

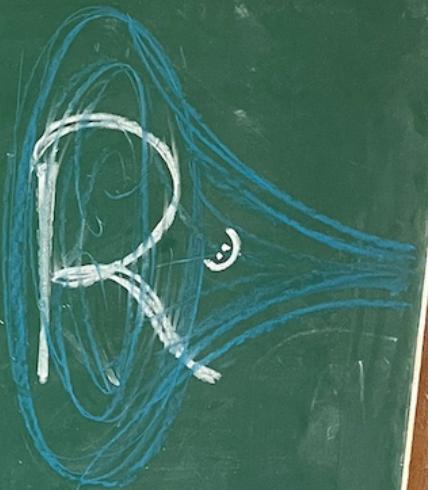
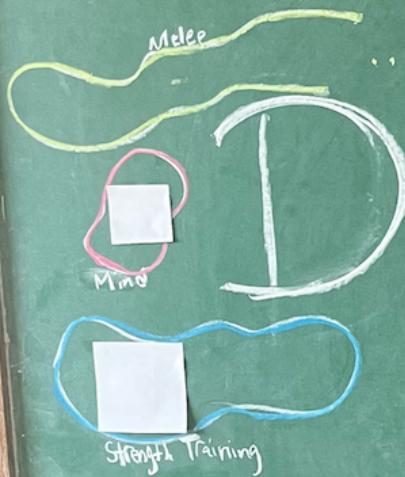
D

1) Trust

V 2) Family

3) Nature is King

4) Give when in a position to give



H



Tasks (calendar, to do's, (email, text, call))
Responsibilities (grocery, laundry, medication, hygiene, cleaning, plants)
Money (disposable, assets, taxes)
Information (meta, architectures, content)

GOAL: Paradigm Shift

what: A change in reality

why: to learn how to close
you have to come in

when: create a solution

complete documentation

write a book

change the world

how

{ drugs, experimentation,
& complete trust in myself)

Sep '20 - Feb '21

{ a push or two

Feb '21 - Mar '22

{ medication

Mar '22 - Apr '22

{ Adderall, weed, Hania Rani,
courage, & humility

May '22

- 30 days w/o → shrooms

Aug '22 - Sep '22

{ Faith (and adderall)

Sep '22 - Mar '23

close: bin → DC

GOAL: Change my body

What: Zero discomfort

Why: there is nothing I want more than to be able to move freely.

When: Symmetric activation

neutral spine & hips
(no discomfort during compound lifts)

change default breathing pattern
(30 second BOLT test)

200 lbs.

now
[Kuhn]

| Dec '16 - Dec '20

Creating a new approach
to physical health and
achieving stasis

| July '21 - Aug '22

~~physiological
habit of
health~~

~~gym
partners, listening~~

| Sep '22 - Jan '23

[Progressive overload
Faith]

| Jan '23 - Mar '23

| Apr '23 -