

MY LIFEBOOK

Sacred Union Edition

A living document. A vow. A ritual.

Category 1 — Health, Fitness & Vitality

We live in healthy, fit, strong bodies — as one. Our health is shared, our nervous systems coherent, our vitality cultivated daily. We work out together, breathe together, meditate, pray, and choose longevity and presence. Core Truth: When our bodies and nervous systems are aligned, everything flows.

Category 2 — Intellectual Life

We cultivate sharp, elevated minds together. Learning is daily. We read, study philosophy and psychology, and expand consciousness. Core Truth: We expand faster and wiser because we grow together.

Category 3 — Emotional Life

We are one emotional system. Our relationship is built on safety, truth, and repair. Our intimacy is deep, tender, and alive. Core Truth: We are one unified, emotionally sovereign entity.

Category 4 — Character

Our character is law. We live by honesty, truth, devotion, discipline, loyalty, courage, faith, excellence, and love. No lies. No hidden worlds. Core Truth: We embody what we wish the world to remember.

Category 5 — Career & Life Purpose

We are mythic co-founders and stewards of new patterns. We build through invisible work, ethics, humility, and service. Core Truth: We re-seed the world through integrity.

Category 6 — Finances

Money is stewardship. Transparency, ethics, long-term thinking, and sovereignty guide us. Core Truth: We do not rule wealth — we discipline it.

Category 7 — Quality of Life

We fell in love doing ordinary things together. Our life is simple, sacred, beautiful, and easy. Core Truth: Simplicity is our highest luxury.

Category 8 — Love, Relationships & Community

Our circle is small because our standards are high. We protect our union and invest deeply in aligned relationships. Core Truth: Protection of our union is love.

Category 9 — Parenting & Family

We parent as one. Our children are always with us. We choose conscious education, unity, and presence. Core Truth: Love and structure create freedom.

Category 10 — Spiritual Life

God above everything. Spirituality is non-negotiable. We live devotion, remembrance, and discipline daily. Core Truth: When God is first, everything aligns.

Category 11 — Social Life & Community

We relate to society through meaningful contribution. We lead by example, uphold Bitcoin standards, and protect our privacy. Core Truth: We lead civilization forward by living the standard first.

Category 12 — Life Vision, Legacy & Destiny

Our life exists to give birth to a new world — rooted in God, family, truth, and excellence. We elevate humanity by example, not domination. Destiny Statement: Our life exists to lead humanity into its next evolutionary chapter through love, discipline, and example.

Daily LifeBook Alignment Ritual

Morning: Sit together in silence. Read one category aloud. Ask how to live it today. Pray or breathe. Evening: Review the day, name one alignment, and set tomorrow's shared focus.

Yearly LifeBook Ceremony

Once per year, read the entire LifeBook aloud over two days. Update language only if life has already changed. Renew vows, close with gratitude and prayer.