

**To Challenge Thyself**  
**Or Not To Challenge Thyself, Yet**  
**A “LongLivePeople (!)” Resource**  
**By Seif Sekalala, Ph.D., PMP**

Planning and (Temporarily) <i>Pardoned Procrastination</i>	(My Own[’s]) Real Life-Based Prose / Journaling	Poetry	(Others’, and My Own) Life-Based Fiction
<i>Template Below—Row 0, Including Examples</i> “X” = Colum is N/A For Particular / Current Dates			
<p style="text-align: center;"><b><u>Date:</u></b></p> <p>&gt;&gt; i)—Do your client’s transcription, you fool!</p> <p>&gt;&gt; ii)—Meditative breathing</p> <p>&gt;&gt; iii)—“To-Do” List (TDL) Review</p>	<p style="text-align: center;"><b><u>Date:</u></b></p> <p>&gt;&gt; <b><i>Content (-Set) 1</i></b> [Add Here If/As Applicable...] E.g.: ___ &gt;&gt;&gt; <i>Apparently, this day is the best in my life so far! I won the lottery—for \$100,000,000!</i></p> <p style="text-align: center;">☺</p> <p>&gt;&gt; <b><i>Content (-Set) 2</i></b> [Add Here If/As Applicable]</p>		
<p style="text-align: center;"><b><u>Date: Dec 20, 2023</u></b></p> <p>&gt;&gt; Pop-culture music lists—get them DONE, you fool! [**Angry Face Emoji**]</p>	<p>&gt;&gt; “Another day, [another idea, <i>and another...</i>] dollar.”</p> <p>&gt;&gt; And ideas themselves are a GREAT currency, IMHO. If harnessed well, that is.</p>		
2			
3			
4			
5			