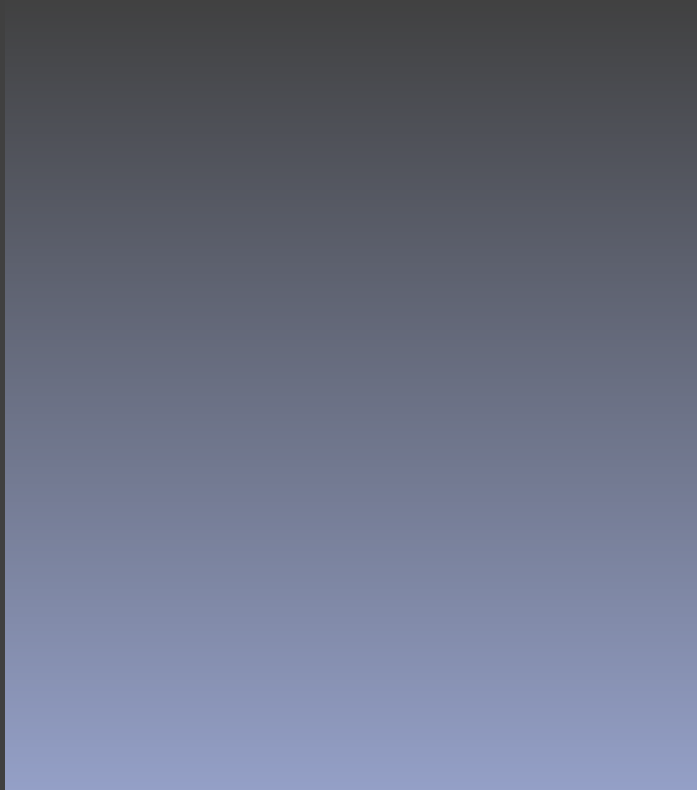


SEAMLESS SYNC



PROMPT

"Anxiety is caused by a lack of control, organization, preparation, and action." HUMAN LONGEVITY ADVOCATE

"Time is the quality of nature that keeps events from happening all at once. Lately, it doesn't seem to be working." THE INTERNET

"This constant, unproductive pre-occupation with all the things we have to do is the single largest consumer of time and energy."
PERSONAL EFFICIENCY EXPERT

"Everything should be made as simple as possible, but not simpler."
EINSTEIN

THOUGHTS

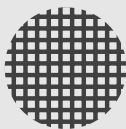
I am constantly searching for ways to integrate my life and my work, my health, my ambitions, my responsibilities and entertainments. As these elements overlap, the onus is on me to keep their interaction harmonious. Every moment must be upbeat, lean, agile, seamless and synched.

This level of control supposedly leads to self-actualization. It also makes me anxious.

ELEMENTS



professional



domestic



personal



social

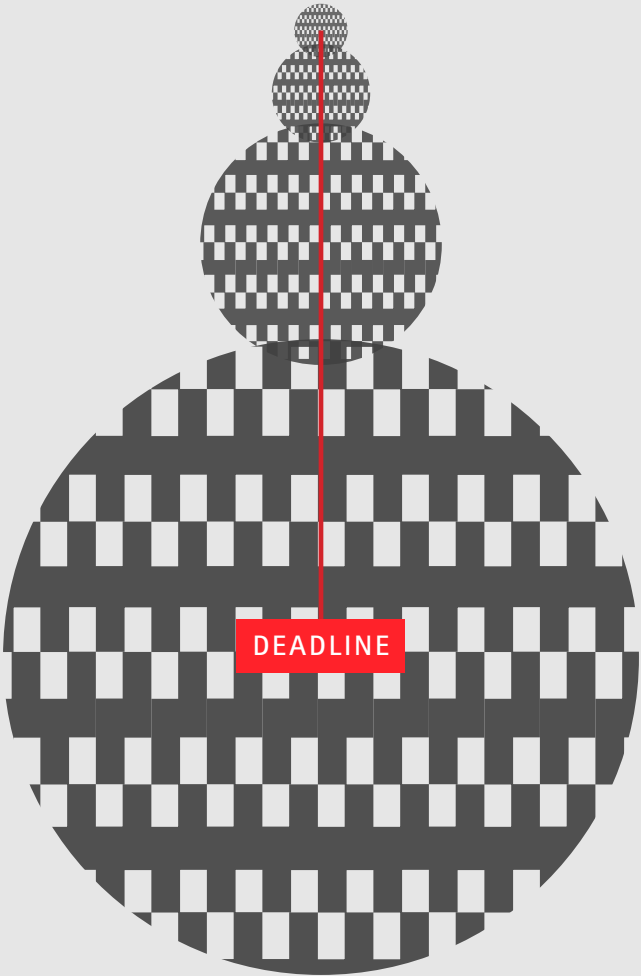


physical



mental

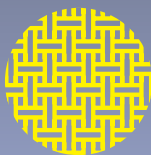
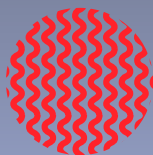
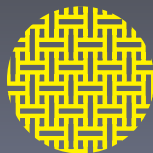
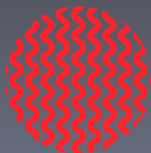
ANXIETY



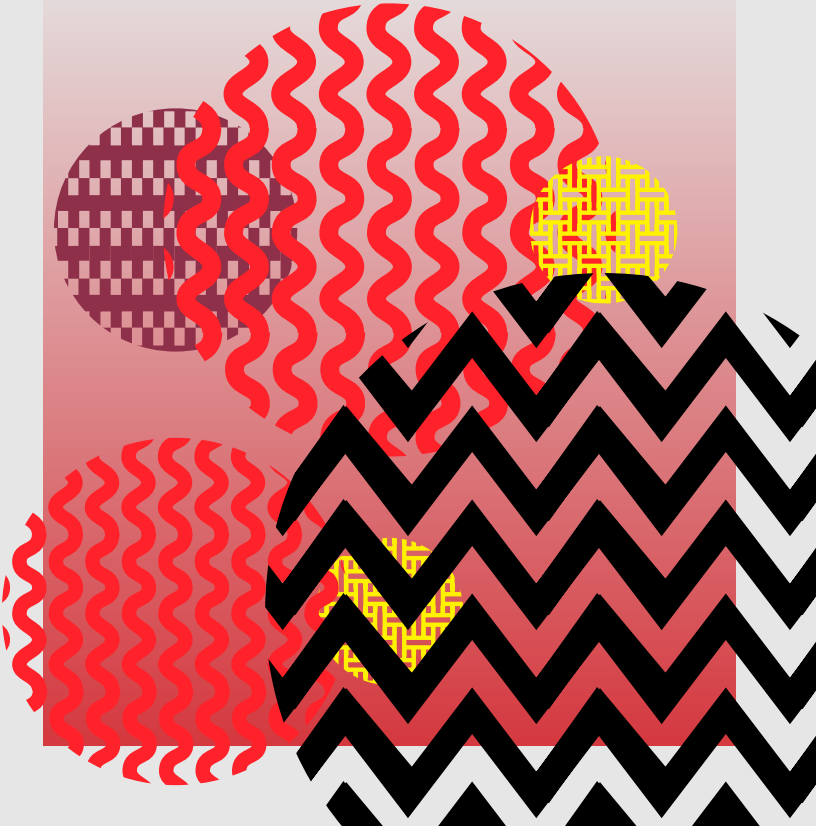
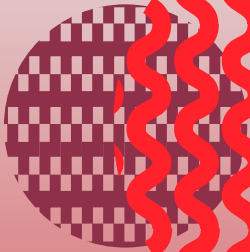
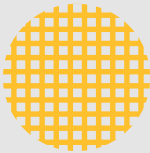
HARMONY



GOALS



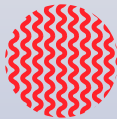
TASKS



TASKMASTER



MANAGEMENT



ACHIEVEMENT

