

Wednesday, December 31, 2025

8,760 Hours

2025 Initial Overview

- What went well?
 - Got a promotion
 - Earned total income above expectation
 - Control over key health areas (diet, sleep, activity, alcohol consumption)
 - Made meaningful gifts
- What did not go well?
 - Poor relationship (both intimate and social)
 - Limited education and development
 - Spent too much money
 - No travel (once in several years), adventures, hobbies
 - Poor origination of projects generating visibility at work
 - Muscle gain below expectation
 - Not satisfied with my living home
 - Generally negative emotions
 - Constant busyness, lack of priorities at work and life, limited deep meaningful work
- Where did you try hard?
 - Health (diet, sleep, activity)
 - Work
- Where did you not try hard enough?
 - Relationship
 - Relocation

- Spending control
 - Finding value and purpose
 - Education and development
 - Hobbies, travel, adventures
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Present Assessment

- **Values and Purpose**

- My life vision. A successful professional with a significant income and a devoted family man. I aim to balance career aspirations with a healthy, connected personal life. I'll prioritize lifelong learning and explore entrepreneurship while maintaining a foundation in relationships and health
- I want to commit to a life of problem-solving and embracing challenges, with the aim of achieving meaningful success (preferably related to technologies, entrepreneurship or education), while nurturing supportive and caring relationships
- My core values: honesty, fairness, trustworthiness, wisdom, generosity, perseverance
- What went well?
 - Progressed on a way to become a successful professional with a significant income by earning a promotion and demonstrating a good performance at work which helped earn higher than expected income
 - Had some minor experiences in entrepreneurship/technologies
 - Maintained control over key health areas (diet, sleep, activity, alcohol) and addressed health issues
- What did not go well?
 - End of year performance at work was poor and highlighted limited ability to progress further
 - Long-term relationship broke up
 - Limited challenges and problem-solving, entrepreneurial efforts were minor and fruitless
- Where did you try hard?

- Performance at work
- Control over key health areas
- Where did you not try hard enough?
 - Intimate relationship
 - Social relationship
 - Entrepreneurship
 - Education
- Summary: overall control over health foundation is solid; professional life/income is in good shape but need further efforts to maintaining recent performance; completely dissatisfied with the state of my social life/relationship; entrepreneurship and development efforts should be increased
- Rating:
 - Status: 4
 - Importance: 3
 - Key bottleneck: absence of a life partner

- Contribution and Impact

- I provide value primarily to my closest ones - my mother and ex-partner. This value is primarily monetary: I cover some of their expenses from healthcare to gifts. The most impactful gift was an apartment purchase for my ex-partner - this really means a lot to her. I feel good when I support her materially/financially
- Other than that I make very limited contribution to the world and I do not consider my work as creating a notable value either. At the same time, I am not seeking to make an excessive contribution to the world/environment
- What went well?
 - Made an impactful contribution to my ex-partner by funding her apartment purchase
- What did not go well?

- My spendings related to my closest ones consist primarily of non-essential goods and services (e. g. luxury outfits, hotels etc.)
- Where did you try hard?
 - Did not try hard at all
- Where did you not try hard enough?
 - Probably in trying to create value for broader groups of people but I don't see this as my high-priority activity
- Summary: my closest ones receive every support they need (sometimes excessive due to my generosity) which is fine; I did not seek making huge impact at a larger scale
- Rating:
 - Status: 6
 - Importance: 3
 - Key bottleneck: contribution consists primarily of premium goods/services
- **Location and Tangibles**
 - I have material sufficiency except for some minor things, I do not own too many unnecessary things and my space is not cluttered. I have planned a comprehensive wardrobe creation with a stylist
 - I live at an unpleasant location in an apartment that is not very welcoming. This limits my social activity as I am unable to invite friends to my place for a dinner/drink/socializing. I am readily mobile within Moscow
 - What went well?
 - Got rid of many unnecessary items
 - What did not go well?
 - Damaged my rented apartment and need to renovate it before moving elsewhere

- Did not decide to move from this apartment because of high requirements to a desired apartment and substantial rent/mortgage payment increase upon moving
- My outfit items are do not fit me (in terms of size) so i look inappropriate. Also my outfit does not match my status/income. This limits my confidence in social interactions, especially new contacts. I hired a personal stylist and my wardrobe will be completely renewed by February 2026
- Where did you try hard?
 - Did not try hard at all
- Where did you not try hard enough?
 - Assessing purchase of an apartment
 - Restocking my wardrobe with items that fit me and look stylish
- Summary: my space is on order; my apartment and wardrobe need substantial improvement because they put pressure on my quality of life
- Rating:
 - Status: 2
 - Importance: 4
 - Key bottleneck: lack of outfit and a place for my social interactions

- Money and Finance

- I have savings covering several years of my living expenses. My assets are primarily public market portfolio (self-managed) and some stock grants
- My total 2025 spendings are ca. RUB 13-15m (excluding one-off spending towards my ex-partner's apartment purchase) with largest spending categories being (approximate numbers):
 - Travel (RUB 3.3m) - primarily travel by my ex-partner (she reimbursed in part) and mother
 - Restaurants and cafes (RUB 2.2m) - including RUB 0.8m ready-to-eat subscription which has been later replaced by self-cooking (groceries spending)

- Apparel (RUB 2.0m) - primarily spendings by my ex-partner
- Taxi (RUB 1.1m) - includes taxi rides by my ex-partner and mother
- Apartment rent (RUB 0.9m)
- Groceries (RUB 0.7m)
- Sports and fitness (RUB 0.6m)
- Healthcare (RUB 0.4m)
- I want to improve my control over spending in order to increase overall savings and be able to purchase an apartment
- I need to open a new foreign bank card by July 2026
- I am currently funding the renovation of the apartment that my ex-partner purchased. Expected expense: ca. RUB 9-10m finishing in May 2026. Other than that I have no debt/substantial commitments
- What went well?
 - My 2025 income from work exceeded my expectations
 - USD portfolio delivered good return (ca. 18-20%)
- What did not go well?
 - Excessive spendings
- Where did you try hard?
 - Did not try hard
- Where did you not try hard enough?
 - Controlling spending
 - Investment portfolio management and strategy
- Summary: sufficient income, large savings; poor asset management; poor spending control. These must be fixed for being able to purchase apartment
- Rating:
 - Status: 5
 - Importance: 6

- Key bottleneck: excessive spending
- **Career and Work**
 - I am a corporate development M&A director leading strategic acquisition transactions at a large tech company. I also oversee our company's VC investments being an observer at investment committee of two prominent VC funds
 - My skills of public speaking and presenting to senior management are insufficient and need improvement. Because of that I lack the feeling that I am good at what I do
 - My work seems deorganized, I am constantly busy and overloaded but the conversion of this input into valuable outcomes is suboptimal. I have low control over my day and actions. Partly this is because I have no KPIs and my boss' approach is like "perform well, don't fail, focus on what I tell you to do and deprioritize the rest" - its hard to set priorities for myself in such an environment
 - I am poorly networked within my industry and this hinders my generation of new initiatives
 - What went well?
 - I got a promotion
 - I completed some high-importance transactions
 - What did not go well?
 - Poor origination of projects generating visibility at work, especially in 2H25
 - Poor performance at several meetings with senior management
 - High hours at work
 - Where did you try hard?
 - Tried to perform well at almost every project and invested much time in performance of my duties
 - Where did you not try hard enough?
 - Development of valuable skills and fixing existing skill gaps

- Establishment of network of valuable connections
- Summary: overall good performance but several important missing pieces (public speaking and presenting to higher-ups skills, valuable network, inadequate origination of visible projects) may undermine my value to the company in short- and mid-term
- Rating:
 - Status: 5
 - Importance: 6
 - Key bottleneck: lacking origination of visible projects

- **Health and Fitness**

- I have an established and healthy regular diet that covers my needs in calories and macros. I make healthy home-cooked meals or eat at restaurants (avoiding very unhealthy meals). I sometimes have cheatmeals (e. g. fast food) but this is quite rare and in reasonable amounts
- Overall I feel good and alert. I get sick about once a year
- I do resistance training workouts with a personal coach 3 times a week without skipping. I want to increase my muscle mass while controlling body fat percentage
- I sleep well and often sufficiently (7-8 hours) with an established sleep regime which is sometimes violated by busy season at work or parties or other rare occasions
- I track alcohol consumption: ca. 0.6 US standard drinks (14 g of alcohol) per day averaged across 2025. I smoke 1-2 cigarettes a day and want to limit smoking or quit regular smoking
- My health issues are: unknown liver condition, bradycardia, redness of skin around my mouth, unpleasantly-looking skin (blackheads, oily skin, post-acne scars, poor texture), bad posture
- What went well?
 - Developed and maintained a healthy home-cook diet
 - Regular gym workouts with no skipped sessions for inadequate reasons

- Generally follow sleep regime
- What did not go well?
 - Diagnosed with an unknown liver condition
- Where did you try hard?
 - Diet and workout
- Where did you not try hard enough?
 - Diet variance and taste, cooking skills development
 - Skin care
 - Posture improvement
- Summary: strong diet and activity regimes adherence; important health conditions (liver, bradycardia) being addressed/monitored properly with healthcare professionals; diet should be improved further; skin care routine has been largely violated and almost no effort into posture improvement
- Rating:
 - Status: 6
 - Importance: 5
 - Key bottleneck: skin and posture

- Education and Development

- I have a BSc degree in finance. I take an education course once in 1-2 years or so
- My primary sources of learning new things are:
 - AI and deeptech newsletters by reputable authors
 - Podcasts on AI, VC, spacetech
 - Vibe coding experiments, which in some sense are entrepreneurial efforts
- I have read 2-3 books in 2025. I want to substantially increase my reading time - I have a large books on my reading list

- I am good at analytics and numbers, I dive deep into my work matters and successfully identify and mitigate risks. My public speaking skills need improvement. Also I would like to improve my diction (quality of my speaking)
 - What went well?
 - Good understanding of deeptech and AI trends and developments
 - What did not go well?
 - Insufficient time invested in education and skill development
 - Almost no reading of books
 - Time spent reading newsletters may be disproportionate (too high) to extracted value but don't know because I didn't track the time spent
 - Where did you try hard?
 - Newsletter reading and podcasts listening routines
 - Where did you not try hard enough?
 - Reading books
 - Identifying skills that are important for me and developing those
 - Summary: my development is limited to being well-informed about certain interesting topics; no development plan or efforts (other than newsletters and podcasts) has been made
 - Rating:
 - Status: 2
 - Importance: 5
 - Key bottleneck: absence of development plan and activities
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- **Social Life and Relationships**
 - My social life is limited to my ex-partner, mother, colleagues, brother. I have good relationship with my family and ex-partner. My social circle is basically my colleagues. I am not a member of any organization/community

- I only feel being cared for and valued by from my mother and ex-partner. Other people are just good acquaintances and are not close people towards me. I have no partner and in the process of finishing my previous relationship that lasted several years with my ex-partner - the relationship is good (we are basically the closest people to each other) but our ways parted
- I have no friends other than my ex-partner and this connection will and should gradually decrease or disappear completely if both of us find this reasonable. I find it important that our break-up is not abrupt and she is well-transitioned into her new chapter over the next few months. I financially support her efforts of wardrobe improvement and cover some of her large expenses while she is getting used to her new life and budget (my income exceeds hers many times so she kind of depended on me financially). I also materially contributed into her purchase of a great apartment and will cover its renovation cost so that she has sufficient capital and enjoy her life going forward (this is a very substantial improvement of her quality of life). I feel good when I support her (within the scope of our agreement on break-up)
- I lack a romantic partner and sustainable high-quality relationships with her (including intimacy)
- What went well?
 - Me and my ex-partner came to an understanding that we should break up and mutually agreed to this while retaining our good relationship
- What did not go well?
 - I don't have any friends and social interactions, so I feel very bad about my social life
- Where did you try hard?
 - Retaining good relationship with my ex-partner
- Where did you not try hard enough?
 - Finding friends and developing connections
- Summary: I desperately need to create a new chapter of my social life because my previous consisted exclusively of my relationship with my ex-partner, which has ended in 2025. There is no foundation to this new chapter, so this will be something completely new

- Rating:
 - Status: 1
 - Importance: 7
 - Key bottleneck: absence social connections and romantic partner

- **Emotions and Well-being**

- I am very much disappointed in my life and I am not enjoying it. Currently my life is dominated by work and this seems meaningless to me. But I am unable to quit my job because of a subsequent drastic fall of my quality of life - I earn decent money and invested most of my life into education and training for this deserved role and income
 - I feel negative about my life because I overinvested time into my work and underinvested into social life/relationships and risk missing important milestones - e. g. creating a family, birth of a child. I also feel slightly insecure that my salary may decrease - I don't know any specific reason for this but this risk is frightening me
 - I am easily irritated and get angry. I often get involved into arguments that are not necessary - I often want to change their view on something, but there is no reason for that and no reason to argue. I often feel bad afterwards as this is not healthy social behavior
 - I do not practice mindfulness but I really want to
 - Summary: I need dramatic improvement of the quality of my life so that I feel better about it
- Rating:
 - Status: 3
 - Importance: 5
 - Key bottleneck: poor social life/relationships

- **Character and Integrity**

- My identity is not as small as I want it to be (<https://paulgraham.com/identity.html>). For this reason I easily involve into arguments that make no sense
- I identify myself primarily as my job title and my occupation, it seems that my life is 90% my job, which is what deserves changing
- I highly rate my self-discipline (confirmed by some of my routines), responsibility, focus, persistence, integrity. I rate my compassion, self-awareness, courage, confidence at low level
- I enjoy when my activities or projects have some trackable and measurable progress/milestones so that I know that I am improving or stagnating
- Rating:
 - Status: 4
 - Importance: 3
 - Key bottleneck: unwanted arguments with people

- **Productivity and Organization**

- I do not use productivity systems. I make notes whenever I have an idea worth writing down. I also use notes for my alcohol tracking
- I have routines like meal cooking, workouts, smoking at the end of the day (which I want to quit), coffee on weekend mornings
- There is not too much complexity in my life but my work activities often flood my day and I feel too busy while doing less than I could and with suboptimal benefits. I rarely engage in deep work and experience lack of priorities
- My workspace setup is okay, my desk is decluttered with minimal items on it
- Rating:
 - Status: 4
 - Importance: 4
 - Key bottleneck: lack of priorities in work and development

- **Adventure and Creativity**

- I do not experience what I want to experience in my life. Currently I have very limited room for creativity in my life but I want to express it via entrepreneurship. Other than my limited efforts in entrepreneurship, I have not done any notable creative things lately
- I am considering to start my old-time hobbies: practical pistol shooting, aggressive inline skating and playing bass guitar. I also want to improve my cooking - I think this could be beneficial for my social life and relationship. I also want to try 10-20-30 new activities in a systematic and well-organized way to find out what I enjoy to diversify my free time
- I have travelled only once for several years and think that I am missing out a lot on this. Last year I spent 3 days snowboarding and greatly enjoyed it
- What went well?
 - Had some vibecoding entrepreneurship efforts
- What did not go well?
 - No new hobbies
 - Quit practical pistol shooting
 - Almost no travel
- Where did you try hard?
 - I was focused and devoted great time when I was inspired with startup ideas
- Where did you not try hard enough?
 - Finding new hobbies, new startup ideas
- Rating:
 - Status: 2
 - Importance: 5
 - Key bottleneck: absence of activities I enjoy

Ratings summary

Area	Status	Importance
Values and Purpose	4	3
Contribution and Impact	6	3
Location and Tangibles	2	4
Money and Finances	5	6
Career and Work	5	6
Health and Fitness	6	5
Education and Skill Development	2	5
Social Life and Relationships	1	7
Emotions and Well-being	3	5
Character and Integrity	4	3
Productivity and Organization	4	4
Adventure and Creativity	2	5

Future Vision and Goals

- **Values and Purpose**

- Loving and fair husband and father of 1-2 kids heavily investing time and resources into their well-being
- Accomplished professional or a founder of a successful technology-related startup

- **Contribution and Impact**

- Every need of my family is covered, including upscale wants (e. g. travel, premium tangibles)

- **Location and Tangibles**

- Spacious apartment in Moscow with panoramic view that is welcoming my friends on a regular basis
- Great stylish outfit that looks attractive and speaks my status
- Every needed tangible is possessed and of high quality
- Metrics: number of hosted parties or meetings with friends at the apartment (#)

- **Money and Finance**

- Net worth sufficient to cover total expenses through passive investments
- Metric: total expenses (RUB); net worth (USD); coverage of total expenses by net investment income and capital gains/losses (%)

- **Career and Work**

- Great control over my work and projects. Origination of value-creating projects and regular deep work
- Wide network of investment professionals, VC investors and deeptech founders

- Metric: originated high-quality projects (#); work hours per week (#); deep work hours per week (#); number of relevant contacts meaningfully approached (#)

- **Health and Fitness**

- No chronic disease
- Athletic body and good posture
- Healthy sleep and diet
- Control over alcohol consumption and smoking
- Metric: sleep hours (#); lean body weight (kg); workouts count (#); exercise results (kg); alcohol consumed (# of standard drinks); smoking (# of cigarettes)

- **Education and Development**

- Earned a tech-related degree (e. g. engineering)
- Consistent reading
- Great skillset for career progression
- Metric: books read (#); time spent on education (# of hours)

- **Social Life and Relationships**

- Several close friends who I meet regularly
- Found a loving romantic partner who is my wife and mother of our kid(s). Prior to that: met several girlfriends for calibration of screening filters, active sex life and earning experience in relationships with women (strictly without being unfair to any girlfriend/partner)
- Metric: meetings with friends (#); quality time events with my partner (#); dates (#); sex partners (#)

- **Emotions and Well-being**

- Being optimistic about my life. Controlling my emotions and actions
- Metric: duration of mindfulness practice (# of hours)

- **Character and Integrity**

- Being kind to people while improving myself

- **Productivity and Organization**

- Routines are deeply incorporated into my life. My life is well-organized, I always know my priorities and work towards achieving my goals, including tracking

- **Adventure and Creativity**

- Regular travel with close people
 - Regularly devote time to loved hobbies and activities
 - Express creativity via tech entrepreneurship
 - Metric: time spent on hobbies (# of hours); travelling (# of nights)

Mid-term Major Goals

- Earn net worth sufficient to cover total expenses passively
- Establish wide professional network
- Engage in a creative activity/hobby/entrepreneurship
- Get close friends
- Purchase an apartment
- Marry a woman

2026 Major Goals

High Priority Goals

Increase social interactions and find friends

Life area: Social Life and Relationships

- **Metrics**

- People met 2+ times a year: 20 (informal meetings only - not work-related)
- People met 5+ times a year: 5 (informal meetings only - not work-related)

- **Projects**

- Friendship pipeline: connection sourcing channels → meeting → quality assessment → repeat activities.

- **Milestones (quarterly)**

- Q1:

- Wardrobe plan executed
- Join 2 recurring communities + attend 6–8 sessions total
- Meet 10–20 new people (mostly via those communities)
- Convert 4–6 into 2nd meetings

- Q2:

- Living situation “invite-ready”
- Identify 8 friend-candidates (people you genuinely want to see again)
- Host/organize 2 events (dinner, drinks, activity)
- Reach cumulative 10–12 people met 2+ times

- Q3:

- 5 core candidates seen at least monthly
- Reach cumulative 15+ people met 2+ times

- Q4:

- 5 people hit 5+ meetings threshold
- Run 2 hosted events
- **Uncertainty / derailment plan (pre-mortem)**
 - Risk: You meet people but don't convert to 2nd meetings
 - Trigger: 10+ new contacts in a month but <2 second meetings booked
 - Response: enforce 48-hour follow-up + book the next meeting within 14 days; schedule a weekly "follow-up block"
 - Risk: Work spikes kill consistency
 - Trigger: 2 consecutive weeks with <1 social event
 - Response: apply Busy Week floor immediately (1 social event)

Find a romantic partner

Life area: Social Life and Relationships

- **Metrics**
 - New romantic relationship duration: >3 months
 - New dates/month (starting June 2026): 8 (stop upon finding good relationship)
 - New sex partners: 3 (stop upon finding good relationship)
- **Projects**
 - Dating readiness foundations: boundary clarity with ex-partner, "life content", attraction basics, partner filters.
 - Dating pipeline: sourcing channels → dating → quality assessment → repeat dates.
- **Milestones (quarterly)**
 - Q1:
 - Wardrobe plan executed; grooming baseline stable
 - Photos planned/booked for after wardrobe completion

- Define partner filter + deal-breakers + first-date plan
- Ex-boundary plan written and started
- Q2:
 - Profile live + messaging rhythm established by May
 - Calendar locked for 2 dates/week starting June
 - June target: 8 dates
- Q3:
 - Maintain 8 dates/month unless you're in a promising relationship
 - Improve conversion (more 2nd/3rd dates, fewer dead chats)
 - At least 1 new sex partner
 - At least 1–2 candidates that could plausibly become >3 months
- Q4:
 - If relationship found: deepen + stabilize >3 months
 - If not: audit filters + channel mix + execution
 - 3 new sex partners (cumulative)
- **Uncertainty / derailment plan (pre-mortem)**
 - Risk: Work spikes kill consistency
 - Trigger: 2 consecutive weeks with <2 new dates
 - Response: apply Busy Week floor immediately
 - Risk: Dating becomes high volume / low quality / burnout
 - Trigger: >8 dates/month but no 2nd dates, or you dread dates
 - Response: tighten filters; reduce to 4–6 dates/month for 4 weeks; prioritize second/third dates
 - Risk: Ex-partner ambiguity undermines new dating
 - Trigger: you hesitate to disclose contact or a date asks and you feel evasive

- Response: reduce contact further; prepare a clean, brief disclosure statement; align actions with intent

Improve career visibility and communication

Life area: Career and Work, Education and Development

- Metrics

- Books read: 15
- Origination actions: at least 1 weekly
- Originated initiatives presented to VP: 2
- Number of new professional contacts: 20
- Public speaking, presentation, improvisation and other related skills: 100 hours of training (coach/course)
- Diction: noticeable improvement (subjective assessment based on voice recordings) upon training sessions with speech therapist

- Projects

- Training pipeline: choose programs + schedule recurring sessions.
- Origination pipeline: maintain a running list of 10 initiative ideas → monthly stakeholder conversations → 1 written memo/quarter.

- Milestones (quarterly)

- Q1:
 - Training started; 15 hours logged.
 - Record baseline voice sample.
 - Build origination list (10 ideas) + do stakeholder conversations.
- Q2:
 - 45 hours training logged (cumulative).
 - Initiative #1 presented to VP.
 - 10 new professional contacts (cumulative).

- Q3:
 - 75 hours training logged (cumulative).
 - Initiative #2 presented to VP.
 - 15 new professional contacts (cumulative).
- Q4:
 - 100 hours complete.
 - 20 new professional contacts (cumulative).
- **Uncertainty / derailment plan (pre-mortem)**
 - Risk: Work environment and priorities block origination time.
 - Trigger: 0 origination actions in a month (no stakeholder chats, no memo, no pitch).
 - Response: schedule a fixed weekly 2h block; pick smallest viable initiative.
 - Risk: Training doesn't translate to real meetings.
 - Trigger: no measurable improvement in confidence/clarity after 6 weeks.
 - Response: add feedback loop (coach feedback + recordings); increase "real reps" (internal presentations).
 - Risk: Deal spikes wipe out consistency.
 - Trigger: 2 weeks in a row >60h.
 - Response: keep only 1 training session/week + 1 origination action/week until spike passes.

Find new hobbies, ideas and travel more

Life area: Adventure and Creativity

- **Metrics**
 - New activities tried: 12
 - Travel: >10 nights
 - Write ideas: 500 total and 10 per week

- **Projects**

- Anchor hobbies: weekly cooking and pistol shooting.
- New activity pipeline: plan 1 new activity/month.
- Idea system: daily capture + weekly 20-minute review to keep the 10/week target consistent.

- **Milestones (quarterly)**

- Q1:
 - Complete 12 sessions total of anchor hobbies.
 - Try 2 new activities.
 - Reach 125 ideas cumulative.
 - Take 3 travel nights
- Q2:
 - Complete 12 sessions total of anchor hobbies.
 - Try 4 new activities (6 cumulative).
 - Reach 250 ideas cumulative.
- Q3:
 - Try 4 new activities (10 cumulative).
 - Reach 375 ideas cumulative.
 - Take 7 travel nights.
- Q4:
 - Try 2 new activities (12 total).
 - Finish 500 ideas.

- **Uncertainty / derailment plan (pre-mortem)**

- Risk: Work cancels travel/activities.
 - Trigger: you cancel 2 planned activities in a month.

- Response: shift to local/low-friction activities; keep anchors; rebook immediately.
- Risk: Idea quota becomes low-quality busywork.
 - Trigger: you're writing ideas just to hit the number and not reviewing them.
 - Response: keep the count, but require a weekly 20-min review; star the top idea every week.

Nice-to-have Goals

Practice mindfulness

Life area: Emotions and Well-being

- Mindfulness practice: 100 minutes per week
- Mindfulness practice: 4 days per week or more

Control spending and increase net worth

Life area: Money and Finance

- Total expenses: RUB <9m (excluding ex-partner's apartment renovation)
- Weekly total expenses: RUB <175k
- New foreign bank card opened by July 2026
- Desired net worth outcome: RUB >120m (starting: ca. RUB 88m)

Control workload by setting priorities

Life area: Career and Work

- Work hours: <55 hours per week

Maintenance

Stay healthy and gain muscle

- Sleep hours: 7:30
- Lean body weight gain: 4 kg
- Workouts skipped: <8 (excluding medical conditions)
- Alcohol consumed: <0.4 standard drink (average)
- Cigarettes smoked: <100
- Unhealthy meals and snacks: <150 (unhealthy being out of diet / fat > protein / candies or sweets)
- Posture training: daily according to exercise plan

Busy Week Protocol

If a week goes >60h work or you're in a deal spike:

- Keep: 1 social event, 1 training session, 10 ideas (minimum)
- Pause: new activities, extra dates beyond what's scheduled, book reading targets
- Resume normal plan the first week workload normalizes