

# The System: A Solution to Intention

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**Abstract.** A system designed to optimize efficiency in the individual, increase achievement, and eliminate hindrances. Its primary purpose is to alleviate mental exhaustion, decision fatigue, and excessive memory usage. The system is created through two parts – one: documentation for planning design, two: a website for content storage and display. The website is derived from its blueprint, white paper, which outlines details of construction, components, and rationale. All information on the website, with the exception of the white paper, will be altered by algorithms befitting its purpose. It will employ a cross-platform structure to minimize applications and a central interface that manages fragmented programs. This design will create a compact site with an UI that directs viewers to tasks for the sake of ease.

## 1. Introduction

Humans are inherently power-driven creatures. For the three-hundred thousand years of modern human existence, it has been man's greatest ambition to seize power – a pursuit driven purely for the sake of satisfying self-interests. Although power can be acquired under different reasonable justifications - as a means to establish peace or for the cause of “greater good”, these intentions remain definitive outliers in history. By its design, power far better suits the individual. It's benefits multiply when applied to the individual and dilute when shared collectively. This principle makes retaining power too tempting an offer and sharing seem insensible. Power is the ability to enforce your will upon the world. It satiates fundamental human desires, it grants control, protection, status, a sense of achievement, freedom, and comfort. Ironically, power is depicted as a morally corrupting force and a contemptible motive. In contradiction, the pursuit of “greatness” is classed as a socially acceptable pursuit and even described as noble in certain cases. In reality, the truth couldn't be further than that depiction. Greatness and power are inextricably intertwined, yet power is condemned and greatness is commended. In conventional terms, greatness is defined as the acquisition of great wealth, expression of eminence, and the attainment of extraordinary capabilities. However, a more appropriate definition of greatness is power. Between the two, there is no difference, greatness is power, and power is greatness. The only altering factor is the form in which they manifest.

Important comparisons to examine are historical successes of attainment - four categories of greats. First, there were those that were adored, celebrated, and revered in their era, and subsequently. Second, there were people who were favoured in their time, but later faced scrutiny and criticism. Third, the universally despised. Fourth, those who were those who were considered great oppressors for ages, but later won respect from future generations for their accomplishments and capabilities. The great disparity among these cases lies in methodology, a difference of balancing *manipulation, strategic planning, public persona, execution, and purpose*. The powerful figures of history will always be regarded with either adoration or disdain from the masses. Their influence is indisputable, and their imprint upon history solidifies them as visionaries.

## 2. Inception

The idea behind the system originated from my personal need of a method to organize and control my own thought process. I aim to manage my own preference for hyper-focus on details. In the past, I have created a substantial quantity of renditions of a plan (which consisted of scheduled routines, rule requirements, outlines, and applications) to be implemented. All of which befell the same shortcoming. The complication of length and excessive engineering. Although these plans, from a technical perspective, fulfil the criteria and intended purpose, they are lacking practical value. After the initial formation of a plan, they would gradually divulge into a mess and a major nuisance a short duration after the initial development. They suffered from rigidity and dependent chain linking based on events and fixed actions. Ultimately, these failures disallowed flexibility in the case of using new applications, services, an enduring under new circumstances, which led to disruption that forced me to revise these plans. I was frustrated from the inability of all previous models to achieve satisfactory results. As such, I have decided to avoid previous process routine heavy design and instead make two components. First, a white paper drafting the concept and ideals of the project, then create the second platform by applying general knowledge, not specified structure, from the white paper's content. Now that the need for the structure is outlined, I will delve into a brief about the baser cause of everything.

Since birth, I have always been possessed entirely by an obsession with an objective. There is an ever-present fixation, in the form of a goal, which holds the utmost importance in my existence and from which I derive the justification of my being. I understand the reality of my nature and the subsistence of my mind. The lofty ambition which I pursue is the most fundamental goal in human existence ever devised – power. It is based on this aspiration that the idea for the framework was devised. The result would be a foolproof system of intricate structure and flawless design to ensure the achievement of the objective and the perpetuity of consistent thought.

## 3. Structures

The system is created through two parts. First, an outline that details the design of the system. Within this, the instructions to create the second structure is elaborated. Second, a website to house the content of the white paper. The website will be located at [www.williamouyang.org](http://www.williamouyang.org), and the white paper will be available on the website in addition to being stored on cloud storage, local storage, or via other storage methodology.

## 4. Component Purposes

*Every component exists for a reason. The rationale for their creation is outlined here.*

Time Management Format: A guideline for planning daily activities. It provides the outline for events and what time frame they are to be completed in. This ensures that routine commitments are completed in the proper course of events. Scheduling Format: A planning process containing instructions and a segmented calendar format for scheduling tasks and events. It helps organize time commitments ensuring that the content on the time management format is followed faithfully. Exercise: A regimen of callisthenics and stretching, which is essential to maintain physical health and high performance capacity. Tenet: My objective written. It's purpose is to be continually referenced and repetitively read to boost focus on what I aspire to achieve. Chores: A list of routine tasks that must be completed regularly to maintain household living standards. Cleaning: A task list of upholding cleanliness in living and working environments. Vault: A record of personal financial assets. Dashboard: A process of reviewing and managing personal financial investments. Storage: A page which stores downloads, redirects, & applications to be conveniently referenced.

## 5. Time Management Format

Table 1: Symbol Key for Time Management

Symbol	Value
[ ]	Definite time frame
<i>ref</i>	Refer to subsequent sections for content
( V )	A lenient time frame within constraint
>	Completion priority until next definite time frame
<i>fill</i>	Title for time frames without explicit blocks

### ***Morning Routine:***

- |                    |            |                       |
|--------------------|------------|-----------------------|
| 1. Wake up         |            | [06:00 AM]            |
| 2. Make Bed        |            | [06:00 AM – 06:05 AM] |
| 3. Initial Hygiene |            | [06:05 AM – 06:15 AM] |
| A. Use Restroom    |            | ( V )                 |
| B. Wash Hands      |            | ( V )                 |
| C. Floss           |            | ( V )                 |
| D. Brush Teeth     |            | ( V )                 |
| E. Rinse Face      |            | ( V )                 |
| 4. Callisthenics   | <i>ref</i> | [06:15 AM – 06:50 AM] |
| 5. Stretching      | <i>ref</i> | [06:50 AM – 07:10 AM] |
| 6. Morning Hygiene | <i>ref</i> | [07:10 AM – 07:40 AM] |
| 7. Read Tenet      | <i>ref</i> | [07:40 AM – 07:50 AM] |
| 8. Scheduling      | <i>ref</i> | [07:50 AM – 08:00 AM] |

### ***Enforced Events:***

- |                             |            |              |
|-----------------------------|------------|--------------|
| 1. Piano Practice           |            | [60 Minutes] |
| 2. Guitar Practice          |            | [60 Minutes] |
| 3. Chores                   | <i>ref</i> | >            |
| 4. Cleaning (Saturday Only) | <i>ref</i> | >            |
| 5. Check E-mail             |            | >            |
| 6. Review Dashboard         | <i>ref</i> | >            |
| 7. Cook & Eat               |            | >            |
| 8. Wash Dishes              |            | >            |

### ***Work Routine:***

- |          |  |             |
|----------|--|-------------|
| 1. Event |  | <i>fill</i> |
|----------|--|-------------|

### ***Night Routine:***

- |                           |            |                       |
|---------------------------|------------|-----------------------|
| 1. Update Vault & Storage | <i>ref</i> | [09:30 PM – 09:35 PM] |
| 2. Read Tenet             | <i>ref</i> | [09:35 PM – 09:40 PM] |
| 3. Night Hygiene          |            | [09:35 PM – 10:00 PM] |
| A. Use Restroom           |            |                       |
| B. Wash Hands             |            |                       |
| C. Floss                  |            |                       |
| D. Brush Teeth            |            |                       |
| E. Shower                 |            |                       |
| 4. Sleep                  |            | [10:00 PM]            |

## 6. Scheduling

### Scheduling Instructions (Process)

1. Add future appointments to Organizer / Calendar Application (Consult **Storage** for the application platform.), only include external events – not events already contained within **Time Management Format**, include time needed for preparation & commute (e.g. [10:40 AM – 10:45 AM: Dress for work], [10:45 AM – 11:00 AM: Commute to Work], [11:00 AM – 2:00 PM: Work], [2:00 PM - 2:15 PM: Commute Home]).
2. Include base events from **Time Management Format** to the current day's Segmented Calendar Format.
3. Refer to Organizer / Calendar Application (Consult **Storage** for the application platform.) for appointments to include in the current day's Segmented Calendar Format. Add those events to the Segmented Calendar Format.
4. Add in other events & tasks that are not appointments.
5. Manage the merging of appointments, base events from **Time Management Format** and non-appointment events so all are contained within the current day's Segmented Calendar Format – It is acceptable to modify, abridge, or remove base events from the current day's Segmented Calendar Format if there is a conflict with a subject matter that holds higher priority.
6. Confirm the merging of content & publish changes to the Segmented Calendar Format.
7. Utilize an alarm application (phone alarm or other) and set alarms to match appointments. Set alarm to activate upon the start of appointment commute / preparation time starting & activate upon appointment end.

### Segmented Calendar Format

12:00 AM – 12:30 AM	
12:30 AM – 01:00 AM	
01:00 AM – 01:30 AM	
01:30 AM – 02:00 AM	
02:00 AM – 02:30 AM	
02:30 AM – 03:00 AM	
03:00 AM – 03:30 AM	
03:30 AM – 04:00 AM	
04:00 AM – 04:30 AM	
04:30 AM – 05:00 AM	
05:00 AM – 05:30 AM	
05:30 AM – 06:00 AM	
06:00 AM – 06:30 AM	
06:30 AM – 07:00 AM	
07:00 AM – 07:30 AM	
07:30 AM – 08:00 AM	
08:00 AM – 08:30 AM	
08:30 AM – 09:00 AM	

09:00 AM – 09:30 AM	
09:30 AM – 10:00 AM	
10:00 AM – 10:30 AM	
10:30 AM – 11:00 AM	
11:00 AM – 11:30 AM	
11:30 AM – 12:00 PM	
12:00 PM – 12:30 PM	
12:30 PM – 01:00 PM	
01:00 PM – 01:30 PM	
01:30 PM – 02:00 PM	
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08:30 PM – 09:00 PM	
09:00 PM – 09:30 PM	
09:30 PM – 10:00 PM	
10:00 PM – 10:30 PM	
10:30 PM – 11:00 PM	
11:00 PM – 11:30 PM	
11:30 PM – 12:00 AM	

## 7. Exercise

### Callisthenics

1. Push up – Until Failure
2. Pull ups – Until Failure
3. 100 Leg Raises
4. 100 Squats

5. 1 Mile Run
6. 100 Calf Raises

#### Stretching

1. Hamstring Stretching
2. Quad Stretch
3. Calf Stretch
4. Triceps Stretch
5. Shoulder Stretch
6. Butterfly Stretch
7. Chest Stretch
8. Seated forward bend
9. Pigeon Stretch

### 8. Tenet

I will be the greatest and most powerful person ever to exist.

I will be the very best.

I will push myself to my limits.

I will prove that I am the greatest.

Why?

A flower that blooms should aspire to be the most beautiful and vibrant it can be in its fleeting existence.

So too, I exist.

I have a duty to reach as high as I can;

To ascend and carve my place in history.

1. I will achieve these factors:
2. I will refine my body to its utmost limits.
3. I will strengthen my mind to be unbreakable.
4. I will preserve my honour.
5. I will cultivate an unrivalled reputation.
6. I will master revered arts of skill and technique.
7. I will acquire unmatched wealth.

I have an insatiable thirst for power and a burning desire for greatness. I will achieve my dream, no matter the cost.

1. Do nothing that is of no use.
2. Do not regret what you have done.
3. Do not seek pleasure for its own sake.
4. Resentment and complaint are appropriate neither for oneself nor others.
5. Do not let yourself be guided by the feeling of lust or love.
6. Anger. Control your anger. If you hold anger toward others, they have control over you.
7. Your opponent can dominate and defeat you if you allow him to get you irritated.
8. Do not waste time idling or thinking after you have set your goals

Today is victory over yourself of yesterday; tomorrow is your victory over lesser men.

### 9. Chores

Monday - Tuesday

1. Dry and Put Away Washed Dishes (Daily - Morning or Afternoon)
2. Vacuum House Floor (Daily – Afternoon)
3. Wash Dishes and Wipe Table (Daily – Night)

#### Wednesday

1. Dry and Put Away Washed Dishes (Daily - Morning or Afternoon)
2. Clean Kitchen Stove top (Wednesday)
3. Vacuum House Floor (Daily – Afternoon)
4. Yard Work - Trim Bushes, Cut Grass, and Pull Weeds (Wednesday)
5. Wash Dishes and Wipe Table (Daily – Night)

#### Thursday - Friday

1. Dry and Put Away Washed Dishes (Daily - Morning or Afternoon)
2. Vacuum House Floor (Daily – Afternoon)
3. Take Out and Pull in Trash (Thursday and Friday Respectively)
4. Wash Dishes and Wipe Table (Daily – Night)

#### Saturday - Sunday

1. Dry and Put Away Washed Dishes (Daily - Morning or Afternoon)
2. Vacuum House Floor (Daily – Afternoon)
3. Wash Dishes and Wipe Table (Daily – Night)

## 10. Cleaning

#### Bedroom

1. Wash Bed sheets
2. Clean Furniture
3. Vacuum Floor and Closet
4. Clean Doorknobs and Light Switches

#### Work Areas

1. Clean Computers, Charging Lines, and Headphones (If Necessary)
2. Organize and Clean Desk
3. Vacuum Floor

#### Bathroom

1. Wash Towels, Loofah, and Mats
2. Clean Clothes Hanger (for Towels)
3. Clean Mirror
4. Clean Doorknobs and Light Switches
5. Clean Sink
6. Wipe Floor
7. Clean Toilet
8. Clean Bathtub

#### Personal

1. Make Bed (Arrange Bed Sheets)
2. Fold and Store Laundry
3. Hang Up Towels

## 11. Vault

Table 2: Definition Key for Vault

Term	Definition	Example
Category	Title of asset class [Cash and cash equivalents, Equities, Fixed Income, Real Estate, Commodities, Alternative Investment (label name of alternative investment directly) ]	Bitcoin
Cost Basis	Cost of asset in purchase denomination (USD or alternative)	\$1,040.00
Total Quantity	Complete amount of asset in its denomination	0.01436253 BTC
Storage Method	Where asset is stored	Trezor Model One
Date Acquired	Label the purchase date for single purchases. Use Aggregate for multiple investments with the same storage method	Aggregate

Update Vault ( Process )

1. Add on newly acquired assets.  
(Only long term assets, short-term trading assets are an exception)
2. Removed disposed assets.

Vault Table

Category	Cost Basis	Total Quantity	Storage Method	Date Acquired

## 12. Dashboard

Review Dashboard ( Process )

1. Review asset performance ( Review financial platforms for assets. Consult ***Vault*** for asset list & ***Storage*** for financial platforms.)
2. Read news on assets ( Search engine & platforms )
3. Review stock analysis – if applicable
4. Buy and sell assets accordingly

## 13. Storage

Update Storage (Process)

1. Add downloads, redirects, & applications to storage page in any applicable manner (Hyperlinks, buttons, plain text, etc.).