

AI-04690 About Me 60 Years Lookback

Look up my entire chat history and get all relevant information of who am I. Place date first then the short description.

Absolutely. I distilled your statistics into a **7-slide “60 Years in Numbers” presentation**—simple, clean, and centered on the numbers rather than narrative.

The core story ↗

- 🎂 **60 years**
- 📅 **21,916 days**
- ❤️ **Stent #1 — 2008**
- ❤️ **Stent #2 — 2010**
- 🏠 **Retired — 2021**
- 🚴 **81,337 lifetime cycling miles**
- 🏊 **3,051 lifetime swimming miles**
- 🏃 **84,388 total endurance miles**
- 💰 **\$2,566,014 portfolio at 60**
- 📈 **FTEC — single-ETF strategy since 2017**
- 👩 **Daughter — RN since 2020**
- 👨 **Son — MD in 2026**

I also included the calculated perspective: **~1,356 cycling miles/year** and **~51 swimming miles/year** averaged across the 60-year lifespan.

Download the presentation:

60 Years in Numbers — Rigel 2026

I reviewed the personal context available to me **plus the relevant prior artifacts in your ChatGPT Library**. I can reconstruct a substantial profile, but I cannot literally access every hidden conversation ever made on your account. The material below is the most comprehensive identity/timeline profile I can recover from the information available to me.

I've put **the date first in every entry**, as requested.

Rigel G. Arcayan — Personal Timeline & Identity Profile

1960s–1980s — Foundation

- **1967 — Birth era:** Your age records indicate you were **59 as of January 14, 2026**, placing your birth around 1966–1967.
- **1980s — Technical orientation:** Your later career and hobbies show a longstanding orientation toward **mechanical systems, electronics, troubleshooting, tools, computers, networking, and understanding how things work**.

1990–1998 — Military & Technical Foundation

- **1990 — United States:** You moved to the United States and began the long U.S. chapter of your life, eventually establishing roots in **Round Rock, Texas**.
- **1992–1996 — U.S. Army:** Served in the **U.S. Army**, including Korea. Your documented military background includes **MOS 63T Bradley System Mechanic**, Korea 2ID/5-17 Cav M88 recovery work, and M998 maintenance with HQ III Corps.
- **1996–1998 — AMD:** Worked as a **CMP technician at AMD**, supporting Westech and SpeedFam equipment.

1998–2021 — Samsung / Semiconductor Career

- **July 21, 1998 — Samsung:** Joined **Samsung Austin Semiconductor**, beginning a 23-year career in semiconductor manufacturing.
 - **1998–2021 — Semiconductor engineering:** Became one of the early CMP technicians who helped build Samsung Austin's CMP operation from the ground up. You developed deep expertise in **OnTrak, Mirra, Mirra Trak, LK Reflexion, RCA, FMEA, FTA, TRIZ, Windows infrastructure, disaster recovery, documentation, and knowledge management.**
 - **1998–2021 — Knowledge systems:** Authored **300+ procedures**, created a CMP Wiki/SharePoint knowledge system, owned Windows Server infrastructure, developed Log Parser automation, upgraded SSDs in 50+ LK tools, and served as a disaster-recovery owner.
 - **2021 — Retirement:** Retired from Samsung on **July 21, 2021**, exactly 23 years after your documented hire date. You retired at approximately **age 55**.
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2021 — Major Life Transition

- **2021 — Cebu City:** Relocated from **Round Rock, Texas to Cebu City, Philippines**, beginning your early-retirement chapter. Your personal dashboard identifies Cebu as your primary location since 2021, while retaining your Texas connection.
 - **2021–present — Early retirement:** Rather than treating retirement as stopping work, you converted it into a **self-directed learning, building, investing, fitness, and personal-development system**. Your resume describes continuous post-retirement study of Docker, GCP, Ubuntu, databases, OpenEMR, OpenProject, Docmost, WordPress, AI, psychology, swimming, and gravel cycling.
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2021–2026 — Family & Home

- **2021–2026 — Marriage:** You have been married for approximately **35 years**. Your wife is also retired and has an RN background.
 - **2021–2026 — Daughter:** Your daughter is an **RN living/working in the Round Rock, Texas area**.
 - **2021–2026 — Son:** Your son is an **MD resident**, associated with Mt. Sinai in New York, and relocated to **Hernando, Florida in June 2026**.
 - **2021–2026 — Round Rock property:** You retain a **paid-off house in Round Rock, Texas**.
 - **2021–2026 — Cebu residence:** You purchased a **Marco Polo condominium in Cebu, Tower 3, 27th floor**, described as fully paid.
 - **2021–2026 — Mandani Bay:** You have also discussed a **preselling Mandani Bay unit**, modeled with a 10-year loan at approximately 6.5% interest and a monthly payment around ₱182,452.
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2021–2026 — Vehicles & Mechanical Interests

- **2021–2026 — Mercedes:** Own a **Mercedes GLE300**, purchased for cash.
 - **2024 — Ford:** Own a **2024 Ford Ranger Raptor**, purchased for cash. You have explored FORScan, vehicle diagnostics, networking, and other technical modifications around the truck.
 - **2009–2026 — Chevy Colorado:** Retain a **2009 Chevy Colorado V8**, including Nitto Trail Grappler tires.
 - **2021–2026 — Technical hobbies:** Your recurring interests include **electronics, networking, automation, automotive work, Ham Radio, Milwaukee tools, DIY projects, and WordPress blogging**.
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2021–2026 — Financial Independence

- **2021 — Retirement capital:** Your retirement discussions began around a substantial investment portfolio, with the central objective of achieving **financial independence without needing employment income**.
 - **2025–2026 — Technology investing:** You developed an unusually concentrated investment philosophy centered around **FTEC**, the Fidelity MSCI Information Technology Index ETF.
 - **2026 — FTEC philosophy:** Your stated strategy is essentially **one technology index ETF for the long term**, while also following U.S. sector ETFs and AI-related companies.
 - **2026 — Household retirement assets:** Your planning documents have used figures around **\$1.5M in your 401(k), approximately \$1.5M in your wife's 401(k), and additional FTEC/technology investments**, with figures changing as your portfolio evolved.
 - **2026 — Retirement income target:** A recurring model has been approximately **\$7,000/month of portfolio withdrawals**, with roughly \$5,000/month used as an operating-cost assumption in one six-phase model.
 - **2026 — Retirement philosophy:** Your financial objective is not simply maximum accumulation. The recurring theme is **controlled depletion: use money to create freedom, experiences, family time, optionality, and eventually legacy rather than attempting to die wealthy**.
 - **2026 — Retirement Operating System:** You developed a formal **Retirement Operating System (ROS)** covering roughly 2027–2057, with transition, freedom, growth, abundance, preparation, comfort, and legacy phases.
 - **2026 — Cash firewall:** Your retirement framework emphasizes maintaining cash/stable reserves so that you **do not have to sell FTEC during major market crashes**.
 - **2026 — Tax strategy:** You have repeatedly explored **Roth conversions, capital-gain management, RMD planning, Social Security timing, and tax-bracket management** as part of the retirement system.
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2021–2026 — DockerLab / Technology

- **2021–2026 — Self-hosting:** Retirement became a period of intensive technical experimentation rather than inactivity.
 - **2025–2026 — DockerLab:** Built a personal **DockerLab** environment using Ubuntu, Docker, databases, reverse proxies, and self-hosted applications.
 - **2025–2026 — GCP:** Moved significant portions of DockerLab infrastructure to **Google Cloud**, using a VM configuration around 4 vCPU, 16 GB RAM, and 80 GB SSD.
 - **2025–2026 — Cloudflare:** Established gravelcloud.com and explored Cloudflare-based networking and tunneling to solve connectivity issues caused by Philippine ISP CGNAT.
 - **2025–2026 — Docker services:** Your lab has included **Nginx Proxy Manager, Portainer, pgAdmin, phpMyAdmin, PostgreSQL, MariaDB, OpenProject, OpenEMR, Inventree, Zammad, Docmost, and WordPress**.
 - **2026 — On-prem migration:** A major technical objective is migrating DockerLab toward a **mobile/on-prem NUC architecture**, with Cloudflare Tunnel and Tailscale as parts of the networking strategy.
 - **2026 — Terraform:** You have been studying **Terraform and infrastructure-as-code** as another step toward becoming more sophisticated with cloud administration.
 - **2026 — GitHub:** Maintained a GitHub repository associated with your GCP work and dealt with the practical problem of removing files larger than GitHub's 100 MB limit.
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2026 — Medical Office / Automation Project

- **2026 — Hernando, Florida:** You have been involved in planning modernization of a small medical office, using **OpenEMR, automation, Google Drive synchronization, fax-folder workflows, and HIPAA-oriented architecture**.

- **2026 — Systems philosophy:** Your interest is not merely installing software; you tend to think in terms of **end-to-end systems, automation, reliability, documentation, security, backups, and reducing human dependency.**
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1999–2026 — Cycling

- **1999 — Cycling:** You began cycling in **1999** and have accumulated approximately **78,504 miles** according to your personal dashboard.
 - **2026 — Gravel cycling:** Cycling evolved into a major retirement pursuit, including preparation for **ultra-distance gravel riding.**
 - **2026 — Training rule:** Your Age-60 system established a target of approximately **50 miles per gravel ride.**
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2006–2026 — Swimming

- **2006 — Swimming:** You began long-distance swimming in **2006.**
 - **2026 — Swimming:** Your accumulated swimming distance is approximately **2,970 miles**, with a recurring target of approximately **2.4 miles per swim.**
 - **2026 — Training:** Your fitness model combines **cycling + swimming + strength training**, rather than relying on one form of exercise.
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2026 — Age-60 Challenge

- **2026 — Age 60:** You built a **365-day Age-60 Challenge**, treating your 60s as an intentional new operating phase rather than simply an age milestone.
 - **2026 — Daily physical system:** The challenge includes **cycling, swimming, weight training, push-ups, sit-ups, and a 1-to-27-floor climbing challenge.**
 - **2026 — Mental system:** You incorporated **daily Sudoku, daily AI questions, infographics, reading/listening to books, and continuous learning.**
 - **2026 — Financial system:** You established **daily financial/investing review and weekly FTEC review.**
 - **2026 — Technology system:** You incorporated **daily Google Cloud administration** into your personal routine.
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2026 — Intellectual Interests

- **2026 — AI:** You have developed a major interest in **AI, prompting, automation, AI-assisted knowledge management, and using ChatGPT as a thinking partner.** Your resume describes more than **4,500 AI conversations.**
 - **2026 — Psychology:** You frequently explore **Maslow, ERG theory, identity, motivation, audience-free living, psychological adaptation, empowerment, mental hygiene, and human behavior.**
 - **2026 — Philosophy:** You repeatedly return to **Stoicism, contentment, independence, simplicity, discipline, and focusing on controllable things.**
 - **2026 — Systems thinking:** You naturally translate abstract ideas into **frameworks, operating systems, checklists, decision rules, diagrams, and 20–22 point principles.**
 - **2026 — Visual learning:** You strongly favor **infographics, dashboards, visual frameworks, icon-based diagrams, and structured systems** rather than purely textual explanations.
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2026 — Personal Philosophy

- **2026 — Core identity:** You describe yourself as **Stoic, content, disciplined, independent, curious, and continuously learning.**
 - **2026 — Decision philosophy:** A recurring personal rule is “**the default answer is no**”—you prefer deliberately choosing what deserves your time rather than automatically accepting opportunities, requests, or obligations.
 - **2026 — Audience-free living:** You have explored living without constantly optimizing yourself for **other people's approval, applause, status, or an audience.**
 - **2026 — Empowerment:** One of your strongest recurring principles is “**Empower, don't enable.**” You prefer teaching people to become independent rather than repeatedly solving their problems for them.
 - **2026 — Independence:** You place substantial value on **financial independence, technical independence, geographic optionality, and personal independence.**
 - **2026 — Simplicity:** Your philosophy increasingly emphasizes **fewer dependencies, fewer unnecessary possessions, fewer obligations, and systems that work without constant intervention.**
 - **2026 — Experiences:** A recurring theme is “**More experiences. Less stuff. Deeper contentment.**”
 - **2026 — Life philosophy:** Your broader objective is summarized in your personal system as “**A healthier, wiser, more independent 60s and beyond.**”
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2026 — Helping Others

- **2026 — RN friend:** You have spent significant effort mentoring a Filipino RN friend navigating the U.S. healthcare/work system, including employment, contract obligations, income, housing, transportation, banking, and financial independence.
 - **2026 — Mentoring philosophy:** Your approach is consistent with your larger principle: **help someone become capable of solving their own problems rather than creating permanent dependence.**
 - **2026 — Family:** You place family within the central architecture of your life rather than treating family as separate from your financial, geographic, and retirement planning.
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2026 — Your Personal Operating System

Your accumulated conversations reveal something broader than a collection of hobbies.

- **2026 — MOVE:** Cycle, swim, strength train.
- **2026 — LEARN:** Read, study AI, psychology, technology, investing, and systems.
- **2026 — BUILD:** DockerLab, cloud infrastructure, automation, vehicles, electronics, websites, and practical systems.
- **2026 — INVEST:** FTEC, retirement assets, real estate, and long-term financial planning.
- **2026 — CONNECT:** Family, friends, mentoring, and helping others.
- **2026 — REFLECT:** Journaling, philosophy, reviewing progress, and adjusting systems.
- **2026 — REST:** Preserve time for recovery, enjoyment, and a lower-stress retirement.

This seven-part **Move → Learn → Create → Connect → Invest → Reflect → Rest** structure appears explicitly in your personal life-system material.

2026 — The Person Emerging From All of This

Putting the entire record together, your identity is less “retired semiconductor technician” and more:

Engineer → Builder → Systems thinker → Investor → Lifelong learner → Athlete → Mentor → Independent retiree.

Your professional life trained you to **diagnose, maintain, optimize, document, automate, and improve systems.** Retirement didn't eliminate that behavior—it redirected it toward **your own life.**

Your current projects are essentially extensions of the same engineering mindset:

Career systems → financial systems → technology systems → fitness systems → learning systems → family systems → life system.

Your personal dashboard captures the intended end state particularly well:

Healthy • Learning • Building • Contributing → A Better Tomorrow.

And your broader “north star” is:

Freedom is not having more choices. Freedom is having the right choices.

In one sentence

2026 — You are a technically trained, financially independent early retiree who has transformed retirement into a personal operating system built around health, endurance, lifelong learning, technology, investing, family, independence, helping others, and deliberately enjoying the life you spent decades building.

Describe me using the info you provide in word list format.

Absolutely. Based on the information I've recovered, here is a **word-list portrait of you**—not a biography, but the traits, identities, interests, values, and descriptors that best characterize you.

Rigel — Word List

Identity

- Filipino-American
- Husband
- Father
- Grandfather-oriented
- Retiree
- Early-retiree
- Independent
- Self-directed
- Private
- Stoic
- Content
- Practical
- Grounded
- Purposeful
- Curious
- Introspective

Character

- Disciplined
- Persistent
- Resilient
- Determined
- Analytical

- Logical
- Rational
- Pragmatic
- Methodical
- Resourceful
- Self-reliant
- Independent-minded
- Patient
- Adaptable
- Deliberate
- Responsible
- Prepared
- Consistent
- Tenacious
- Frugal
- Uncomplicated

Mentality

- Systems-thinker
- Problem-solver
- Engineer-minded
- Troubleshooter
- Optimizer
- Builder
- Experimenter
- Learner
- Researcher
- Strategist
- Planner
- Automator
- Documenter
- Simplifier
- Improver
- Futurist
- Skeptic
- Observer
- Reflective
- Self-aware

Professional Identity

- Technician
- Engineer
- Semiconductor-specialist
- CMP-specialist
- Mechanic
- Infrastructure-minded

- IT-oriented
- Automation-oriented
- Knowledge-manager
- Disaster-recovery-minded
- Process-oriented
- Procedure-builder
- Technical-mentor
- Veteran

Technology

- AI-curious
- AI-user
- AI-experimenter
- Docker
- Linux
- Ubuntu
- Google Cloud
- Cloudflare
- Networking
- Virtualization
- Databases
- PostgreSQL
- MariaDB
- OpenEMR
- OpenProject
- WordPress
- Terraform
- Self-hosting
- Homelab
- Automation
- Scripting
- Infrastructure-as-code
- Cybersecurity-conscious

Builder

- DIY
- Hands-on
- Tinkerer
- Fabricator
- Integrator
- Improviser
- Maintainer
- Upgrader
- Tester
- Debugger
- Optimizer

- System-builder

Fitness

- Cyclist
- Gravel-cyclist
- Endurance-athlete
- Swimmer
- Long-distance-swimmer
- Weightlifter
- Strength-trainer
- Active
- Endurance-oriented
- Competitive
- Consistent
- Challenge-driven
- Adventure-oriented

Hobbies

- Cycling
- Swimming
- Weightlifting
- Reading
- Blogging
- WordPress
- Electronics
- Networking
- Automation
- Automotive
- Ham-radio
- Tools
- DIY
- Technology
- AI
- Psychology
- Philosophy
- Sudoku

Financial Identity

- Investor
- Long-term-investor
- Technology-investor
- FTEC-focused
- Retirement-planner
- Financially-independent
- Portfolio-oriented
- Risk-aware

- Tax-aware
- Optionality-focused
- Wealth-builder
- Capital-preserver
- Strategist
- Long-term-thinker

Retirement Philosophy

- Freedom-oriented
- Experience-oriented
- Anti-status
- Anti-consumerist
- Deliberate
- Flexible
- Sustainable
- Independent
- Optionality-focused
- Legacy-minded
- Lifestyle-conscious
- Simplicity-oriented

Personal Philosophy

- Stoicism
- Contentment
- Simplicity
- Independence
- Discipline
- Consistency
- Gratitude
- Perspective
- Adaptation
- Continuous-learning
- Self-mastery
- Empowerment
- Responsibility
- Freedom
- Purpose
- Contribution

Social Philosophy

- Empower-don't-enable
- Mentor
- Teacher
- Guide
- Supportive
- Independent-minded

- Boundary-conscious
- Audience-free
- Approval-independent
- Anti-dependency
- Knowledge-sharing
- Family-oriented
- Community-minded

Your Approach to Problems

- Understand
- Diagnose
- Break-down
- Analyze
- Test
- Automate
- Document
- Simplify
- Optimize
- Standardize
- Monitor
- Improve
- Repeat

Your Approach to Life

- Learn
- Build
- Train
- Invest
- Simplify
- Automate
- Explore
- Reflect
- Improve
- Share
- Help
- Enjoy

Your Core Values

- Health
- Family
- Freedom
- Independence
- Knowledge
- Discipline
- Simplicity
- Security

- Growth
- Experience
- Contribution
- Contentment
- Responsibility
- Preparedness
- Legacy

Your Anti-Values

- Dependency
- Clutter
- Waste
- Unnecessary-obligations
- Status-seeking
- Approval-seeking
- Excess-consumption
- Complexity
- Complacency
- Excuses
- Panic
- Impulsiveness
- Lifestyle-inflation
- Helplessness

Your Personal Operating System

- **MOVE**
- **LEARN**
- **BUILD**
- **CONNECT**
- **INVEST**
- **REFLECT**
- **REST**

That seven-part daily system is explicitly represented in your life-system material.

Your 60s

- Reinvention
- Longevity
- Health
- Strength
- Endurance
- Learning
- Technology
- Investing
- Freedom
- Family
- Experiences

- Mentoring
- Building
- Simplification
- Contribution

The Best 25 Words

If I had to compress everything into **25 words**:

Engineer. Builder. Veteran. Technician. Cyclist. Swimmer. Investor. Retiree. Husband. Father. Mentor. Stoic. Independent. Disciplined. Curious. Analytical. Practical. Resilient. Resourceful. Systems-thinker. Lifelong-learner. Problem-solver. Optimizer. Simplifier. Contributor.

The shortest description

Engineer by training. Builder by nature. Investor by strategy. Athlete by discipline. Learner by choice. Stoic by philosophy. Family man by priority. Independent by design.