

**Live as if you were to die tomorrow. Learn as if you were to live forever.** - Mahatma Gandhi

“내일 죽을 것이라는 각오로 삶을 살고, 영원히 살 것이라는 각오로 배워라.”

개인 지식 정리.

## Recent Changes

### 2024-05-01

- [macos](#) [Install Manually] — Alexandra Levine 2024/05/01 22:11
- [alfred](#) — Alexandra Levine 2024/05/01 20:47

### 2024-04-30

- [vscode](#) ~ Links adapted because of a move operation — 3.12.71.237 2024/04/30 00:33

### 2024-04-29

- [macos\\_shortcuts](#) ~ Page name changed from public:computer:macos\_shortcuts to public:computer:macos — Alexandra Levine 2024/04/29 21:27

## TO DO

# Routines

- Exercises for Fun & Health
  - 수영
  - Strength Training
    - 운동일지
  - Simple & Sinister: 보조 운동으로 실시.
  - 스트레칭 및 Perfect Posture
    - 엉덩이 힘 뻑! 똥꼬 힘 뻑!
    - 무게 중심선 (특히, Posterior Chain)
    - SMR(Self-Myofascial Release)
- Update Knowledgebase for Studies & Learnings
  - + → / → -
  - Taking notes
  - take pictures
  - monitoring
- Get organized for Life Style
  - writings
  - 제자리 찾아 놓기
  - plan / do or did / see(review)

◦ [log](#) → [report](#)

# Upcomings

# Goals

# Plans

# Todos

[public:todos](#) · 2020/03/13 16:38 · alex

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