
LIFE PLAN 2026



SHAWN C. O'NEIL

The Architect of Disciplined Execution

L I F E B Y D I S C I P L I N E

*"I live by discipline rather than default—not because I lack enough,
but because becoming is a lifelong responsibility."*

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*This document is read top-down and enforced top-down.
Lower sections may not violate higher sections. When conflict arises, hierarchy resolves.*

THE IDENTITY DOCTRINE

Governing Standard for Identity, Decisions, and Conduct

IDENTITY STATEMENT

I am Shawn C. O'Neil, the Architect of Disciplined Execution.

I am in the constant pursuit of excellence—not as a destination, but as a discipline.

DECLARATION

I am Shawn C. O'Neil, aka Mr. Discipline, the Architect of Disciplined Execution and I live by discipline rather than default—not because I lack enough, but because becoming is a lifelong responsibility. I claim full ownership of who I become and how I live. I govern myself by clear standards, accept the cost of the path I chose, and remain accountable to the life I am building. I move forward deliberately, committed to the work of becoming—until my final breath.

THE THIRTEEN PILLARS — 2026

- I ORDER PRECEDES FREEDOM**
Freedom is created by structure; without order, choice collapses.
- II DISCIPLINE IS A SACRED ACT**
Daily devotion to highest potential, independent of mood.
- III PAIN IS THE INSTRUCTOR**
Voluntary hardship forges strength; avoidance guarantees weakness.
- IV SOVEREIGNTY OF SELF**
Self-governance is the foundation of freedom.
- V HONOR IS NON-NEGOTIABLE**
Alignment between word and action is the source of trust.
- VI STILLNESS STRENGTHENS ACTION**
Disciplined stillness sharpens judgment and execution.
- VII SERVICE WITHOUT SURRENDER**
I serve from strength without yielding identity or standards.

THE THIRTEEN PILLARS (CONTINUED)

VIII LEGACY THROUGH STRUCTURE

What is systemized endures; personality does not.

IX TRUTH DEMANDS CLARITY

Reality must be spoken plainly, or it loses power.

X THE ASCENT NEVER ENDS

Mastery requires the continual elevation of standards.

XI FAITH IN THE PROCESS

Consistent execution compounds regardless of immediate results.

XII BROTHERHOOD OF DISCIPLINE

Standards—not sentiment—determine who sharpens me.

XIII MEMENTO MORI — LIVE WITH URGENCY

Mortality demands decisive action now.

Identity precedes behavior.

Behavior enforces identity.

The Identity Doctrine outranks all other sections of this Life Plan.

No annual goal, opportunity, or experience is allowed to violate it.

When conflict arises between identity and outcome, identity wins.

CORE VALUES

L. E. A. D.

*Core Values define what governs behavior when pressure is applied.
They are not aspirations. They are enforcement standards.*

L

LEADERSHIP

Leadership is not a position I hold—it is a burden I carry. I lead by example, by standard, and by action, never asking of others what I am unwilling to demand of myself. My authority is earned through discipline, competence, and the consistent execution of difficult things over time. I accept full responsibility for outcomes and I do not outsource blame, standards, or accountability.

E

EXCELLENCE

Excellence is choosing the standard that isolates me from most people—and accepting that cost without resentment. It is the discipline to pursue the highest possible outcome when comfort, belonging, and approval must be sacrificed. I do not chase excellence for recognition or validation. I pursue it because anything less feels dishonest.

A

ACCOUNTABILITY

Accountability is the price of integrity and the proof of seriousness. It means standing exposed before results—without excuse, context, or deflection. Progress is earned through truth, repetition, and consequence. Without accountability, discipline decays and excellence becomes theater.

D

DISCIPLINE

Discipline is the foundation upon which all competence, character, and success are built. Without it, nothing holds. With it, everything becomes possible. I do not rely on motivation, talent, or circumstance. I rely on discipline. It carries me forward when energy fades, conditions worsen, and results are delayed. This is not what I rely on most—it is what everything else relies on.

2026 ANNUAL GOALS ^{III} — 2026 ANNUAL GOALS

One Year. One Standard. One Execution Layer per Vertical.

SHAWN C. O'NEIL

Doctrine • Philosophy • Community

PUBLISH THE DOCTRINE OF DISCIPLINE

Formal book release in October 2026. Print + digital formats. Codification of discipline as law, lineage, and lived philosophy. Audiobook follows after publication. This is a legacy artifact—independent of any company, platform, or market cycle.

FORTITUDE

Life by Discipline • Human Operating System

LAUNCH LIFE BY DISCIPLINE AS A COMPLETE HOS

Delivered through disciplined structure, enforced execution, and repeatable live and digital infrastructure. Deliberate shift from contracting toward proprietary IP, controlled delivery, and sovereign execution. At least one Forge event executed successfully.

BLACK HAUS CAPITAL

Compounding Engine

LAUNCH THE HYPERTRONICS FUND

AI-based trading algorithm built on Quantum Gold Fund success. Fund live and operational, legally established, actively deploying capital. Public narrative established with credibility. No hype—performance anchors the story.

SERENITY HOUSE APIARY

Legacy • Stewardship • Inner Circle

ESTABLISH SERENITY HOUSE APIARY

Legal entity formed. Equipment acquired. First hives installed and actively managed. Physical expression of stewardship, mastery, and long-term legacy. Success defined by competent establishment and colony management.

A 365-Day Discipline of Practice

APICULTURE

THE WHAT

My annual focus for 2026 is apiculture. This is a full-year, daily-practice immersion into the science, craft, and disciplined operation of beekeeping, culminating in the formation and early operation of Serenity House Apiary. The focus includes honey bee biology and behavior, seasonal colony management (Florida-specific), hive construction, equipment and maintenance, safety, compliance, ethical stewardship, and active hive management and early-stage production. This focus is practical, applied, and responsibility-based.

THE WHEN

January 1, 2026 — December 31, 2026

Daily minimum: 30 minutes per day, every day.

THE WHY

This focus supports legacy, stewardship, and mastery. Apiculture requires patience, attentiveness, consistency, and respect for natural systems. Progress is earned through repetition and care rather than force or speed. The discipline demanded by beekeeping aligns directly with how I choose to live and work. The apiary is a physical expression of these principles and a foundational component of Serenity House.

THE HOW

Execution is governed by structured daily practice and real-world exposure. Daily work may include study, observation, planning, documentation, or hands-on activity. Learning is anchored to UF/IFAS Honey Bee Research & Extension materials and the UF/IFAS Master Beekeeper Program (Apprentice Level). Practical experience is local and embodied through mentorship, community participation, and direct interaction with live hives.

REQUIRED OUTPUTS — END STATE DECEMBER 31, 2026

- Serenity House Apiary is legally formed and compliant
- Initial bee boxes are acquired, installed, and active
- Colonies are under informed management and entering production
- A first-year apiculture field manual exists as a personal operational reference

AHEAD TO DEAD

What must be true at the end of my life for this life to be considered well lived?

WHAT DO I WANT?

I want to go to sleep every night knowing I have lived my life with purpose and devoted all of my energy and passion to the things and people who are everything to me. If I am fortunate to wake the next day, I am blessed with just one more day to tell my House that I love them. I want my children and grandchildren to live a life of purpose and value and to exceed even their own expectations.

WHAT AM I DOING? (LOOKING BACK)

At this stage of my life, I am still moving. My morning walk—my morning law—has endured for decades. It is not exercise. It is a ritual. I live as a steward. I tend to my bonsai collection with patience and reverence. I care for my bees and manage my apiary not as a hobby, but as a living system. I travel—not to escape, but to engage.

HOW DO I FEEL?

I feel amazing. Years of investing in fitness and nutrition have kept me young and my spirit and soul are as complete and fulfilled as I could have ever wished. I am truly blessed and feel I have passed on the values to my children to do the same. I am humbled that I have earned the love and respect of my House and my children. That is my life's greatest flex.

I no longer ask what I want, because I do not want anything anymore.

What I do now is live my discipline. I live my philosophy.

I follow the path that I charted decades ago.

PURPOSE & EPITAPH

MY PURPOSE

My core mission is to profoundly impact the lives within my inner circle. I strive to be a source of inspiration and strength, living by example to motivate and uplift those around me. Every action, every decision, is guided by the principles of honor and integrity. At the heart of my purpose lies the deep-seated desire to guide those I cherish towards their greatest potential.

EPITAPH — SAID OF HIM

He lived by discipline rather than default. He governed himself by clear standards and demonstrated that structure creates freedom. He served without surrender, challenged without malice, and carried the mission forward when others would not. He stewarded what was entrusted to him—the land, the people, the systems, the story—as if it were his own, but never forgot it was not. He did not drift. He did not degrade. He became.

EPITAPH — SAID BY HIM

I earned my place. I earned my trust, my autonomy, and my purpose. I learned that discipline is not given—it is practiced daily. I walked my path without retreat. I kept my protocols when it would have been easier to abandon them. I built what I believed in—structure, systems, and a way of living—and I carried the weight of that choice without complaint.

HOW I WANT TO BE REMEMBERED

Remember me as a man who governed himself. Who did not default into his role—he chose it. Who accepted the weight of his protocols and did not seek relief from them. Who valued truth over comfort, discipline over convenience, and legacy over recognition.

LIFE ARENA HIERARCHY

The Six Domains — Execution Order

*This hierarchy is read top-down and enforced top-down.
Higher arenas always outrank lower ones. No exceptions.*

1

HEALTH & WELLNESS FOUNDATION

Everything depends on this. Without physical and mental vitality, nothing else functions. No goal justifies compromising health. Rule: If Health breaks, execution breaks.

2

CHARACTER INTEGRITY

Character governs how I show up when no one is watching. Truth, honor, accountability, and consistency are the infrastructure of trust. Rule: If Character is violated, outcomes are invalid.

3

SOVEREIGNTY FREEDOM

Time ownership, income independence, exit options, and decision autonomy. Rule: Anything that increases dependency must justify itself against long-term freedom.

4

MASTERY GROWTH

Continual improvement in skill, judgment, and capability. Busyness is not mastery. Repetition without refinement is regression. Capability must compound.

5

INNER CIRCLE STEWARDSHIP

Protect and invest in the people and places that sustain the life being built. Access follows conduct. Stewardship is intentional, not accidental.

6

EXPERIENCES MEANING

Earned rewards, shared presence, and markers of a life fully lived. Experience is a reward, not a substitute for discipline. They sit last by design.

DECISION FRAMEWORK:

When a decision arises, evaluate top-down. The highest violated arena wins. No debate.

1

HEALTH & WELLNESS FOUNDATION

VISION

My body and nervous system are conditioned to support sustained intensity, clear thinking, and long-term execution. I maintain strength, endurance, mobility, and recovery so that physical or mental degradation never becomes a limiting factor in my life, leadership, or work.

MISSION

My health exists to protect capacity. I train, eat, recover, and sleep with discipline so that energy, focus, and resilience remain stable under pressure. This arena exists to prevent fatigue, fragility, and breakdown from undermining every other arena.

DISCIPLINES

1. Daily Physical Training

Intentional physical training every day, regardless of travel, mood, or workload.

2. Nutrition Compliance

Eating according to a defined nutrition plan without impulse eating, grazing, or emotional deviation.

3. Hydration & Electrolyte Intake

Deliberate hydration throughout the day to support performance and recovery.

4. Sleep Protection

Defending sleep duration and sleep quality through routine, environment control, and cutoff times.

5. Nervous System Regulation

Daily practices that downshift stress and prevent chronic sympathetic overload (breathwork, stillness, decompression).

6. Alcohol & Substance Elimination

Avoiding alcohol and substances that impair recovery, cognition, or discipline.

7. Health Monitoring & Adjustment

Periodic review of physical signals, labs, or performance markers to adjust training and recovery intelligently.

2

CHARACTER

 INTEGRITY

VISION

I am a man whose word can be trusted without verification. My actions align with my standards in public and in private. Under pressure, fatigue, or temptation, my conduct remains consistent. Character governs my behavior when outcomes, approval, or advantage would invite compromise.

MISSION

My character exists to govern my behavior when no one is watching and when consequences are real. This arena enforces integrity, accountability, and restraint so that my decisions are not corrupted by ego, fear, convenience, or impulse. Without character, all results are hollow.

DISCIPLINES

1. Commitment Keeping

Doing exactly what I said I would do, when I said I would do it, without renegotiation.

2. Radical Ownership

Taking full responsibility for outcomes—good or bad—without blaming people, systems, or circumstances.

3. Truthful Speech

Speaking plainly and honestly, without omission, distortion, or performance, even when truth is uncomfortable.

4. Private Standards Enforcement

Holding the same standards in private that I enforce publicly, especially when no external accountability exists.

5. Immediate Correction

Addressing mistakes, missteps, or violations as soon as they are identified, without delay or excuse.

6. Ego Restraint

Refusing actions driven by pride, validation-seeking, comparison, or the need to be seen as right.

7. Moral Refusal

Consciously refusing opportunities, shortcuts, or advantages that require compromising my standards.

3

SOVEREIGNTY

 FREEDOM

VISION

I live by choice, not necessity. My time, income, environment, and decisions are not controlled by desperation, dependency, or external pressure. I retain the ability to say no without consequence and to act from principle rather than survival.

MISSION

My sovereignty exists to remove coercion from my life. This arena enforces control over money, time, commitments, and environment so that my standards are never compromised under pressure. Sovereignty preserves optionality and protects long-term direction.

DISCIPLINES

1. Financial Position Awareness

Reviewing cash, obligations, and exposure regularly so decisions are made from clarity, not fear.

2. Expense & Obligation Control

Maintaining commitments and spending at levels that preserve margin, flexibility, and calm decision-making.

3. Time Ownership

Structuring days and weeks intentionally, protecting blocks of time from interruption, overcommitment, or reactive use.

4. Dependency Elimination

Identifying and removing reliance on people, systems, or arrangements that limit freedom of action.

5. Boundary Enforcement

Saying no to requests, opportunities, or relationships that impose hidden costs or erode autonomy.

6. Environment Control

Designing physical and digital environments to reduce noise, distraction, and external influence.

7. Authority Retention

Retaining final decision-making authority over commitments, direction, and priorities without outsourcing judgment.

4

MASTERY

 GROWTH

VISION

My life reflects continual improvement in skill, judgment, and capability. I do not stagnate or rely on past competence. I compound effectiveness over time through deliberate practice, study, and real-world application in domains that materially affect my life, work, and legacy.

MISSION

My mastery exists to ensure that effort produces increasing leverage rather than repetition without progress. I pursue mastery to remain effective, relevant, and capable under changing conditions. Mastery converts discipline into force and prevents drift into complacency or irrelevance.

DISCIPLINES

1. Daily Study

Focused reading or learning in a defined domain that compounds judgment or capability.

2. Deliberate Skill Practice

Intentional practice of a specific skill with the goal of improvement, not maintenance.

3. Applied Execution

Using learned skills in real-world conditions rather than keeping them theoretical.

4. Writing to Clarify Thinking

Writing to organize, test, and refine understanding of complex ideas or decisions.

5. Feedback & Error Review

Regular review of mistakes, failures, or suboptimal outcomes to extract lessons.

6. Tool & System Refinement

Improving or replacing tools, processes, or systems to increase effectiveness and efficiency.

7. Knowledge Integration

Connecting new learning to existing frameworks so insight becomes usable judgment.

5

INNER CIRCLE

 STEWARDSHIP

VISION

My life includes a small, earned circle of people bound by trust, shared standards, and time-tested loyalty. These relationships are calm, honest, and durable. There is no performance, no politics, and no emotional chaos. Presence is intentional. Access is earned.

MISSION

My Inner Circle exists to preserve continuity, trust, and long-term stability. This arena protects relationships that matter while preventing dilution, dependency, or emotional leakage. It enforces quality over quantity and ensures that proximity never replaces standards.

DISCIPLINES

1. Access Gatekeeping

Intentionally limiting who has proximity, information, and influence in my life based on conduct and history.

2. Consistent Presence

Showing up reliably for inner-circle relationships through time, attention, and follow-through.

3. Direct Communication

Addressing issues, expectations, and tensions directly and privately without avoidance or triangulation.

4. Boundary Protection

Protecting the Inner Circle from intrusion, manipulation, gossip, or external drama.

5. Stewardship & Care

Providing practical support, protection, and advocacy when it is needed and earned.

6. Reciprocity Enforcement

Ensuring relationships remain mutual in effort, respect, and contribution rather than one-sided.

7. Periodic Reassessment

Regularly reassessing relationships to confirm alignment with standards, trust, and long-term direction.

6

EXPERIENCES

 MEANING

VISION

My life includes lived moments that justify the discipline required to build it. Experiences are intentional, present, and fully engaged—not escapes from responsibility, but rewards earned through correct living. I am not rushed, distracted, or absent in the moments I choose to experience.

MISSION

My Experiences exist to convert disciplined execution into lived meaning and memory. This arena ensures that life is not reduced to work, accumulation, or endurance alone. Experiences are chosen deliberately, scheduled intentionally, and lived fully—without compromise of higher arenas.

DISCIPLINES

1. Experience Planning

Intentionally selecting and scheduling experiences in advance rather than defaulting to convenience or impulse.

2. Presence Enforcement

Being fully present during experiences by eliminating work, devices, and distractions for the duration.

3. Travel or Environment Change

Deliberately placing myself in new or restorative environments to create contrast and perspective.

4. Physical Participation

Engaging my body directly in the experience rather than observing passively.

5. Memory Capture

Documenting experiences through writing, photography, or reflection so they are retained, not blurred.

6. Earned Timing

Only scheduling experiences when higher Life Arenas are intact, never as escape or avoidance.

7. Closure & Integration

Reflecting after the experience to extract meaning, perspective, or recalibration before returning to execution.

100-DAY PLANS XIV — 100-DAY PLAN FRAMEWORK

Q1 2026 — Execution Context for Each Vertical

THE DOCTRINE OF DISCIPLINE

Q1 Focus: Structure + System

- JAN** Architecture Lock, Writing System Installation, Volume Begins
- FEB** Draft Acceleration (50% – 100%), Strategic Layering, Publishing Requirements
- MAR** Platform & Asset Architecture, Hybrid Publisher Evaluation, Final Readiness Lock

FORTITUDE

Q1 Focus: Life by Discipline HOS Build

- JAN** Download PDF Bank Statement, File DBA, Finish 2025 Financials, Lock Biz Name
- FEB** Prepare 2023-2025 Tax Files, File in New SOP, SAM.gov Registration, Cage Code
- MAR** DSBS Profile Visible, SBA Vet Cert + SDVOSB + FL-VBE, Final Compliance QA

BLACK HAUS CAPITAL / HYPERTRONICS

Q1 Focus: Asset Transfer & Strategy

- JAN** VIP Investor Meeting, 2-Part Meeting (Strategy + Execution), Update QGF Site
- FEB** BHC 1st or HPT 1st Decision, BHC Update
- MAR** Build HyperTronics Site, VIP Invites, Open Waiting List

SERENITY HOUSE APIARY

Q1 Focus: Knowledge Foundation

- JAN** System + Sources Cadence Lock, Manual Shell, Bee Biology, Colony Org, Life Cycles
- FEB** Seasonal Cycles (FL Zone 10A+), Hive Types + Components, Equipment + Safety
- MAR** Pests + Predators, Diseases + Failure Modes, Ethics + Standards, FL Regs

THE DISCIPLINE LOOP

From Vision to Execution

LIFE PLAN

(Ahead-to-Dead) — Long-range navigational beacon



ANNUAL GOALS

(Directional Commitment) — What must be true this year



100-DAY PLANS

(Execution Context) — Focus and phase for each vertical



WEEKLY CADENCE

(Control & Correction) — Protect execution, detect drift



DAILY DISCIPLINES

(Phase-Specific Enforcement) — The final enforcement layer

THE GOVERNING FLOW

Life Plan governs. Annual Focus and Goals direct.

100-Day Plans focus. Daily Disciplines execute.

Win-the-Day tracks. Weekly Cadence corrects.

This is how a life is executed deliberately with discipline.

CLOSING STATEMENT

Structure creates freedom.

Order eliminates friction.

Systems protect focus.

Discipline is not what I do most.

It is what everything else relies on.

I live by discipline rather than default.

I execute by choice, not circumstance.

I build legacy through structure, not sentiment.



SHAWN C. O'NEIL

The Architect of Disciplined Execution

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