

# May 21

3rd May 2021

## Health & Fitness

- What we will do for Health & Fitness now is to start tracking my progress as it relates to fitness, exercise, diet and body fat. So what I'm going to do from today is find the simplest way to track my food, drink and exercise every day so that I can get the numbers into the right proportion.
- My goals are to get to the ideal weight for my height and to 10% body fat, and to do so in a healthy way over time. The step for May is to get the trackers on point and to go from there.
- What I will do in May is get the trackers on point and consistently, and to know my own numbers. I need to know the following:
  - Height
  - Weight
  - Body Mass Index
  - Body Fat
  - Calorie intake
  - Calorie burn
  - Water intake
  - Food diary
- We'll continue to work out for **every morning** for at least 6 mornings a week throughout the entire quarter. This is a priority that I will take care of, and so that is how it is going to be. The focus is on heavy cardio and heavy weights.
- From May 15th, I'm going to return to BOXR for a weekly class and improve in that sense as well. This way, step by step, we will grow into the strongest position that I have ever been in from a fitness perspective.
- I will maintain my current all black gym gear as it gets the job done, and I'll continue to improve in that sense. As for my beard, I'll consult a GP on my bumps before growing it any further. When I get the go ahead from the GP - then I'll grow the beard.
- Once again, we will continue to grow our hair out during this quarter. There won't be a cut, shape or relax the hair either. We'll simply allow it to grow and we'll return at the end of the quarter and see where we are in that regard.

# Faith

- We'll continue to add prayer to the Morning and Night rituals. We'll make sure that we add a prayer at least once a day as part of our routines and getting into the day or out of it, to make sure that we touch base with God.
- On Sunday mornings, we'll join Elevation Church for a virtual Church Service in my room. Through this route, I'll continue to build up my own individual relationship with Christ and reintegrate reading the bible into my life and orienting my day and night on his word.
- In addition, I'll join a Hillsong community group so that I can share my love for Christ with my new group of friends. Through this, I'll start with a virtual group of friends who attend the Central London Hillsong, so that by the close of June when people can go out in person again, I'll have a small group of friends that I've built at the end of the pandemic that I can integrate into when I rejoin Hillsong in person this summer.

# Driving

- This month we are going to be aggressive with the driving lessons. We'll get 10 lessons in this month, and as a result I should really book the places all in advance and sort the payment out by the close of the week.
- In the first week, we'll do two lessons. In the second and third weeks, we'll do 3 lessons, and in the fourth week we'll do another two lessons. This will then take us into June where we'll have perhaps one or two lessons and by June 8th we'll pass the test first time.
- This will take £610 pounds, and I'll find the way to finance it since this (alongside Python), is perhaps the most important priority for the month.
- Each day, I'll spend approximately 60 - 90 minutes revising for the driving test. Be it revising certain manoeuvres or the questions that the tester would have. As such, as part of my time blocking requirements, I'll integrate 90 minutes a day into my driving test preparation every day.

# Finances

- This month we're going to be cashflow positive. We will either be massively cashflow positive or decently cashflow positive. The first objective is for Keakie to finish its fundraising round such that by the close of the month it has approximately £1.5 million in the bank account.
- From there, the first source of cashflow should be through the Keakie deal, from which we could potentially bring in £150k (\$200k). This would be a truly excellent outcome. The tasks there, quite frankly, are to make sure that nothing negative happens to Keakie and essentially wait and let David Gibbs push for the exit given his liquidity requirements.
- In May, we will also officially create the system architecture for Satellite, which is a creative studio that serves companies at the intersection of technology and emergent cultural themes. The aim for Satellite is to get its first client by the end of June and to bring in at least £3k each month in June and July.
- From the back end of June, the focus will be to expand Satellite to approximately £10k per month within the following quarter, and then to install a team such that I can pivot my time towards a software focused enterprise that can take us into the 8 figures in cash.
- From a financial perspective, what I think the focus will be this month is smoothing the path for Keakie to complete its fundraising round. If that round is completed, then this is the most direct path to getting my personal finances back out of the company, from the £10k the company owes me, to the £30k from Michael and £80k from the incoming investor.

# Software

- Last month is great in that I really focused heavily on React, HTML, CSS and JavaScript. This month we will wrap on this section on React, shift to the MERN stack, and finally double down with Python and databased focused programming, be it Node.js or SQL.
- I will continue to select the projects, and start with YouTube tutorial builds of existing projects and GitHub reviews of existing projects before then moving out on my own and reproducing existing projects and publishing them to my own Git repository. This is going to be the story of the quarter, and will likely be what I spend 8-12 hours a day

doing every day; especially when not working on Satellite.

- Among the project we'll build include a music player app, a photo sharing app, a simple analytics dashboard app and a content aggregator. We'll continue to recreate projects inspired by Clubhouse, Spotify, YouTube, Instagram, Revolut, PlayStation and Hypebeast, Slack, Roblox over the 3 month period.
- For most of May, we will build these projects assisted by developers on YouTube and other similar platforms while improving our technical knowledge along the way.
- We'll continue to create a Documentation based project that outlines why the most successful websites, apps and software based services on the internet are successful. The objective of the documentation is to use exploration, hands on building, and evaluation to come to an understanding of what drives product - customer value, such that I can repeatably create products that have product-market fit, understand what drives that product market fit, and develop the right distribution strategy to get those products to market.
- Finally, we're going to add another bow to the arrow at this point - which I consider to be product design. I'll break this down into a few different components:
  - What is the core product value that is driving the success of major technology and product companies of the last 50 years?
  - What is the design process behind great products ?
  - What are the kind of projects and products that I could build that would fit into a market that I would really enjoy?
  - What is the structure of a successful technology company ? What is the product value ? What is the financial composition ? What is the organisational design ? etc.
  - The way we will do this is as part of the NSR. The reflective part of the day will focus on certain products that I really like, and I'll study the reason they are successful and look to integrate that into my own product design process.
  - What I will do there is to read and listen to solely product focused content or story telling based content. The two of these things will grow as we continue to improve along the likes of Anish Kapoor and Derian as they relate to product design in technology. So, slowly what we'll start to do is to accumulate a collection of product design focused books and continue like that.