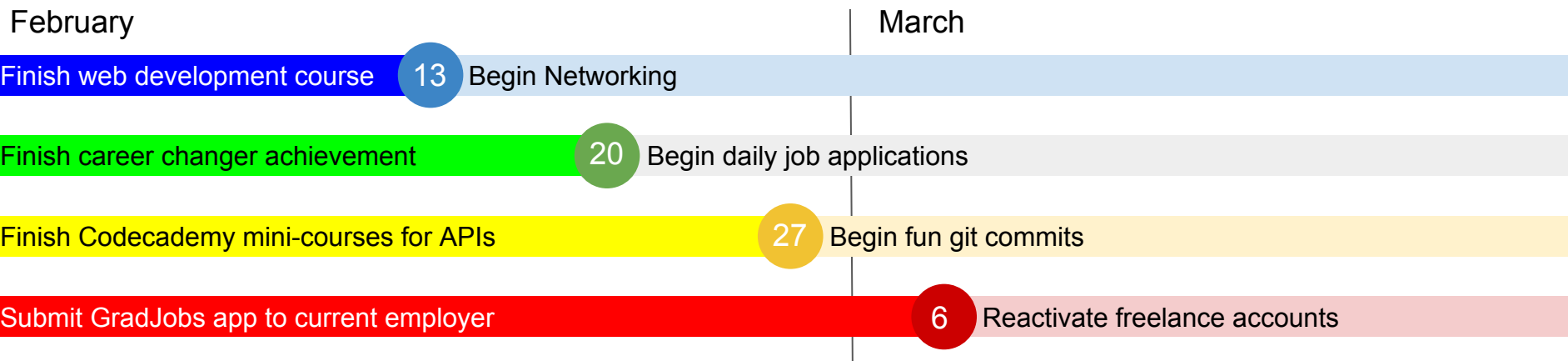


# Milestones



Daily tasks until finding a new job, after unlocking each milestone above:

- |                        |   |  |
|------------------------|---|--|
| Daily Networking       | 4 | Send 4 or more messages or invites over LinkedIn, GitHub, or other work-based social media                                 |
| Daily Job Applications | 3 | Submit 3 job applications to places you would want to work for tomorrow  |
| Daily Fun Git Commits  | 2 | Commit 2 changes to GitHub for side projects, Ruby Warrior, Codingame--any sort of recreational coding                     |
| Daily Freelance Offers | 1 | Apply to 1 freelance opening on trusted sites to people with at least one previous review and a rating of at least 4 stars |

# Self-Care

## Daily

- Multivitamin
- Wake up at 8AM
- No coffee after 4PM to avoid difficulty sleeping
- No working after 8PM to avoid stress, burnout

## Weekly

- Compare schedule with wife to take a day off at the same time
- Only read news on one day, preferably the Onion
- Either run or skateboard at least 3 days

## Monthly

- Read one philosophy book to stay sharp (finish Spinoza, Deleuze, and Sloterdijk collections)
- Make one static website for fun
- Make one mix or remix

# Motivational Systems

Daily Networking

4

Daily Job Applications

3

Daily Fun Git Commits

2

Daily Freelance Offers

1

## 4-3-2-1 Checklist

- Use checklist in Notes
- Replace each step with current milestone on previous page if it hasn't been completed yet
- Devote 2-3 hours to each step, and use extra time to do more than minimum; use timer

## Risk-Status Ledger

- Enter information for each job application and "lead contact"
- Create a risk status ledger to record whether CV was sent, follow-up call, etc.
- If "risk" becomes critical for too many leads, take it easy and prioritize the most promising.