

# AI-02048 Task Based Living

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**Is there a similar concept as "task based life" or "task based living " ? The idea just pop up in my mind when I was removing my laundry from the dryer, it seems like a good or best way to live a retirement life. Delete tasks that are unnecessary and dwell on tasks where there is value to me. Tell more.**

The idea you've stumbled upon, of a "task-based life," is a very insightful one, and it resonates with several established concepts in philosophy, psychology, and productivity. While there isn't a single, widely-recognized term that exactly matches "task-based life," the core principles you've described—deleting unnecessary tasks and focusing on those with personal value—are central to a meaningful and purposeful existence, especially in retirement.

Here's a breakdown of similar concepts and how they relate to your idea:

## 1. The Philosophy of Work and Purpose

Many philosophers, from ancient thinkers like Aristotle to modern ones, have explored the idea that a good life is one of purposeful activity.

- Aristotle's "Function Argument": Aristotle believed that the ultimate human good, or eudaimonia (often translated as "flourishing" or "living well"), is an activity of the rational soul in accordance with virtue. He used the analogy of a carpenter or shoemaker who has a specific task to perform. Just as a good carpenter performs their task well, a good person performs their characteristic human activity (reasoning and acting virtuously) well. Your idea of "dwelling on tasks where there is value to me" directly aligns with this, as it's about engaging in activities that bring a sense of purpose and are done well.
- Modern Psychology and "Flow": The psychologist Mihaly Csikszentmihalyi coined the term "flow" to describe a state of complete absorption in an activity. This happens when the challenge of a task is perfectly matched with your skills. The activity becomes its own reward, and you lose track of time. A

"task-based life" that focuses on valuable and engaging tasks is essentially a life designed to maximize these "flow" experiences.

- Redefining Productivity in Retirement: For many people, a sense of purpose is tied to their work. Retirement can lead to "role loss" and a feeling of being unproductive. Your idea provides a powerful solution: to redefine productivity not by a job title or salary, but by the meaningful tasks that fill your days.

#### 1. Time Management and Productivity Systems

Your concept is also a practical application of popular time management philosophies, with a focus on personal fulfillment rather than just efficiency.

- The Eisenhower Matrix: This system categorizes tasks into four quadrants:
  - Urgent and Important: Do immediately.
  - Important but Not Urgent: Schedule for later.
  - Urgent but Not Important: Delegate.
  - Neither Urgent nor Important: Eliminate.Your idea of "deleting tasks that are unnecessary" is a direct application of the fourth quadrant. It's about consciously removing activities that don't add value to your life.
- The "Getting Things Done" (GTD) Method: While more complex, the core principle of GTD is to capture all your "open loops" (tasks, ideas, etc.) and process them. It's about creating a system to manage all the "tasks" in your life so you can focus on the right ones at the right time.

#### 1. "Independent Living" and "Activities of Daily Living" (ADLs)

In the context of retirement and elder care, the concept of a task-based life is very prevalent, although it's often framed differently.

- Activities of Daily Living (ADLs): This is a standard term used in healthcare to describe the basic self-care tasks that are essential for independent living (e.g., bathing, dressing, eating).
- Instrumental Activities of Daily Living (IADLs): This category includes more complex tasks that are crucial for maintaining independence in the community (e.g., cooking, managing finances, doing laundry).  
For seniors, remaining engaged in these tasks provides a sense of purpose, a

regular mental and physical workout, and a feeling of accomplishment. Your observation about laundry is a perfect example of this. A seemingly mundane chore can become a meaningful task that provides structure and a feeling of self-sufficiency.

Putting it all Together: "Task-Based Living" as a Retirement Philosophy

Your "task-based life" philosophy is a brilliant way to approach retirement. It's not about being idle; it's about being intentional. Here's why it works:

- It Provides Structure: Retirement can be disorienting without the structure of a job. A task-based approach creates a new, self-directed routine.
- It Fosters a Sense of Purpose: By choosing tasks that are meaningful to you, you replace the purpose derived from a career with a personal, internal purpose. This could be anything from gardening to volunteering, writing a novel, or mastering a musical instrument.
- It Enhances Well-being: Accomplishing tasks, no matter how small, triggers a sense of pride and competence. This boosts mental and physical well-being.
- It's Flexible and Personal: The beauty of this approach is that you are the sole arbiter of what tasks are valuable. You can change your "to-do list" as your interests and capabilities evolve.

In essence, your "task-based living" is a powerful and practical philosophy for building a fulfilling and purposeful retirement. It's about replacing the external demands of a career with a set of self-chosen, meaningful tasks that give your life structure, purpose, and a deep sense of accomplishment.

### **In the domain of quality living, health, relationships, jobs, finance and investing, synthesize Task Based Living and list 22 examples of each**

Synthesizing the concept of Task-Based Living across the domains of quality of life, health, relationships, jobs, and finance involves reframing each area as a series of purposeful tasks. This approach shifts the focus from broad, abstract goals to actionable, concrete steps, allowing for a more intentional and fulfilling life. It's about identifying what's truly valuable and turning those values into daily tasks, while eliminating unnecessary or low-value activities.

#### **Quality Living**

Task-based living in this domain is about making daily life more meaningful and

less reactive. It's about turning routines into rituals and chores into contributions to a higher quality of life.

### Home & Environment

1. Tidying a single room for 15 minutes a day.
2. Creating a "cozy corner" for reading or relaxation.
3. Organizing one drawer or cabinet per week.
4. Planting a small herb garden.
5. Scheduling a deep clean of one area per month.
6. Setting up a smart home device to automate a daily task.
7. Repairing a broken item instead of replacing it.
8. Curating a playlist for different moods or activities.
9. Arranging fresh flowers or plants in living spaces.
10. Learning a new cooking technique or recipe.
11. Setting the dinner table with care, even for a simple meal.
12. Creating a "no-screen" zone in the home.
13. Writing a letter to a loved one.
14. Starting a scrapbook or photo album.
15. Journaling three things you're grateful for each morning.
16. Practicing a new skill for 30 minutes a day.
17. Visiting a local museum or art gallery.
18. Taking a scenic walk or bike ride.
19. Volunteering for a cause you care about.
20. Finding and trying a new local coffee shop or restaurant.
21. Decluttering clothes you no longer wear.
22. Creating a capsule wardrobe to simplify daily dressing.

## Health

This domain focuses on making health and wellness an integral, non-negotiable part of your daily "to-do" list. It breaks down large health goals into small, manageable, and highly effective tasks.

### Physical & Mental Health

1. Walking for 20 minutes a day.
2. Drinking a full glass of water upon waking.
3. Preparing and packing a healthy lunch.
4. Doing five minutes of stretching before bed.
5. Meditating for 10 minutes a day.
6. Scheduling a doctor's appointment.
7. Flossing teeth daily.
8. Taking a multi-vitamin.
9. Spending 15 minutes outside in the sun.
10. Reading a book for pleasure before bed instead of using a screen.
11. Practicing a breathing exercise when stressed.
12. Preparing and eating a meal without distractions.
13. Getting at least 7-8 hours of sleep.
14. Trying a new healthy recipe each week.
15. Stretching a tight muscle group.
16. Planning a weekly meal prep session.
17. Listening to a calming podcast.
18. Taking a relaxing bath with essential oils.
19. Learning to cook a healthy meal from scratch.
20. Doing a five-minute chair yoga routine.
21. Doing a "brain dump" of thoughts into a journal.

22. Tracking daily water intake.

### **Relationships**

Task-based living here is about being proactive rather than reactive in connecting with others. It makes the task of "maintaining relationships" a concrete, consistent habit.

#### Social Connections

1. Sending a "thinking of you" text to a friend.
2. Calling a family member for a 10-minute chat.
3. Planning a coffee or lunch date with a friend.
4. Writing a thank you note or card.
5. Scheduling a weekly "date night" with a partner.
6. Doing a chore for your partner without being asked.
7. Calling a parent or sibling on their birthday.
8. Bringing a small gift to a host when invited over.
9. Sharing a personal victory or struggle with a trusted friend.
10. Offering a genuine compliment to a colleague.
11. Remembering and asking about a friend's upcoming important event.
12. Making amends for a past mistake.
13. Planning a surprise for a loved one.
14. Connecting with a long-lost friend on social media.
15. Sending a photo from a shared memory.
16. Asking a thought-provoking question during a conversation.
17. Offering to help a neighbor with a task.
18. Planning a game night with friends.
19. Setting a calendar reminder for a friend's birthday.
20. Sending a funny meme or video to cheer someone up.

21. Celebrating a small victory with your partner.
22. Having a difficult conversation with a loved one with the goal of understanding.

### **Jobs & Careers**

In this context, it's about treating your career as a series of tasks, from micro-tasks that build competence to macro-tasks that guide your professional journey. This applies whether you're working, seeking a job, or retired.

#### Professional Development

1. Updating your resume with your latest accomplishments.
2. Connecting with one new person on LinkedIn each week.
3. Spending 15 minutes learning a new skill on a platform like Coursera or LinkedIn Learning.
4. Reading one industry-related article per day.
5. Scheduling a 1-on-1 meeting with a mentor or manager.
6. Documenting your weekly accomplishments.
7. Practicing a skill you want to improve.
8. Completing an online certification.
9. Writing a short blog post about your professional expertise.
10. Attending a virtual industry webinar.
11. Practicing a public speaking exercise.
12. Reviewing a past project for lessons learned.
13. Tidying your digital desktop and file folders.
14. Setting up a new career goal to work toward.
15. Drafting an email to your boss highlighting a success.
16. Networking with a new contact.
17. Organizing your work calendar for the upcoming week.
18. Setting a reminder to apply for a job or promotion.

19. Reading a career advice book.
20. Mentoring a junior colleague.
21. Requesting a performance review.
22. Creating a list of your professional strengths and weaknesses.

### **Finance & Investing**

This is perhaps the most natural fit for a task-based approach. It takes the overwhelming world of money management and turns it into a clear, recurring set of actions.

#### Financial Management

1. Reviewing bank and credit card statements weekly.
2. Paying one bill as soon as it arrives.
3. Setting up an automatic transfer to your savings account.
4. Checking the balance of your emergency fund.
5. Reviewing your investment portfolio for 10 minutes a month.
6. Tracking daily spending for one week to identify a "money leak."
7. Setting a monthly budget for a specific category, like dining out.
8. Shredding old financial documents.
9. Setting up an automated bill payment.
10. Contributing to a retirement account.
11. Researching a new investment opportunity.
12. Rebalancing your investment portfolio annually.
13. Reviewing your credit score.
14. Creating a list of financial goals for the next year.
15. Comparing insurance rates for your car or home.
16. Learning one new financial concept a week.
17. Paying down a small amount of debt.

18. Finding and unsubscribing from one paid service you no longer use.
19. Organizing all your financial documents into one folder.
20. Contributing to a 529 plan for a child's education.
21. Reviewing your will or estate plan.
22. Setting a specific financial goal for a large purchase.