

CORE - Combined Origin of Required Essentials



1. **Body** (Physical condition dictates the state of everything that follows)
 - Functional strength workout min. 3x per week
 - Hiking and uphill running min. 1x per week
 - Eliminate Booze & increase sleep
 - Eliminate carbs & increase healthy fats
2. **Mind & Learning**
 - 80% proficiency in all general subjects required in my professional domain
 - 99% proficiency in a single subject with the comparative advantage
 - Regular excursions in to unknown activities and locations
 - Eliminating prolonged comfort

3. Personal Projects & Strategic Goals

- Consistent ascend of quality in the portfolio showcase
- Creating a sustainable brand
- Committing to multiple disciplines

4. Minimum Survival Needs & 9-5 Job + 7-11 Work

- Stay in the margins of what is the minimum to operate and live.
- Do not exceed the material needs that are not essential to the levels above.
- In case of reaching the proverbial bottom, find any 9-5 job that will pay the bills but do the work on your projects afterwards (7-11)