

Goals

Jason Kenyon

August 2022

Contents

1	Introduction	5
1.1	Preliminary Remarks	5
1.2	Why?	5
1.3	The Normal Way	5
1.4	Dynamic Document	5
2	Foundational Structure	7
3	Aims	9
4	Action	11
5	Maintenance	13
6	Application	15

Chapter 1

Introduction

1.1 Preliminary Remarks

Why bother rigorously structuring your life? The practices to follow may seem “extreme” or “superfluous.” That’s because they are. They are—if you are so arrogant as to think you can passively tame your own psyche, and be more than a spitting image of your predecessors. If you find such things futile, you should read something else.

1.2 Why?

1.3 The Normal Way

1.4 Dynamic Document

Chapter 2

Foundational Structure

Chapter 3

Aims

Chapter 4

Action

Chapter 5

Maintenance

Chapter 6

Application

Appendix A

stfu