

LIFESTYLE

Gym Of Rest
Making Lives That Matter



Preface

In a complex world abounding in stress, distraction, and different forms of slavery, there is an overwhelming need for healthier rhythms and a lifestyle that supports life lived to the full. In the monasteries of old, there often emerged a Rule, that helped govern and provide a way to coordinate for natural activities such as gardening and meals, as well as supernatural ones such as prayer and healing. Whilst Maker Life will not have a Rule as such, acknowledging that the world we live in and patterns of work, living and learning in it, require a high degree of flexibility - it is proposed in this white paper that Maker Life has instead a Rhythm, one which we will call the Gym of Rest.

The Gym of Rest

Such a rhythm would cover and be supported by the key levers represented by Maker Life, namely its software, hardware, and culture-ware. The software lever would include menus of options for individuals, groups, and through third parties for breakthrough covering food, exercise, fun, service, and mindfulness activities, as well as over time tools for analysis. Hardware would include furniture that specifically supports Gym of Rest rhythms (such as designing locker boxes to put away phones in desks, and features that promote rest, as well as those which support epiphanies that restful work can lead to - such as blackboards in gardens). Culture-ware would cover practices and principles, common events and activities in different seasons, opportunities for giving up first fruits in terms of time, space, and learning. All would be developed ideally in an evolutionary rather than primarily top-down or hierarchical fashion. The main core practitioners of the Gym of Rest rhythm would be those stewarding Maker Life spaces, primarily those who act as concierges and who receive benefits from doing so in the form of lower costs, a worshipping community, and global nomadic flexibility. However, those around such practitioners could choose to try out certain activities or join them without needing to fully subscribe to the rhythm, to try it out, both organically, as well as through workshops and induction sessions.

The Gym of Rest App

To help support the rhythm an app will be developed to enable collaboration, suggestions for improvement, and the sharing of content, with over time, features such as

- Provision of global door entry access depending on the level of subscription the member has signed up for to all ML partner spaces
- Logging tasks completed for the common good which vary by location and subscription level
- Enabling of conversations and content in a non-distracting and perhaps batched way
- Management of subscriptions and profiles
- Provision of a way to journal commitments made to help love life to the full
- Learning sections and the available pathways
- A means of promoting self-governance using methods such as Teal, including feedback and suggestions on how to simplify and automate tasks
- Events information and the ability to find out what's happening in different spaces
- Providing access to the app store and a marketplace of services for a life lived to the full from other members and beyond

The system will have different versions with simplified features and requirements for associates using spaces, Maker Year members, partners and their staff, ML staff, and suppliers. Opportunities to switch will be offered within the app, to activate greater content and features. Over time machine learning could help improve content, and enhance rhythm options generally using feedback from users both of a verbal and sensor-based nature (with permission), alongside human curators.

Keeping the values

Maker Life has a set of values that the Gym of Rest will help express.

One of the key priorities in the development of the Gym and a way to keep it healthy and help it avoid becoming legalistic and obsessive will be the extent to which it involves families, both men and women, and different generations rather than being a pursuit of, for example, single men. Tasks for the common good and group activities will therefore potentially include elements that encourage mixing of generations and types of people. How the adherence to the Gym of Rest will be managed will require thought and development. On the one hand there will be financial implications where concierge activities are not fulfilled in an agreed time frame, but for much of the Gym involvement and participation should be mainly voluntary, as with a physical gym, and based on well designed nudges - though members may want to pair up and have accountability with others to help them reach their goals, as well as with paid service providers in the marketplace where they are looking to achieve specific breakthroughs. A code of conduct may have to be developed which if violated repeatedly may lead to members being invited by other members to move on or switch circle within the wider Maker Life ecosystem. Similarly, for members themselves, they may wish to move on as well and provision may need to be built in within their teams to facilitate such conversations, harnessing Teal management, and to help ensure smooth transitions take place with replacements quickly found.

Conclusion

I t is time to make lives that matter. This is as much if not more about the rhythm of our lives individually as well as together, and will need curating and shaping by communities that form as well as the wider Maker Life platform.

The Gym of Rest can be the modern incarnation of that ancient gymnasium that life itself with all its ups and downs represents, helping to anchor people physically and spiritually and mentality, wherever they are (including beyond maker Life spaces) in real life, and liberating people from the unhealthier unwritten rules that dictate their lives consciously or unconsciously.

Without it, Maker Life will not be able to fully promote life lived to the full.

But with it, Maker Life will have the ability to influence and help transform lives and the culture of entire cities, spheres, and nations.

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