

# Primer Routines(Template)

*Primers are routines that “prime” or prepare you for effectiveness in your pursuits of fulfillment, conducted at different time intervals.*

## Morning Primer

The wanderer performs their morning primer every morning to prime them for their pursuit of mastery on their path of paths.

The morning primer creates the initial path momentum by starting the day with small steps forward right when you wake up.

It is crucial for wanderers to start their days properly, even when they are off path. The morning primer should prime each domain of BMS. It should be short and effective so you can get on the path quickly but effectively.

### Example/Recommended morning primer components:

- Oxygenation - switching to manual breathing - settling the sediment
- Review campaigns
- Review a section of your code
- Meditation
- Reading
- Walking in the sunrise

### Morning primer:

- X
- X
- X

## Night Primer

The Night primer ends the wanderer's journey for the day. It allows the wanderer to lay down their burdens so they may rest, so they are prepared to walk the path the following day. The “off switch” for the wanderer. It should be short and effective so you can get off the path quickly but effectively.

The wanderer must settle their Body, Mind, and Spirit(BMS) with the night primer and let go of all attachments.

### Example/Recommended night primer components:

- Meditation
- Reading
- Stretching
- Prayer
- [Acupuncture mat](#)

### **Night primer:**

- X
- X
- X

## **Weekly Primer**

The weekly primer is done once a week to encourage the pursuit of mastery on the path of paths.

The Weekly primer is where the majority of the wanderer's off-path tasks should be done. This allows the wanderer to spend more time on the path.

Weekly primer tasks include things like chores, grooming, paying bills, etc. The weekly primer is a good day to schedule after staying at The Inn, as all pleasure creates hangovers, which can make returning to the path difficult.

Weekly primer tasks are usually routine tasks that do not aggressively drain energy from any domain. This makes the weekly primer a good day to schedule after staying at The Inn when domains need re-awakening after The Inn.

The weekly primer gets you back on the path.

Sunday is a popular day for the weekly primer. Some call it Setup Sunday.

### **Example/Recommended weekly primer components:**

- Study your code extensively.
- Clean the entire home
- Scheduling the week and review the schedule for the next 4-8 weeks
- Shop and plan meals

### **Weekly primer:**

- X
- X
- X

## **Monthly Primer**

The monthly primer should include an analysis of your progress down the path. Like the weekly primer, the wanderer uses the monthly primer for off-path tasks that occur at a monthly cadence.

**Example/Recommended morning primer components:**

- Adjusting your code based on the knowledge obtained on the path
- Paying rent/mortgage
- Backing up digital/physical files & notes
- Review goals and progress made towards them
- Review long-term investments

**Monthly primer:**

- X
- X
- X

## Annual Primer

The annual primer is done once a year. It may include annual tasks, as well as an annual self-review. The annual review can be painful if the wanderer has not been loyal to the path—feeling this pain is important. The annual primer can be conducted on any day, but should be consistent; New Year's and birthdays are good selections.

**Example/Recommended annual primer components:**

- Review goals and progress made towards them
- Create new goals or revise existing ones if not completed
- Review business registration information
- Repair damaged or abandoned relationships

**Annual primer:**

- X
- X
- X

*Remember to remove example primer information(as well as any other info) when you no longer need it.*

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