

### Mattanaw's Personal Form & Life Categories

Date: \_\_\_\_\_

#### I. Cycles and Shifts (Calendar), Tasks

Tasks

Cycles

#### II. Planning, Visualization, and Environment

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#### III. Fitness (Key factors: time put in, decent minimum effort.)

Reminder: Push, Pull, Legs Method.  
Session 1 Duration: (2 hours recommended).  
Session 2 Duration: (1.5 hours recommended).

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#### IV. Music and Art (Key factors: relax with it deliberately, gym hard, learn new technique.)

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#### V. Humor (increased mixing humor in, noises, goofiness, dance)

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#### VI. Property and Organization (Increased liquidation, minimalism)

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#### VII. Mood, Habit, and Routine (Mnemonics on the rituals, and Easy Invocation/Recollection)

Morning Routine Reference

form> fitness> hygiene> clothes/clean> form> gear> meditation>

Evening Routine Reference

arrival> fitness> food> hygiene> clothing> gear>

#### VIII. Livelihood

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#### IX Cleanliness, Health and Hygiene

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#### X. Mind and Mental Development (Reading, Mnemonics on Plans and Ritual)

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#### XI. Relationships (objective is alone when not alone, unaffected physically)

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#### XII. Rest and Rejuvenation (meditation until switch is back)

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#### XIII. Nutrition (factors: water, 1 meal, fruit & protein as snack, if snack)

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#### XIV. Outdoors and Travel (factors: long walk not too picky surroundings)

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NOTES/JOURNAL