

60 → LIFE

My Lifelong Operating System

Strong Body. Sharp Mind. Growing Capital.
Continuous Learning. Zero Excuses.
Sustainable Forever.



BODY

Build, Move, Recover, Maintain

- 365-Day Commitment**
Survive 365 days → Do it for life
- Gravel Cycling**
50 miles every ride
- Swimming**
2.4 miles every swim
- Weight Training**
On rest days + swim/cycling days
- Push-up + Sit-ups**
Daily
- 27-Floor Climb**
1 → 27 floor climb when at the gym
- Mobility / Flexibility**
10–15 minutes daily
Move well, stay strong
- Recovery**
Sleep, rest days, hydration, deload
- Nutrition**
Protein, whole foods, hydrate, track, fuel well
- Preventive Health**
Annual checkups, labs, screenings, dental, vision, hearing, vaccines

BRAIN

Think, Learn, Create

- Daily Sudoku**
Before getting out of bed
- Daily AI Questions**
Ask, explore, expand mind
- AI Infographics**
Visualize knowledge every day
- Docmost Archive**
Organize + archive knowledge
- Read / Listen**
Audiobooks while cycling (VoiceDream)
- Continuous Learning**
New ideas, subjects, skills for life

TECHNOLOGY

Build, Admin, Automate

- Google Cloud**
Daily admin & development
- Docker**
Containerize, deploy, manage
- Development**
Code, automate, solve problems
- Tech Projects**
Build tools, systems, experiments

Technology Principles

- Automate repetitive tasks
- Document everything
- Backup and secure
- Keep learning in public

CAPITAL

Grow, Protect, Optimize

- Daily Financial Review**
Market, economy, opportunities
- FTEC**
Monitor, analyze, stay informed
- Bank of America**
Accounts, trends, insights
- Bank of Philippine Islands**
Accounts, trends, insights
- Weekly Investment Review (FTEC)**
Performance, strategy
- Financial Reports**
Read, learn, apply
- Long-Term Strategy**
Asset allocation, risk management, tax efficiency

LIFE

Connect, Contribute, Leave Legacy

- Marriage**
Nurture and protect
- Family**
Wife, children, stay connected
- Friends**
A few close, meaningful bonds
- Mentoring / Teaching**
Share knowledge, guide others
- Purpose / Contribution**
Teach, create, build something that lasts

SELF-MASTERY

Discipline, Simplicity, Growth

- Discipline**
Show up every day
- Simplicity**
Focus on what matters
- Environment**
Clean space, organized digital life
- Periodic Challenges**
Races, swims, certs, big tech projects
- Reflection**
Daily & weekly review, journal, adjust
- Gratitude / Contentment**
Appreciate what you have, stay grounded

DAILY FLOW

Non-Negotiables & Rhythm



WEEKLY & PERIODIC



THE RULES OF THE SYSTEM

- Consistency**
> Intensity
- Progress**
> Perfection
- Health**
> Ego
- System**
> Motivation
- Sustainable**
> Extreme
- Adapt & Adjust**
Always
- Zero Excuses**
Take Action