

## 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 partiers 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)?