

Life Blueprint

Summary

- Keep order. Speak less. Build slowly.
- When unsure, choose the steadier path.
- Maintain structure and continuity.
- Rhythm is strength; simplicity is power.

1. Foundation

Purpose: Keep the vessel functional. Nothing builds nothing on a weak body.

Daily disciplines

- Eat on time, simple and nutritious.
- Sleep 7–8 hours at fixed times.
- Move the body: walk, stretch, lift, breathe.
- Maintain cleanliness, order, and silence.
- Observe. Speak only when necessary.

Guiding thought: Rhythm is strength.

2. Sustainability

Purpose: Stabilize energy, money, and time so the mind can work.

Rules

- Save automatically; spend consciously.
- Eliminate waste — financial, mental, emotional.
- Plan monthly and review weekly.
- Treat time as currency; schedule everything that matters.
- Keep tools simple and durable.

Guiding thought: Preserve what feeds endurance.

3. Execution

Purpose: Convert discipline into craftsmanship.

Practices

- Do small, precise work every day.
- Track progress; finish what you start.
- Choose quality over quantity.
- Avoid multitasking and drama.
- Learn one concept deeply before adding another.

Guiding thought: Repetition is mastery.

4. Profession

Purpose: Build systems that last.

- Code without incurring any technical debt.
- Write with clarity for the future you.
- Work quietly; let consistency speak.
- Optimize gradually; avoid showmanship.

Guiding thought: Minimalism and permanence.

5. Mind

Purpose: Keep intellect clean and inspired.

- Study Mathematics; read Literature.
- Read literature, draw and paint.
- Protect study time; it's sacred.
- Seek coherence and elegance, not applause.

Guiding thought: Beauty strengthens precision; precision keeps beauty honest.

6. Relationships

Purpose: Practice loyalty, presence, and quiet love.

With wife

- Share chores and decisions.
- Listen more than you correct.
- Give respect, not indulgence.

With son

- Teach through example and attention.
- Play and learn together.
- Speak with clarity.
- Protect his curiosity and innocence.

General

- Avoid arguments that prove nothing.
- Keep promises; apologize when wrong.
- Prefer kindness to cleverness.

Guiding thought: Steadiness is love made visible.