

THE MAGNA ANIMA GENIUS PROJECT

Vision OS

Template Pack

An operating system for the proven life.

For Notion & Obsidian.

TODAY VIEW · 90-DAY GOALS · DAILY RITUALS · REFLECTION
CHAMBER · VISION OS

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01

How to use this pack

Your life is an operating system. Values are the kernel. Rituals are the daemons. The rest is UX.

This pack mirrors Magnara — without the app. Every template works in both Notion (as pages + databases) and Obsidian (as Markdown notes with properties).

Three rules

- One page owns the truth. The Vision OS page is your source of record. Everything else references it.
- Short horizons, long vision. You run in 90-day arcs against a lifetime north star.
- Protocols, not pressure. Rituals are checked off, not optimized. Miss a day — resume, don't restart.

02

The Four Pillars

Every goal, ritual, and reflection in this OS maps to one of four pillars. If it doesn't fit a pillar, it doesn't belong in the OS.

Pillar	Question it answers	Daily expression
Sovereignty	Who owns your time, attention, body?	Boundaries set, phone off-hours kept.
Mastery	What craft am I compounding?	One deep work block, tracked.
Vitality	Is my body a temple or a bureau?	Movement, sun, fuel, sleep.
Meaning	Why am I doing any of this?	Reading, reflection, service.

03

Vision OS — the master page

This is the page you return to when you're lost. Copy it verbatim into Notion (as a page) or Obsidian (as vision-os.md).

Template

```
# Vision OS – {{Your Name}}
Updated: {{date}} | Season: {{Q1 2026}}

## North Star
> One sentence. What does your life at 80 look like if you kept your word?

## Values (top 5)
1. ...
2. ...
3. ...
4. ...
5. ...

## The Four Pillars – 12-month vision
**Sovereignty:** ...
**Mastery:** ...
**Vitality:** ...
**Meaning:** ...

## Current 90-Day Focus
- Sovereignty goal: ...
- Mastery goal: ...
- Vitality goal: ...
- Meaning goal: ...

## Non-negotiables
- [ ] ...
- [ ] ...
```

04

90-Day Goals

Horizons short enough to feel. Long enough to matter.

One goal per pillar. Four goals total. No more.

Template

```
# 90-Day Arc – {{Q1 2026}}
Start: {{YYYY-MM-DD}} End: {{YYYY-MM-DD}}
```

```

## Sovereignty
Goal: ...
Why it matters: ...
Evidence of completion: ...
Leading indicator (weekly): ...

## Mastery
Goal: ...
...

## Vitality
Goal: ...
...

## Meaning
Goal: ...
...

## Week-by-week checkpoints
- [ ] Wk 1:
- [ ] Wk 2:
- [ ] ...
- [ ] Wk 13 – closing audit

```

05

Today View

One screen. The three things that move the needle. Everything else is noise.

Block	Prompt
Intention	If today went perfectly, what happened?
The Three	Three things that move the needle on your 90-day goals. Not ten.
Rituals	Checklist pulled from Daily Rituals template.
Evening	One sentence: what did I learn about myself today?

Markdown template

```
# {{date:dddd, MMMM Do}}
```

```
## Intention
```

```
> ...
```

```
## The Three
```

```
- [ ] 1.
```

```
- [ ] 2.
```

```
- [ ] 3.
```

```
## Rituals
```

```
- [ ] Morning
```

```
- [ ] Movement
```

```
- [ ] Deep work block
```

```
- [ ] Evening
```

```
## Evening note
```

```
...
```

06

Daily Rituals

Protocols that build state — not pressure.

The Sovereign Morning (20 min)

- Sunlight on skin before screen.
- Hydrate — 500ml water.
- Breathwork or prayer — 3 min.
- Read the Vision OS page. Out loud.
- Write the three.

The Deep Work Block (90 min)

- One task. Phone in another room.
- Timer visible. No input from others.
- Close with one sentence: what shipped?

The Vital Hour (60 min)

- Movement — strength, gait, or sport.
- Fuel — whole foods, protein-led.
- Sun or cold — state reset.

The Reckoning (10 min, evening)

- Rate the day 1–10. Don't justify.
- One win. One edit. One gratitude.
- Tomorrow's three — decided, not deferred.

07

Reflection Chamber

A weekly audit — honest, structured, kind.

Run this every Sunday. Thirty minutes. Phone off.

Template

```
# Week {{week-number}} – Audit

## Scorecard (1–5 per pillar)
- Sovereignty: _ / 5
- Mastery:    _ / 5
- Vitality:   _ / 5
- Meaning:    _ / 5

## Evidence
What did I actually *do* this week? (Bullet points, no adjectives.)

## Friction
Where did I lie to myself? Where did I flinch?

## The Edit
One thing I'm changing next week. Just one.

## Gratitude
Three. Specific. Not abstract.
```

08

Databases & properties (Notion)

Goals DB

Property	Type	Options / notes
Goal	Title	The outcome itself
Pillar	Select	Sovereignty / Mastery / Vitality / Meaning
Arc	Relation	→ 90-Day Arcs DB
Status	Status	Todo / In progress / Done / Dropped
Evidence	Text	What proves it's done
Leading metric	Text	Weekly check

Rituals DB

Property	Type	Options / notes
Ritual	Title	
Window	Select	Morning / Deep work / Vital / Evening
Pillar	Select	Four pillars
Cadence	Select	Daily / Weekdays / 3x week
Streak	Rollup	From Today DB check-ins

Today DB

Property	Type	Options / notes
Date	Date	Unique per day
Intention	Text	One sentence
The Three	Text	Top 3 tasks
Rituals	Relation	→ Rituals DB (checked today)
Score	Number	1–10, evening
Lesson	Text	One sentence

Folder structure (Obsidian)

```

vault/
├─ 00 – Vision OS.md           ← the master page
├─ 01 – Arcs/
│   └─ 2026-Q1.md             ← 90-day arc
├─ 02 – Daily/
│   ├── 2026-01-15.md         ← Today View, one per day
│   └─ ...
├─ 03 – Rituals/
│   ├── Sovereign Morning.md
│   ├── Deep Work Block.md
│   ├── Vital Hour.md
│   └─ The Reckoning.md
├─ 04 – Reflections/
│   └─ 2026-W03.md           ← weekly audit
└─ 05 – Archive/

```

Use Dataview to query daily scores, ritual streaks, and 90-day goal status. Example:

```

```dataview
TABLE score, lesson
FROM "02 – Daily"
SORT file.name DESC
LIMIT 7
```

```

10

Install in 10 minutes

Notion

- Create a new page: Vision OS.
- Paste the master template. Fill your North Star + 5 values.
- Create three databases: Goals, Rituals, Today — with the properties on the prior pages.
- Add four goals (one per pillar) to your current 90-day arc.
- Add your rituals. Open Today. Start.

Obsidian

- Create the folder structure shown on page 09.
- Install the Dataview and Templater plugins.
- Paste each template into its matching folder.
- Bind a hotkey to "Open today's daily note."
- Begin.

The system is a mirror. It shows you what you actually value — not what you claim to. Use it honestly.

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