

# Life Principles

## 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.