Arrange flows into hero’s journeys

Core journeys: you need to do these core journeys in some way to be optimized throughout the day.

Inner flow:

Sleep (good setup, timing, melatonin)

Diet ()

{Exercise (kickstarts physical rejuvenation)

Meditation (kickstarts mental rejuvenation) }= clear allostatic load w “active recovery”

Grooming ()

Focus (goal task discipline)

Journaling (goal clarity)

Self-compassion ()

Outer flow

Other compassion ()

Work ()