

YEAR IN REVIEW

2017

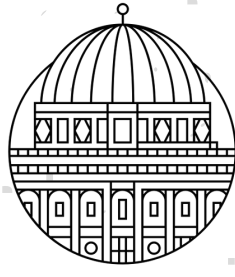
SUMMARY

2017 was a year that shook me to my core, a year that seemed like it lasted a lifetime and brought about a change in me that I would have never expected in my wildest imagination. I found meditation as a tool to help me calm my mind from what grew to become the neurosis of working for years with several fast paced software startups in San Francisco. A year where I realized that my downs could also be my ups, just as long as I stay mindful while being more present to face my aversion to some of life's challenges head-on. I am holding myself more accountable to the things that I say and do and here I recap some of the activities and metrics that form a year in my life.

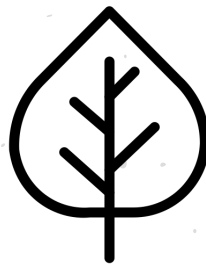


DAYS
16
SILENT
VIPASSANA
MEDITATION

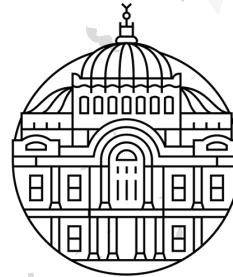
TRAVEL



Jerusalem
Tel Aviv



Aspen



Mexico City
Acapulco
Teotihuacan

WORK



Spirit Rock
An Insight Meditation Center

Began work as the Marketing Manager
August 21, 2017

LESAVAGE.com

2

Prototypes Created

HEALTH



Favorite Drink: Mezcal neat
Best New Drink: Coconut Oil in Coffee
Eating: Locally baked bread and going mostly vegetarian
Best New Lifehack: Ending each shower with cold water for 5-10 seconds

75

Days in a row
with no drinking,
no smoking

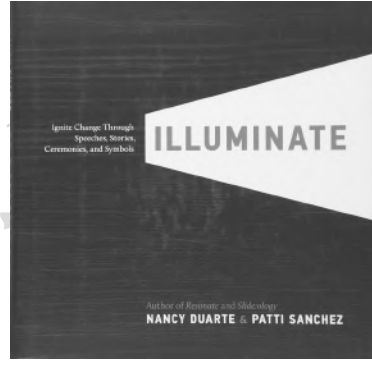


LISTENING

Favorite Concert: Odeza at the Greek
Favorite Podcasts: The Knowledge Project interviewing Naval Ravikant
Joe Rogan interviewing Paul Stamets
Rich Roll interviewing Mark Allen

READING

Heart Blown Open, Illumination, The Secret History of Dreams, Platform Revolution, Capital, Getting Things Done, Natural Health Natural Nutrition, Work the System, IQ84, Lovingkindness, The Power of Positive Thinking



ATHLETICS



HOURS

3:24

RAN THE JERUSALEM
MARATHON

MILES

1,648

TOTAL DISTANCE
BIKING & RUNNING

VERTICAL

4.8X

UP EVEREST