

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.”

學而時習之不亦說乎 \\ 知之者不如好之者, 好之者不如樂之者. - 孔子 \\

개인 지식 정리.

Recent Changes

2021-10-12

- [vscode](#) — Alexandra Levine 2021/10/12 17:36
- [macos_shortcuts](#) — Alexandra Levine 2021/10/12 17:31

2021-10-07

- [vuetifyjs](#) [Basic] — Alexandra Levine 2021/10/07 15:00

More [[recent|Recent Changes]]

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

2018/02/14 23:00 · alex

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Last update: **2021/06/16 17:57**

