

Life Principles

Body

- Eat on time, simple and nutritious.
- Sleep enough, at fixed times.
- Move the body: run, stretch, lift.
- Maintain cleanliness and silence.

Mind

- Study Mathematics, solve problems.
- Read literature, especially philosophy.
- Protect study time; it's sacred.
- Seek coherence and elegance.

Money

- Save automatically; spend consciously.
- Eliminate waste wherever possible.
- Plan monthly and review weekly.
- Treat time as currency.

Profession

- Do small, precise work every day.
- Avoid multitasking and drama.
- Keep tools simple and durable.
- Build minimal, permanent systems.

Relationships

- Give respect, not indulgence.
- Avoid arguments that prove nothing.
- Keep promises; apologize when wrong.
- Prefer kindness to cleverness.