

0.) Governing Ecosystem

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graph TD; A[0.) Governing Ecosystem] --- B[0.1) Directories]; A --- C[0.2) VisGoMiSteT]; A --- D[0.3) Reinforcement Deployment]; B --- B1[0.1.1) Higher-Level Directories]; B --- B2[0.1.2) Lower-Level Directories]; C --- C1[0.2.1) Visions]; C --- C2[0.2.2) Goals]; C --- C3[0.2.3) Milestones]; C --- C4[0.2.4) Steps]; C --- C5[0.2.5) Tasks]; D --- D1[0.3.1) Master Catalog]; D --- D2[0.3.2) Essential Catalog];
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The diagram is a mind map with a central node '0.) Governing Ecosystem' in a yellow box. It branches into three main categories: '0.1) Directories', '0.2) VisGoMiSteT', and '0.3) Reinforcement Deployment'. Each category further branches into sub-items. '0.1) Directories' has two sub-items: '0.1.1) Higher-Level Directories' and '0.1.2) Lower-Level Directories'. '0.2) VisGoMiSteT' has five sub-items: '0.2.1) Visions', '0.2.2) Goals', '0.2.3) Milestones', '0.2.4) Steps', and '0.2.5) Tasks'. '0.3) Reinforcement Deployment' has two sub-items: '0.3.1) Master Catalog' and '0.3.2) Essential Catalog'. All sub-items are enclosed in light blue boxes.

0.1) Directories

0.1.1) Higher-Level Directories

0.1.2) Lower-Level Directories

0.2) VisGoMiSteT

0.2.1) Visions

0.2.2) Goals

0.2.3) Milestones

0.2.4) Steps

0.2.5) Tasks

0.3) Reinforcement Deployment

0.3.1) Master Catalog

0.3.2) Essential Catalog

1.) SPEEDS Lifestyle Design

1.1) Strength Training

1.1.1) Bodyweight Workouts

1.1.2) Weight Training

1.2) Physique

1.2.1) Dental

1.2.2) Fashion

1.2.3) Weight Management

1.3) Endurance

1.3.1) Physical

1.3.2) Environmental

1.4) Energy

1.4.1) Stress Optimization

1.4.2) Emotional Intelligence Mastery

1.4.3) Breathing Mastery

1.4.4) Self-Care

1.5) Dietary

1.5.1) Food

1.5.2) Drink

1.5.3) Supplements

1.5.4) Herbs

1.6) Sleep

1.6.1) Wind-Down

1.6.2) Sleep Optimization

1.6.3) Wake-up

2.) Cognitive Engineering

2.1) Thought Engineering

- 2.1.01) Affirmations
- 2.1.02) Aspirations
- 2.1.03) Formulae
- 2.1.04) Gratitude
- 2.1.05) Inspiration
- 2.1.06) Metaphor
- 2.1.07) Models
- 2.1.08) Prayer
- 2.1.09) Reflections
- 2.1.10) Reminders
- 2.1.11) Wisdom Nuggets
- 2.1.12) Lists
- 2.1.13) Questions
- 2.1.14) Research

2.2) Behavioral Engineering

- 2.2.1) Amplification
- 2.2.2) Replacement

2.3) Habit Engineering

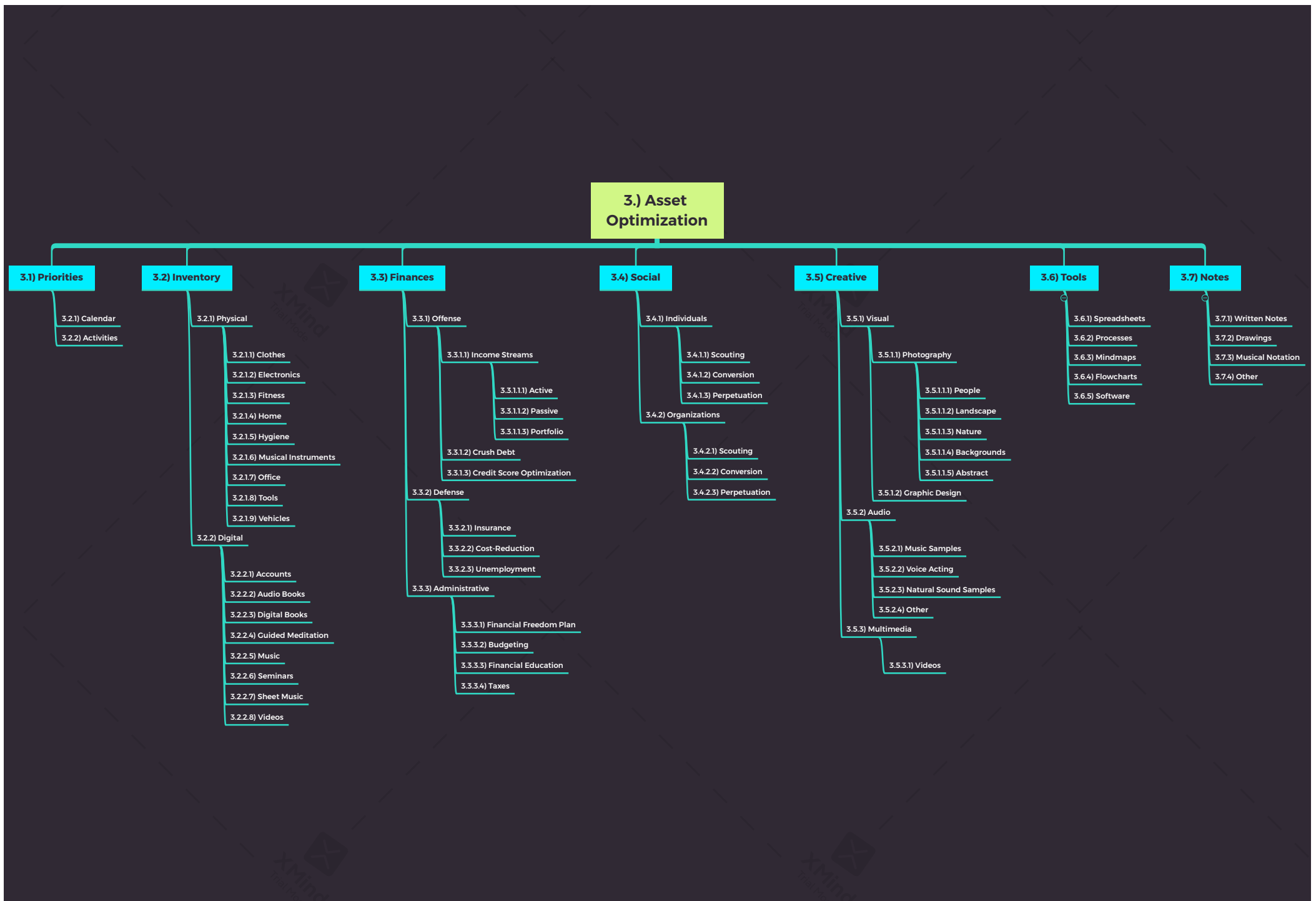
- 2.3.1) Daily
 - 2.3.1.1) Morning
 - 2.3.1.2) Daily
 - 2.3.1.3) Winddown
- 2.3.2) Weekly
 - 2.3.2.1) n Times per Week
 - 2.3.2.2) Day of the Week
 - 2.3.2.3) Once Weekly
- 2.3.3) Monthly
 - 2.3.3.1) n Times per Month
 - 2.3.3.2) nth Day of the Month
 - 2.3.3.3) Monthly
- 2.3.4) Annual
 - 2.3.4.1) Bimonthly
 - 2.3.4.2) Quarterly
 - 2.3.4.3) Trimester
 - 2.3.4.4) Semi-Annual
 - 2.3.4.5) Annual
- 2.3.5) Infrequent
 - 2.3.5.1) Biannual
 - 2.3.5.2) Triennial
 - 2.3.5.3) Quatrennual
 - 2.3.5.3) Pentennual
 - 2.3.5.4) Deciennual

2.4) Character Engineering

- 2.4.1) Characteristics
 - Accountability
 - Charisma
 - Courageous
 - Creative
 - Curiosity
 - Decisiveness
 - Empathic
 - Humor
 - Influence
 - Intuition
 - Leadership
 - Likeability
 - Negotiation
 - Passionate
 - Persuasion
 - Resilience
 - Responsible
 - Risk-Taking
 - Self-Aware
 - Wit
- 2.4.2) Mentor Army
 - 2.4.2.1) Historical
 - 2.4.2.2) Fictional
 - 2.4.2.3) Nature

2.5) Performance Engineering

- 2.5.1) Mindsets
 - 2.5.1.1) General
 - 2.5.1.1.1) Creeds
 - 2.5.1.1.2) Definite Purpose
 - 2.5.1.1.3) Inner Coaching
 - 2.5.1.2) Specialized Mindsets
 - 2.5.1.4.1) Peak Performance
 - 2.5.1.4.2) Financial Freedom
 - 2.5.1.4.3) Indomitable Optimism
- 2.5.2) Productivity
 - 2.5.2.1) Lifehacks
 - 2.5.2.2) Catalysts
- 2.5.3) Synergies
 - 2.5.3.1) Deductive
 - 2.5.3.2) Inductive
- 2.5.4) Metrics
- 2.5.5) Interferences
- 2.5.6) Advanced Mental Disciplines



4.) The Polymath's Ubercraft

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graph TD; A[4.) The Polymath's Ubercraft] --- B[4.1) The Ubercraft]; A --- C[4.2) Crafts]; A --- D[4.3) Disciplines]; A --- E[4.4) Sets]; A --- F[4.5) Bits]; C --- G[4.2.1) Synergistic]; C --- H[4.2.2) Polymath]; F --- I[4.5.1) Skills]; F --- J[4.5.2) Techniques]; F --- K[4.5.3) Knowledge]; F --- L[4.5.4) Trivia];
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A mind map diagram with a central node '4.) The Polymath's Ubercraft' in a yellow box. It branches into five nodes: '4.1) The Ubercraft', '4.2) Crafts', '4.3) Disciplines', '4.4) Sets', and '4.5) Bits', all in blue boxes. The '4.2) Crafts' node further branches into '4.2.1) Synergistic' and '4.2.2) Polymath'. The '4.5) Bits' node further branches into '4.5.1) Skills', '4.5.2) Techniques', '4.5.3) Knowledge', and '4.5.4) Trivia'. All branches are connected by blue lines.

4.1) The Ubercraft

4.2) Crafts

4.3) Disciplines

4.4) Sets

4.5) Bits

4.2.1) Synergistic

4.2.2) Polymath

4.5.1) Skills

4.5.2) Techniques

4.5.3) Knowledge

4.5.4) Trivia

5.) The Chimera's Forge

5.1) Audio

- 5.1.1) Music Composition
- 5.1.2) Songwriting
- 5.1.3) Beatmaking
- 5.1.4) Spoken Word
- 5.1.5) Podcasts

5.2) Visual

- 5.2.1) Drawing
- 5.2.2) Graphic Design

5.3) Writing

- 5.3.1) Blogs
- 5.3.2) Books
- 5.3.3) Poetry
- 5.3.4) Stories
- 5.3.5) Analogies
- 5.3.6) Quotes

5.4) Multimedia

- 5.4.1) Speechwriting
- 5.4.2) Screenwriting
- 5.4.3) Videos
- 5.4.4) Vlogs

5.5) Intellectual

- 5.5.1) Businesses
- 5.5.2) Inventions
- 5.5.3) Software
- 5.5.4) Concepts
- 5.5.5) Classes
- 5.5.6) Puzzles
- 5.5.7) Recipes

5.6) Unique Projects

5.7) Comedy

- 5.7.1) Standup Routines
- 5.7.2) Jokes

