

Jesse's Running Notes

I. Physical, Mental, Emotional, Spiritual Wellbeing:

A. I am physically healthy: active, strong, flexible, balanced, rested, nourished

1. **Sleep:** 9 hours per night for 6 full cycles
2. **Exercise:** 60 min. of cardio + weights + yoga every day
3. **Stillness, Breath & Energy Work:** 30 min. breath+energy
4. **Stillness:** 10 min. of stillness (bare attention) AM + PM
5. 10 min. of journaling: how am I *really*? Emotional process work around triggers (harnessing emotions, connecting w/ desire→ unlocking vital energy)
6. **Nutrition:** all natural, organic (humanely raised meat, green fresh, diverse, and unprocessed food)

7. Disease Monitoring & Prevention, Risk Reduction

- a) Perfect Adherence to meds & Transplant Health Checkups +
- b) Daily nasal rinse, nebulizing, immune support, hand sanitizing
- c) Biometric & sleep data monitoring (Oura Ring + Sleep Study)
- d) Replace black plastic coffee maker
- e) Daily blood pressure monitoring
- f) Monthly full metabolic blood panels (Function 2nd round tests)
- g) Dermatologist (every 6 months)
- h) Vision (glaucoma scans (every 6 months)
- i) Colonoscopy (every 5 years)
- j) Annual Prenuvo full-body MRIs
- k) Pro-active stocking and storage of vital prescription meds
- l) Dental cleaning (every 6 months)
- m) Full attention, slow driving (no phone, no speeding)

B. I feel: awake/alert, energized (access to ALL parts of me), powerful, vibrant, calm, clear, focused, determined, confident, proud, dignified, powerful, open, loving, secure, whole/healed, grounded, connected to Source, unshakeable, Self-sustaining.

1. 10 min. of Nervous System Priming (incl celebration, gratitude, and North Star Embodied Visualization, exploration of limiting beliefs)

C. I act/do: I am a powerful, loving, fully awake being who shows up w/ unwavering truth, compassion, conviction, and courage for my family, friends and clients to unlock their full potential and create ripples of positive action in the world.

II. Family Wellbeing:

A. Oana feels supported, grounded, loved, nourished, appreciated, admired, attractive, passionate, connected, confident, excited, alive, powerful, free, grateful b/c;

1. She is well-rested, nourished, frequently held/touched, affirmed, moves her body regularly, spends energy on things she values bc I:
 - a) Take the kids at night so she can sleep uninterrupted
 - b) Get kids ready in the morning so she can sleep in

- c) Prepare 3 **healthy meals** for everyone 7 days/week and keep the fridge, freezer, and pantry stocked. Serve her breakfast and lunch unrequested during her work day.
 - (1) AG1 + coffee + breakfast + vitamins + smoothie
 - (a) Lunches for kids and Oana ready to go
 - (2) Dinner on table by 6:30pm
- d) I do **laundry and dishes** when Rosa does not:
- e) **Maintain a safe, comfortable, decluttered, beautiful home** we love, **everything works** inside/out:
 - (1) Smoke/CO2 Alarms
 - (2) Replace Microwave and Oven (wait for Sale)
 - (3) Porch light, garage/outside lights
 - (4) Landscaping, plant care
 - (5) Window & Attic Insulation
 - (6) Help with kids school, enrichment activities, camps, playdates, registration, logistics, etc.)
 - (7) **Pay bills, run errands**, mail
- 2. We spend quality 1:1 time together for connection & growth ([see marriage vows](#))
 - a) **Daily debrief** each night: venting, releasing, processing
 - b) **Daily decompression** & entertainment or learning, growth
 - c) **Daily intimacy**: physical touch, massage, holding
 - d) **Weekly** good food + dancing + sex + life visioning + coaching
 - e) **Monthly** date nights, easy, affordable, convenient, pleasurable
 - f) **Quarterly** overnight escapes nearby
 - g) **Biannual** couples vacation (weekend-long getaways)
 - h) Couples therapy proactively find someone we like
- B. Our children feel unconditionally loved/accepted, seen, understood, capable, encouraged, positive, excited, boundless, bold, connected, informed, engaged, compassionate, excited, confident, needed, important
 - 1. **Dedicated, daily quality 1:1 time** that nurtures their curiosity, exploring/cultivating their passions, supporting their growth
 - a) Sasha: math, reading, writing, music (piano), dancing, swimming, science (physics, chemistry, biology, human anatomy & physiology, psychology, (true) religion, spirituality, meditation, natural flora & fauna, astronomy, sports, martial arts, artistic creativity
 - b) Nadia: all the above + ballet, gymnastics, animals
 - 2. **Dedicated, recurring quality family time** (the four of us)
 - a) **Daily breakfast + Dinner Sharing**: gratitude, celebration, goals, appreciations, humor
 - b) **Daily post-dinner Fun**:
 - (1) Mondays: Just Dance
 - (2) Tuesdays (late swimming night): Bluey Games + Cuddling

- (3) Wednesdays: Music Playing
- (4) Thursdays: Board Games,
- (5) Fridays: Movie Night
- (6) Saturdays: Nature/Outside
- (7) Sundays: Family Videos/Pictures
- c) **Weekly**: Nature time, Exercise (beach, botanic gardens,
- d) Annual (4 x) Family Trips fun, adventure, relaxation, learning
 - (1) See 50 countries in every world region by age 18
 - (2) See the entire US at least once
 - (3) Long wknd Trips
 - (4) Holiday Trips

3. Dedicated Extended Family & Friends Time

- a) Mom/Dad (quarterly week-long visits)
- b) Annual Visit to DC to see mom/dad, Jenner, friends
- c) Bi-weekly playdates for the kids' closest 5 friends
- d) Quarterly dinner parties for closest friends/new friends

III. Financial Health

- A. I generate life-changing value for at least 35 clients at a time who pay \$20/day (\$600/mo = \$300/session)--\$250K/yr.
 - 1. Prioritize Top 25 Current and Past Clients
 - a) Testimonials
 - b) Referrals = 3 intros x 25 = 75
 - 2. Update website text
 - 3. Post Promo Short Video Clip
 - 4. Edit and Post Hospital Video
- B. We are fully **aware of** (and aligned with) where we spend/ invest our \$\$,
- C. We have abundant, **healthy food, ample fun, enrichment, pleasure, and adventure** (explore the world).
- D. We have all our **basic needs and creature comforts met until our death**, are **secure, comfortable, and financially independent by age 55** (can choose how we spend our time either with/without a "job").
- E. **Our kids are debt free after college, w/ a home downpayment.**
- F. We are **disciplined**, follow a budget, and **spend wisely** on fulfilling experiences (connection, fun, learning, growth, fulfillment, contribution/impact) over "stuff".
- G. We **generate surplus money to give back/invest** in protecting people and the planet in substantial, impactful causes that mean a lot to us. We give/receive freely with trust and generosity aligned w/ our values.
 - 1. Visibility, Alignment & Planning:
 - a) **Track every \$\$**
 - b) Align on what we value and want to spend money on
 - c) **Work w/ a financial professional to chart the path, create a plan**
 - 2. Discipline: pause before buying (want or need?)

IV. Extended Family & Friends

- A. I cultivate a select, small but meaningful group of friendships aligned with my values and life direction with whom I experience mutual connection, love, trust, support, growth. Reference marriage vows

V. Legacy & Impact

- A. I lived a life of integrity in alignment with my values, and left the world better than I found it, I tread lightly.

Make my time worth my time. Essentialism. What will really serve my end goals (end of life)?