OPTIMIZING FOR THE MODERN HERO

1. OPTIMUS + HEROS = SOUL
   IN SERVICE TO THE WORLD
   BECOME THE BEST VERSION OF YOU

2. TELOS + EUDAIMON = ARETE
   AGAIN AND AGAIN AND AGAIN

3. THE BIG 3
   Energy
   Work
   Love

4. HEROIC ENERGY
   BREATHE
   FOCUS
   MOVE
   EAT
   SLEEP

5. HEROIC WORK
   YES!
   DO NOT DISTURB WIG!

6. HEROIC LOVE

7. HEROIC ALGORITHMS
   AI vs IQ
   BEST = BASELINE

8. MEMENTO MORI + CARPE DIEM + MASTERPIECE DAYS

9. HEROIC COURAGE
   ANTI-FRAGILE BUOYANT
   CONFIDENCE AND HERO MANTIS

10. WOOP + WIGS + WINs

11. RELENTLESSLY CHASING OPTIMUS
    EMOTIONAL STAMINA + HARNESSING SOUL FORCE