Axiom 1. priority, win, championship, dose it contribute to my success? if so, how?

Postulate 1. paying attention to breath and music is the way to calm down

Postulate 2. goal, roadmap, milestone, step

Rules Of Inference 1. Uncomfortable means Probem. Curious, Concern means Probem. Probem measn seek Comparisons, Facts, Help, Support. Formulate the Precise Question, Ask the Right Person. No, I am not able to. If you insist, Then I need time to learn by my own break down and steps. I do not believe your process. I value my process, trust my process. Don't ask me for result. I show I am processing. Seek support system to learn when facing the new, the unknown.