side.

This means that the non EY related goals for February are minimal - for QLA I want to transcribe the Harvard tapes and the most recent full seminar. For fitness I want to use my treadmill which will arrive Monday February 8th to walk 150 miles while working and to lose 10 pounds through the combination of walking and a healthy diet.

For my relationship and social life - I want to finish the engagement video that I promised my fiance.

When comparing these goals to January - it seems impossible to find the actions that will create as much change in my life as occurred in January. My thought at the time of this writing is that perhaps January was so impactful because December was spent preparing for it. In the same way I hope that by fulfilling these goals and most notably the terms of my leave I am preparing myself for not 1 but 3 months that are all as impactful as January.

It is my hope that in 6 months I am closing my first acquisition and that I will look back at February as the month that gave me the financial coverage necessary to spend 3 months cold calling and learning the materials necessary for success.



# FITNESS AND SOCIAL

## 2021 Vision and January Progress

### Fitness Vision

I am 10% body-fat and 145 pounds and I box recreationally at Welterweight. When I eat, I eat delicious 5-star food and I don't hold back and avoid the foods I love. However, I also fast often for 48 hours at a time. My body has adjusted to make this easy for me and those I work with don't dare attempt to interrupt my fasting schedule. I run a 5K once a week and will continue to do so well into old age. I lift weights every other day with my personal trainer and I have a treadmill at my desk so I am always walking 10 miles a day.

### Current Measurements 1/31/2021

Weight	162.5 LB
% Body-fat	19.8%
Biceps	31.5
Shoulders	115
Chest	99
Waist	85.5
Gut	92
Hips	98

### January Fitness

It would be a lie to say that Fitness was a focus for me in January. As I took steps to upgrade every aspect of my life this month fitness and health were deprioritized and I hope to improve my systems around that in February.

I started the month at 163.7 pounds and 21.1% body fat and ended the month at 162.5 pounds and 19.8% body fat. I consider anything in the 1-3 pound range to be normal fluctuation so I don't see any material improvement this month with regards to weight. The measurements shown prior are the first set taken in a long time so there is nothing to compare too.

### Social Vision

I am surrounded only by my family and other high performance people. All of my friends are high performance. Senators, billionaires, celebrities, the presidents of countries and titans of industry - those are who I call "friends", and regardless of if it is motivated by true friendship or simply respect and a desire to be around a similar ilk, these are the people I spend my time with in addition to my loving (real love) family.

### January Social

I was focused more on my relationship than anything else socially in January as I was engaged this month. I did go to two parties, both parties thrown by medical doctors where most attendees were medical doctors. What is unique is that I spent the engagement and engagement week at a Yacht Club as a partner from my firm gifted me a week stay there for the engagement. That was positive in that it affirmed my desire for wealth and the experience of living that lifestyle which included travel by helicopter, yacht, and horseback makes for good reference experience to pull from.

I don't see myself focusing much on the social in February as I want to shift more towards QLA, Fitness, and fulfilling the requirements for the paid leave at EY.

The only other social shift of note this month is wedding planning - barring the engagement I have never really planned a social event before and since this is for many people not just one there are some differences. I also have help this time and to be fair Amy is doing the vast majority of the heavy lifting when it comes to wedding planning. I am really only helping with pricing and negotiating with vendors.

# APPENDIX I

## 2021 Affirmations

I am happily and easily increasing my net worth by \$5,000,000 or more each and every month.

I effortlessly wake up before sunrise every morning to workout, shower, shave, dress and look my best all before my competitors have opened their eyes.

I happily work each day while walking the entire time on a treadmill that lets me lose weight while building my dreams.

I am grateful but not satiated because money is coming to me unexpectedly everywhere I turn.

I am ecstatic about how easily I am attracting expert and enthusiastic board members who want to work with me and be a part of my company.

I am blown away by how easy following the QLA steps to success is for me.

I am grateful and relaxed to know I will easily find a world class chairman for my board.

I am excited to be the CEO of my own billion-dollar corporation

I am comfortable to know that I am always surrounded by high performance people.

I am excited to have such an incredible and fulfilling marriage with my wife Amy.

I am aroused and turned on by my ability to fuck Amy for as long and hard as we want to go.

I am shaking with gratitude and fulfillment because I am the man who made the dollar digital.

I am excited about how easily I am running 19-minute 5K races whenever I want

I am vibrating and shaking with adrenaline because of how easily I destroy my opponents when I fight them in the boxing ring.

I am happy to know that I am always winning my negotiations with sellers.

I am blown away by how easily I close deals and add businesses to my conglomerate.

I am pleased with how I am constantly being positioned by myself and others for political greatness and celebrity

I am proud to effortlessly remember to listen to these affirmations every morning and night and I do so with enjoyment, focus, and a smile.

I am smiling because I know how easy focusing on one thing is for me. I always see it through with no distractions until it is complete.

# APPENDIX II

## Time Tracking Report

Week 1

	V1/2021	V2/2021	V3/2021
5:00 AM	Sleep	Sleep	Sleep
5:30 AM	Sleep	Sleep	Sleep
6:00 AM	Sleep	Sleep	Sleep
6:30 AM	Sleep	Sleep	Sleep
7:00 AM	Sleep	Sleep	Sleep
7:30 AM	Sleep	Sleep	Sleep
8:00 AM	Sleep	Sleep	Sleep
8:30 AM	Shaving	Sleep	Sleep
9:00 AM	Shower	Sleep	Sleep
9:30 AM	Affirmations	Sleep	Fix Fridge
10:00 AM	Proposal	Affirmations	Fix Fridge
10:30 AM	Proposal	Cleaning and Coffee for Amy	Proposal
11:00 AM	Fix Dishwasher	Analyzing Government Contract Requirements	Fix Fridge
11:30 AM	Fix Dishwasher	Analyzing Government Contract Requirements	Lunch
12:00 PM	Fix Dishwasher	Analyzing Government Contract Requirements	Proposal
12:30 PM	Fix Dishwasher	Go To Mall With Amy	Proposal
1:00 PM	Lunch	Lunch	Proposal
1:30 PM	QLA Audio	Go To Mall With Amy	Proposal
2:00 PM	QLA Audio	Go To Mall With Amy	Proposal
2:30 PM	Proposal	Go To Mall With Amy	Proposal
3:00 PM	Proposal	Go To Mall With Amy	Proposal
3:30 PM	QLA Audio	Go To Mall With Amy	Proposal
4:00 PM	QLA Audio	Go To Mall With Amy	Proposal
4:30 PM	QLA Audio	Go To Mall With Amy	Proposal
5:00 PM	QLA Audio	Hang out with friends	Proposal
5:30 PM	QLA Audio	Hang out with friends	Proposal
6:00 PM	The Men Who Built America	Hang out with friends	Proposal
6:30 PM	The Men Who Built America	Analyzing Government Contract Requirements	Proposal
7:00 PM	The Men Who Built America	Analyzing Government Contract Requirements	Proposal
7:30 PM	Analyzing New York Contract Requirements	Analyzing Government Contract Requirements	Dinner
8:00 PM	Analyzing Government Contracting Requirements	The Men Who Built America	Proposal
8:30 PM	Analyzing Government Contracting Requirements	The Men Who Built America	Affirmations
9:00 PM	QLA Daily Report	Sex	Sleep
9:30 PM	Dinner	Sex	Sleep
10:00 PM	The Men Who Built America	The Men Who Built America	Sleep
10:30 PM	Sex	The Men Who Built America	Sleep
11:00 PM	Sex	QLA Daily Report	Sleep
11:30 PM	The Men Who Built America	Sleep	Sleep

Week 2

	V4/2021	V5/2021	V6/2021	V7/2021	V8/2021	V9/2021	V10/2021
5:00 AM	Proposal	Wake Up	Sleep	Sleep	Sleep	Sleep	Sleep
5:30 AM	Proposal	Exercise	Sleep	Sleep	Sleep	Sleep	Sleep
6:00 AM	Proposal	Exercise	Sleep	Sleep	Sleep	Sleep	Sleep
6:30 AM	Proposal	Shower/Dress	Sleep	Sleep	Sleep	Wake up	Sleep
7:00 AM	Proposal	Proposal Pictures	Sleep	Sleep	reading news	Travel	Sleep
7:30 AM	Proposal	Proposal Pictures	Sleep	Breakfast	Breakfast	Travel	Cleaning
8:00 AM	Proposal	Breakfast	Sleep	Breakfast	Breakfast	Breakfast	Cleaning
8:30 AM	Proposal	Breakfast	Horse Riding	Breakfast	Breakfast	Breakfast	Cleaning
9:00 AM	Proposal	Proposal Pictures	Horse Riding	Go To Mall With Amy	Time with Amy	Breakfast	Cleaning
9:30 AM	Proposal	Proposal Pictures	Horse Riding	Go To Mall With Amy	Time with Amy	Travel	Grocery Shopping
10:00 AM	Proposal	Proposal Pictures	Horse Riding	Go To Mall With Amy	EY! Send Baskets	Travel	Grocery Shopping
10:30 AM	Proposal	Proposal Pictures	Travel	Analyzing Government Contract Requirements	Time with Amy	Travel	Grocery Shopping
11:00 AM	Proposal	Proposal Pictures	Lunch	Call With Keith	Time with Amy	Travel	Grocery Shopping
11:30 AM	Proposal	Proposal Pictures	Lunch	News	Biking	Exercise	Grocery Shopping
12:00 PM	Proposal	Proposal Pictures	Lunch	Sex	Biking	Exercise	Grocery Shopping
12:30 PM	Proposal	Travel	Lunch	Sex	Biking	Travel	Lunch
1:00 PM	Proposal	FedEx	Escape Room	Call With Keith	Biking	Travel	Lunch
1:30 PM	Proposal	Helicopter Ride	Escape Room	Lunch	Biking	Travel	Time with Amy
2:00 PM	Proposal	Travel	Escape Room	Lunch	Biking	Travel	Time with Amy
2:30 PM	Proposal	Time with Amy	Escape Room	Nap 1	Biking	Travel	Assisted
3:00 PM	Proposal	Time with Amy	Travel	Time with Amy	Social Media	Travel	Nap 1
3:30 PM	Proposal	Time with Amy	Travel	Time with Amy	Nap 1	Travel	Social Media
4:00 PM	Proposal	Travel	Travel	Time with Amy	Travel	Travel	Social Media
4:30 PM	Proposal	Bar	Sex	Time with Amy	Travel	Travel	Social Media
5:00 PM	Proposal	Travel	Sex	Time with Amy	Travel	Party	Social Media
5:30 PM	Proposal	Dinner	Sex	Time with Amy	Travel	Party	Time with Amy
6:00 PM	Proposal	Dinner	Sex	Dinner	Travel	Party	Time with Amy
6:30 PM	Proposal	Travel	Sex	Dinner	Family Time	Party	Time with Amy
7:00 PM	Proposal	Bar	Sex	Dinner	Family Time	Party	Time with Amy
7:30 PM	Proposal	Bar	Sex	Assisted	Family Time	Party	Time with Amy
8:00 PM	Proposal	Sex	Sleep	The Men Who Built America	Dinner	Party	Dinner
8:30 PM	Proposal	Sex	Sleep	The Men Who Built America	Dinner	Party	Cleaning
9:00 PM	Proposal	Affirmations	Sleep	The Men Who Built America	Dinner	Party	Sleep
9:30 PM	Proposal	Sleep	Sleep	The Men Who Built America	Dinner	Party	Sleep
10:00 PM	Sleep	Sleep	Sleep	The Men Who Built America	Sex	Party	Sleep
10:30 PM	Sleep	Sleep	Sleep	The Men Who Built America	Sex	Party	Sleep
11:00 PM	Sleep	Sleep	Sleep	The Men Who Built America	Sleep	Assisted	Sleep
11:30 PM	Sleep	Sleep	Sleep	The Men Who Built America	Sleep	Assisted	Sleep

# APPENDIX II

## Time Management Report

### Week 3

	11/11/2021	11/12/2021	11/13/2021	11/14/2021	11/15/2021	11/16/2021	11/17/2021
5:00 AM	Wake Up	Sleep	Sleep	Sleep	Sleep	sleep	Sleep
5:30 AM	Time with Amy	Sleep	Sleep	Wedding Planning	Sleep	sleep	Sleep
6:00 AM	Shaving	Time with amy	Sleep	Wedding Planning	Wake Up	sleep	Sleep
6:30 AM	Shower	Sleep	Sleep	Affirmations	Sabbatical Project Plan	sleep	Sleep
7:00 AM	Meeting - Santhosh	Sleep	Sleep	Youtube	Sabbatical Project Plan	Wiring	Transcribing Q
7:30 AM	Meeting - Santhosh	Youtube	QLA Audio	QLA Josh Kim Webinar	Sabbatical Project Plan	Wiring	Transcribing Q
8:00 AM	Meeting - Santhosh	Meeting - Shubhangar	Daily Report	QLA Josh Kim Webinar	Sabbatical Project Plan	Wiring	Transcribing Q
8:30 AM	Meeting - Kamel	EY Kontoor	QLA Audio	QLA Josh Kim Webinar	Breakfast	Meal prep	Transcribing Q
9:00 AM	EY Scrum	Meeting - Scrum	Meeting - SCRUM	Scrum Meeting	Scrum Meeting	Meal prep	Transcribing Q
9:30 AM	Coding	EY Kontoor	Meeting - Jacki	Breakfast	Meeting - Shubhangar	Meal prep	Transcribing Q
10:00 AM	Coding	Lunch	Coding	Breakfast	Filing System Research	Meal prep	Transcribing Q
10:30 AM	Coding	Cleaning	Meeting - Honeywell	Meeting - Kontoor	Filing System Research	Meal prep	Transcribing Q
11:00 AM	Project Plan	Youtube	Coding	QLA Transcribing	Meeting - Kontoor	Grocery Shopping	Transcribing Q
11:30 AM	Lunch	Meeting Prep	Lunch	QLA Transcribing	Meeting - Honeywell	Grocery Shopping	Transcribing Q
12:00 PM	Coding	Meeting - Santhosh	Coding	QLA Transcribing	Meeting - Honeywell	Grocery Shopping	Lunch
12:30 PM	Coding	Coding	Coding	QLA Transcribing	Meeting - Honeywell	Grocery Shopping	Lunch
1:00 PM	Youtube	Meeting - Honeywell	Project Plan	Meeting - Kontoor	Transcribing QLA	Grocery Shopping	Budgeting
1:30 PM	Youtube	Meeting - Blanche	Coding	Meeting - Kontoor	Transcribing QLA	Wiring	Transcribing Q
2:00 PM	Youtube	Youtube	Coding	Meeting - Santhosh	Meeting - Emma	Wiring	Transcribing Q
2:30 PM	QLA Admin	Meeting Prep	Coding	Coding	Transcribing QLA	Wiring	Transcribing Q
3:00 PM	Coding	Meeting - Vivek	Coding	Meeting - Kontoor	Honeywell Project Plan	Cleaning	Transcribing Q
3:30 PM	Meeting with Emma	Meeting - Mark	Coding	Meeting - Honeywell	Transcribing QLA	Wiring	TV
4:00 PM	Coding	Snack	Coding	Research Policy	Transcribing QLA	Cooking	TV
4:30 PM	Project Plan	Deliver Key to Gabe	Coding	Research Policy	Transcribing QLA	Wiring	TV
5:00 PM	Coding	Coding	Coding	Walk	Transcribing QLA	Wiring	TV
5:30 PM	Meeting With Jacki	Project Plan	Coding	Meeting - Kamel	Dinner	Wiring	TV
6:00 PM	Managing	EY Email	Ship Kontoor	Meeting - Jackie	Cleaning	Dinner	TV
6:30 PM	Project Plan	Cleaning	Dinner	Youtube	Wedding Planning	Dinner	TV
7:00 PM	Meeting - Blanche	Cleaning	CPE	Meeting - Santhosh	Wedding Planning	Sex	Sex
7:30 PM	Meeting - Santhosh	Exercise	CPE	Meeting - Santhosh	Time With Amy	Sex	Sex
8:00 PM	Meeting - Santhosh	Documentation	Sex	Shower	Wiring	TV	Dinner
8:30 PM	Dinner	Dinner	QLA Admin	Dinner	Wiring	TV	Dinner
9:00 PM	Dinner	Dinner	Sleep	Dinner	Wiring	TV	TV
9:30 PM	Dinner	Party	Sleep	QLA Transcribing	Wiring	TV	Transcribing Q
10:00 PM	Dinner	Party	Sleep	QLA Transcribing	Wiring	Sleep	Transcribing Q
10:30 PM	Time with Amy	Party	Sleep	Sleep	Sleep	Sleep	Transcribing Q
11:00 PM	Time with Amy	Party	Sleep	Sleep	Sleep	Sleep	Sleep
11:30 PM	Sleep	Party	Sleep	Sleep	Sleep	Sleep	Sleep

### Week 4

	11/18/2021	11/19/2021	11/20/2021	11/21/2021	11/22/2021	11/23/2021	11/24/2021
5:00 AM	Wake Up	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
5:30 AM	Time With Amy	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
6:00 AM	Youtube	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
6:30 AM	QLA Admin	Sleep	Sleep	Sleep	Wake Up	Sleep	Sleep
7:00 AM	QLA Transcribing	Wake Up	Wake Up	Sleep	Laminate Files	Sleep	Sleep
7:30 AM	Youtube	Visualization	Kontoor Report	Wake up	Laminate Files	Wedding Planning	Time With Amy
8:00 AM	QLA Transcribing	Visualization	Kontoor Report	Time With Amy	Bind Kontoor Test Book	Wedding Planning	Assisted
8:30 AM	QLA Transcribing	Visualization	Kontoor Report	Kontoor Report	Bind Vision Book	Wedding Planning	Time With Amy
9:00 AM	QLA Transcribing	Meeting - Scrum	Meeting - Scrum	Meeting - Scrum	Meeting - Scrum	Wedding Planning	Sex
9:30 AM	QLA Transcribing	Meeting - Santhosh	Kontoor Report	Kontoor Report	Shower	Wedding Planning	Sex
10:00 AM	QLA Transcribing	Visualization	Kontoor Report	Affirmations	Kontoor Report	Wedding Planning	EY Gift For Santhosh
10:30 AM	QLA Transcribing	Visualization	Meeting - Honeywell	Meeting - Honeywell	Kontoor Report	Wedding Planning	Equity Proposal
11:00 AM	QLA Transcribing	Visualization	Kontoor Report	Kontoor Report	Meeting - Hon	Wedding Planning	Lunch
11:30 AM	QLA Transcribing	Visualization	Kontoor Report	Kontoor Report	Meeting - Kontoor	Wedding Planning	Lunch
12:00 PM	QLA Transcribing	Lunch	Kontoor Report	Kontoor Report	Insurance Updates	Wedding Planning	Speaking w Family
12:30 PM	QLA Transcribing	Meeting - Hon	Kontoor Report	Lunch	Banking Update	Assisted	Nap 1
1:00 PM	Walk	Meeting - Hon	Kontoor Report	Kontoor Report	EY Administration	Nap 1	Reading QLA Material
1:30 PM	QLA Transcribing	Meeting - Kontoor	Kontoor Report	Kontoor Report	EY Administration	Flight Simulator	Running Mission
2:00 PM	QLA Transcribing	Visualization	Kontoor Report	Kontoor Report	Fix Dishwasher	Wedding Planning	Running Mission
2:30 PM	QLA Transcribing	Meeting - Hon	Kontoor Report	Kontoor Report	Sex	Wedding Planning	Nap 2
3:00 PM	QLA Transcribing	Visualization	Kontoor Report	Kontoor Report	Sex	Wedding Planning	Nap 2
3:30 PM	QLA Transcribing	Visualization	Kontoor Report	Kontoor Report	Filing System	Wedding Planning	Nap 2
4:00 PM	QLA Transcribing	Visualization	Kontoor Report	Kontoor Report	Time With Amy Shopping	Equity Proposal	Time With Amy
4:30 PM	Cleaning	Visualization	Dinner	Dinner	Grocery Shopping	Equity Proposal	Time With Amy
5:00 PM	Cleaning	Notarizing Document	Kontoor Report	Kontoor Report	Grocery Shopping	Time With Amy	Time With Amy
5:30 PM	Shower	Notarizing Document	Kontoor Report	Kontoor Report	Sex C	Equity Proposal	Time With Amy
6:00 PM	QLA Activity	Notarizing Document	Kontoor Report	Kontoor Report	Sex C	Equity Proposal	Youtube
6:30 PM	QLA Activity	Dinner	Kontoor Report	Kontoor Report	Sex C	Flight Simulator	Youtube
7:00 PM	QLA Activity	Affirmations	Server Setup	Kontoor Report	Sex	Flight Simulator	Youtube
7:30 PM	QLA Activity	Exercise	Server Setup	Kontoor Report	Dinner Date	Time With Friend	Meeting Prep
8:00 PM	Wedding Plan	Exercise	Server Setup	Meeting - Startup	Dinner Date	Time With Friend	Meeting Prep
8:30 PM	Wedding Plan	Dinner	Server Setup	Meeting - Startup	Dinner Date	Time With Friend	Meeting Prep
9:00 PM	Sleep	Dinner	Server Setup	Meeting - Startup	Dinner Date	Time With Friend	Meeting Prep
9:30 PM	Sleep	Banking	Server Setup	Meeting - Blanche	Dinner Date	Time With Friend	Sleep
10:00 PM	Sleep	Assisted	Assisted	Meeting - Blanche	Assisted	Time With Friend	Sleep
10:30 PM	Sleep	Sleep	Sleep	Sleep	Sleep	Time With Friend	Sleep
11:00 PM	Sleep	Sleep	Sleep	Sleep	Sleep	Time With Friend	Sleep
11:30 PM	Sleep	Sleep	Sleep	Sleep	Sleep	Time With Friend	Sleep

# APPENDIX II

## Time Management Report

### Week 5

	12/25/2021	12/26/2021	12/27/2021	12/28/2021	12/29/2021	12/30/2021	12/31/2021
5:00 AM	Sleep	Sleep	Missed	Sleep	Missed	Missed	Missed
5:30 AM	Sleep	Sleep	Missed	Sleep	Missed	Missed	Missed
6:00 AM	Sleep	Sleep	Missed	Sleep	Missed	Missed	Missed
6:30 AM	Sleep	Sleep	Missed	Sleep	Missed	Missed	Missed
7:00 AM	Sleep	Wake Up	Missed	Sleep	Missed	Missed	Missed
7:30 AM	Wake Up	EY - Kontoor	Missed	Wake Up	Missed	Missed	Missed
8:00 AM	QLA Transcribing	EY - Kontoor	Missed	EY Honeywell	Missed	Missed	Missed
8:30 AM	QLA Transcribing	EY - Kontoor	Missed	EY Honeywell	Missed	Missed	Missed
9:00 AM	Meeting - Scrum	Meeting - Scrum	Missed	EY Honeywell	Missed	Missed	Missed
9:30 AM	Haircut	Meeting - Santhosh	Missed	Meeting - Scrum	Missed	Missed	Missed
10:00 AM	Haircut	Meeting - Santhosh	Missed	EY Honeywell	Missed	Missed	Missed
10:30 AM	Haircut	Meeting-Honeywell	Missed	EY Honeywell	Missed	Missed	Missed
11:00 AM	Lunch	EY-Honeywell	Missed	EY Honeywell	Missed	Missed	Missed
11:30 AM	Meeting-Recruiter	EY-Honeywell	Missed	EY Honeywell	Missed	Missed	Missed
12:00 PM	Meeting-Leave	EY-Honeywell	Missed	EY Honeywell	Missed	Missed	Missed
12:30 PM	Shower	EY-Honeywell	Missed	EY Honeywell	Missed	Missed	Missed
1:00 PM	EY Work	EY-Honeywell	Missed	Time With Amy	Missed	Missed	Missed
1:30 PM	EY Work	EY-Honeywell	Missed	Time With Amy	Missed	Missed	Missed
2:00 PM	EY Work	EY-Honeywell	Missed	Time With Amy	Missed	Missed	Missed
2:30 PM	EY Work	EY-Honeywell	Missed	Time With Amy	Missed	Missed	Missed
3:00 PM	EY Work	EY-Honeywell	Missed	EY Honeywell	Missed	Missed	Missed
3:30 PM	EY Work	EY-Honeywell	Missed	EY Honeywell	Missed	Missed	Missed
4:00 PM	EY Work	EY-Honeywell	Missed	EY Honeywell	Missed	Missed	Missed
4:30 PM	EY Work	Sex	Missed	EY Honeywell	Missed	Missed	Missed
5:00 PM	EY Work	Sex	Missed	EY Honeywell	Missed	Missed	Missed
5:30 PM	EY Work	Time With Amy	Missed	EY Honeywell	Missed	Missed	Missed
6:00 PM	Time With Amy	Time With Amy	Missed	EY Honeywell	Missed	Missed	Missed
6:30 PM	Time With Amy	Time With Amy	Missed	EY Honeywell	Missed	Missed	Missed
7:00 PM	Meeting Prep	Time With Amy	Missed	Meeting Prep	Missed	Missed	Missed
7:30 PM	Meeting Prep	Time With Amy	Missed	Meeting Prep	Missed	Missed	Missed
8:00 PM	Equity Meeting	Time With Amy	Missed	Equity Meeting	Missed	Missed	Missed
8:30 PM	Equity Meeting	Time With Amy	Missed	Equity Meeting	Missed	Missed	Missed
9:00 PM	Equity Meeting	Time With Amy	Missed	Equity Meeting	Missed	Missed	Missed
9:30 PM	Time With Amy	Sleep	Missed	Equity Meeting	Missed	Missed	Missed
10:00 PM	Time With Amy	Sleep	Missed	Equity Meeting	Missed	Missed	Missed
10:30 PM	Sex	Sleep	Missed	Sleep	Missed	Missed	Missed
11:00 PM	Sex	Sleep	Missed	Sleep	Missed	Missed	Missed
11:30 PM	Sex	Sleep	Missed	Sleep	Missed	Missed	Missed

# END OF REPORT