



The Chris Document

Life Alignment Matrix

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|---|-------------------------|--------------|------------|---------------|-------------|------------|
| 1 | Serenity | Mind Set | Peace | Balance | At one | Happiness |
| 2 | Purpose | Serving | Talent | Enjoyable | Long term | |
| 3 | Vision | Location | Lifestyle | Timing | Activities | |
| 4 | Day To Day | Constructive | Fun | Rest | Activities | Happiness |
| 5 | Goals | Achievements | Events | Systems | | |
| 6 | Truth or Reality | Strengths | Weaknesses | Personality | Preferences | |
| 7 | Plan (SMART) | Specific | Measurable | Achievable | Relevant | Time-bound |
| 8 | Steps | Lists | Sub Steps | Sub Sub Steps | etc | |

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1) Serenity

Peace, balance and happiness.

The pursuit of serenity will mean all the components of Alignment Layers may be tweaked.

Being in the present moment

Practice gratitude

Time in nature

Appropriate relaxing

Walking gives serenity, walking and not thinking or thinking about his books

Sitting in silence with girlfriend or just sitting with her

Reading and quiet stuff gives a feeling of peace

2) Purpose

Your purpose will have the following three categories:

It involves serving, helping people or helping the world

You can be good at it

It is enjoyable for you

Can't be:

Dependent on one person or small group of people e.g. to bring up your children

Time-dependent



Dependent on a static ideology e.g. promote political agenda or a religion

Irrelevant if it is achieved

To use cool stories, storytelling and insight to achieve the following:

- To help people learn
- Allow people to understand one another better
- Make people feel something
- To offer people different perspectives To use junctures in stories to help people navigate decisions they actually have to face in their own lives
- **To help people realise that just because we all think we are right does not make us actually right and to help people move towards the serenity of surrendering their righteousness**

Saw someone's brother drowning in a film and it created the emotion of absolute horror, it was the first time he realised the power of storytelling

Everything about humans is a story, everything is a story

He quite likes the stories that invoke shock

See's parallel between pivotal moments in the story and the decisions we make countless times in a day which in a way shape our whole future

Stories allow people to understand one another better

Stories and films teach us stuff

When you watch stories such as Star Wars or Robin Hood and many other stories you often end up siding with the rebels, the people going against the status quo

If he was going to impart one thing from his books it might be that everything you think isn't necessarily what you think it is. It might be something else, there might be more to the story



He acknowledges that his own knowledge is very limited especially at his age, there is almost infinite he hasn't experienced and his intelligence isn't necessarily extremely high

We talked about how people with conflicting views e.g. covid vaccines, both sides are hundred percent sure they are the ones in the right and the other ones are ignorant. Effectively both sides think they are the ones who have escaped the matrix and seen under the veil

We talked about how people's political ideologies or religious ideologies all know they are the right ones and the people with opposing views are the wrong ones

It can infuriate Chris that people think they're right.

We talked about evolutionary desire to be right and how it's not perfectly applicable to our current living situation

We talked about science having a most accurate theory which was not a hundred percent accurate

Ideally

Ties into personality type MBTI

Help people directly or indirectly.

Doing or innovating

Examples

Joe: Increase the number of people who have access to opportunities, and increase the quality of opportunities. Opportunities of success, health and happiness.

Cleaner: Keep a work environment clean so others can work in a pleasant and productive environment

Doctor 1: Help individuals to live a long and healthy life

Doctor 2: Find patterns to further the knowledge base on living a long healthy life



Liz: Use insight and intuition to provide tools technology to help people be more effective and productive



3) Vision

Location, family, hobbies, work to free time ratio, healthiness, type of work

4) Day to Day

What constructive activities and fun activities do you want to do on a day by day basis?

Goals come and go, happiness in part comes from having a fulfilling day to day. Working towards something you care about to the specifics of what the activities are. For example I am happy to sweep floors, however I strongly dislike admin work.

The Pivot:

The ultimate form of success is....

To have a balanced week

Ideal day: wake up have breakfast with his girlfriend, go to the gym, sit down and chill for a bit, write for three hours or so, read for a couple of hours, in the evening play a couple of hours of a game and then watch a film and go to sleep

5) Goals

Consider starting from here, then going up and then sweeping back down

Achievements, events and systems

Publish first fantasy fiction book

Be able to sustain himself and be financially comfortable through writing alone



6) Truth or Reality

You can do and be anything you want to be. Unlikely. There are many things you can't be and can't do, and there are many other things which are unlikely.

MBTI

SWOT

Strengths

Weaknesses

7) Plan

A plan is a bunch of ordered and organised steps

SMART (Specific, Measurable, Achievable, Relevant, and Time-bound)

8) Steps

Steps are the individual actions you take. E.g. Go to the gym, make a phone call, do some studying

Note: plan and steps really merge into one, a plan is a cascading arrangement of steps.



Goal 1: Publish first fantasy fiction book

(Publish and be read by an audience)

Finished writing the first draft of his first book a few months ago at Christmas time

Currently working on redeveloping everything that was already there

He liked the story, but there were bits in which he wanted in which were just missing

Gone back to square one

Started the project originally about three years ago

Has gone through a lot of different variations

Only recently been able to nail down every point of what he wants and the story

About to make the second draft properly

Works better when he has the means to work within, e.g. has to include a, b and c to get somewhere in the story

Advice online was just get the first draft done

He needs a structure because he has so many ideas going on even about the same story

Now he is giving himself a point-to-point structure, but that is draining the life out of him

He was super happy when he finished the book because he thought now written a book, there are many we read the first three chapters saw there was more work to do

180 hours on the first draft

He recorded every hour he spent



Found it slightly disheartening looking at the omissions and things he wished he had thought of before

The plan is to publish the book

He has got the next five books planned

Expecting to self publish it

He would like to get a traditionally published

It's the first of a 3 to 4 part series which doesn't sell as well as stand-alone books especially the debut authors

The book has 20 years span in the story

The book is 111,000 words in the first draft and increasing for the second draft

Slightly bigger than a Guits Differing book, a fairly standard size book though

The risk to the reader is they could have their time wasted by a debut author who might not going to deliver the second book

Thinks outsiders reading it would give him better feedback than people who know him

Doesn't currently have editors etc

He can't judge how good the book is because he's too close to it, plus it all makes sense to him but might not to third party

A beta reader could give feedback every two weeks on a chapter

There are options online to exchange beta reading

Has an artistic quirk, sometimes when people are really passionate about something he likes, it drains the passion out of it for him, he doesn't know why

Would worry with a beta reading exchange that if he read theirs and it was better than his it would throw him off massively, also he would struggle to get in the mind frame of critiquing their work because his mind would be thinking about his own work, it might not be a fair exchange

Wants the book finished by September, originally wanted it to be by July, but was slowed down because he lost motivation having to redo so much



Was writing for 3 to 4 hours a day

Now he works from 10 till 4 and is quite tired when he gets back

With writing once he gets going he could probably go for 4 or 5 hours

Outlining feels more like homework, it's more taxing

Writing he can do a thousand plus words a day

Has ideas coming to all the time

has the next 5 books planned

Has another 6 or 7 ideas that could be fleshed out in a day or so

Constantly has ideas, is never out of an idea

Book 1

The original concept from the book came from stories of horrendous wars currently going on and if you lived in a place where you were exposed to the worst parts of humanity and what if they then found out that they were God and can do whatever they want.

The book is three point of view characters (characters you are in the brain of when reading the story)

Quin, veteran who was betrayed by the Empire and worked out the war wasn't worth his or anyone's time and that it should just be left alone. Quin has made a homestead and started a family. He wants to protect his son make sure his son never has to fight, because fighting is immoral and unnecessary

Trin, the son as always dreamt of being a soldier, being a legendary warrior and exploring the world

Quin wants to protract Trin from the horrors of life

Trin thinks his dad is pathetic and weak

Both Quin and Trin think they are right



Cave man was found by Quin and Trin at the bottom of the cave, he has no memory and knows very little. He gets to see two sides of the same opinion. His character was primarily to give the audience a person with a clean slate to weigh up the different opinions

It turns out the story doesn't matter who is right because the world is forced upon them

Goal 2: Be able to sustain himself and be financially comfortable through writing alone

Would be happy with quite a modest but comfortable lifestyle

In novels he is not restricted at all by a budget, he is only restricted by if he can describe it and the reader can build it and imagine it from his description

Personality Traits

He did film at university which he was really excited about but found it boring to listen to people talking about it, might be an over focus on Quentin Tarantino

Lacks self-confidence in his creativity despite knowing he has a lot of ideas

He doesn't believe what he is doing is worth anything

In stories he loves a good fight scene, loves a bit of gritty violence or forbidden love

Doesn't want to write to sell, doesn't want to sell his soul

Chris doesn't want to last a hundred years

He is not afraid of death, would like to get a 70, anything after that is a bonus and anything after 90 is a curse

He is interested in religions, and why people believe

Part of him is scared about the world he lives in, and been able to contextualise that in a fantasy story that is important to him



Works on a computer all day sitting with customers. Often does this whilst thinking about writing

Every waking moment has thoughts of stories or plotlines or characters

Often has multiple ideas at one time

Bad with timings, can't gauge time, is always late, routine timings like getting to work and faff before the start time still can be confusing

Probably has adhd and autistic

Happiness

In a standard week:

What is your typical happiness on a scale of 1 to 10?

What is a typical low?

What is a typical high?

Work

Works for EE

Sales adviser, official title is a guide

Works in the shop dealing with walk ins

Does 25 hours a week

Does that job so he has time to do what he actually wants to do which is writing



Modelling

Has done modelling from 2019, which he loves but feels he can't give anything to it, like he's just there.

Did a bit of acting and felt like he could give something to the audience.

Hobbies

He really enjoys reading

Would still write even if no one ever read his books

Would like other people to enjoy his work, but more important than that is he enjoys his work

He thinks not every project he works on will get to see the light of day, another reason why it is important enjoys the process

Food

He is trying to get back into healthy eating

Currently diet is rather poor

Used to eat 4000 cal a day of chicken, rice and broccoli and healthy stuff

Now he has slipped back to sugar and rubbish

Exercise

Got a really good shape a few years Back

Then let it go, found no passion or love for it, got lazy

Doesn't really work out much at the moment



Got his gym membership back yesterday

He is trying out eat a little bit better

He feels like he is less productive the more healthy he is because he focuses so much on the healthy stuff like food and gym

Sleep

How many hours a night do you get?

How many do you need?

Do you sleep well?

Is a tired person anyway

Has a medical condition with sleep which he needs to get looked into

Can sleep for ever, sleep doesn't seem to touch him which has taken a toll on his creative output, he's generally exhausted all the time. Part of him feels like it might be an excuse, but he does feel physically exhausted

Health

Chatted about if having one's head in the creative stream comes at a cost of energy

Chris said the creative element of his mind does take toll of energy

Wouldn't change his creativity for the world despite any repercussions

It would be nice from time to time to just be able to watch a film or read a book without his brain writing its own book or writing its own film



Balance

To achieve success, health and happiness, the following five things need to be present in appropriate quantities

| Being Present | Thinking | | | Doing |
|---------------|----------|-------------------|----------|-------|
| | Learning | Developing Skills | Planning | |
| ... | ... | ... | ... | ... |



Values

What are the top five values that are most important to you?

Accountability, Compassion, Creativity, Self awareness, Open mindedness



Give-and-take

To get everything on this document, we may be asking a lot from the universe. And that is okay. But what are we prepared to give and what are we prepared to sacrifice? The universe demands balance.

Giving

| What would you like to give? | What are you prepared to give? | What would you give if you had to? | What would you be prepared to give on a temporary basis? | What would you not give? |
|------------------------------|--------------------------------|------------------------------------|--|--------------------------|
| ... | ... | ... | ... | ... |

Sacrifice

| What would you like to sacrifice? | What are you prepared to sacrifice? | What would you sacrifice if you had to? | What would you be prepared to sacrifice on a temporary basis? | What would you not sacrifice? |
|-----------------------------------|-------------------------------------|---|---|-------------------------------|
| ... | ... | ... | ... | ... |

Working From the Inside Out Versus Working From the Outside In

When we are working on problems we need to decide if it needs to be solved from within e.g. mindset and attitude or needs to be solved from without e.g. knowledge and plans



Books

MBTI

Miscellaneous

Background Information

Age: 25