

AI-033960Human Life Workflow-Brent

Owner	Ⓜ Rigel Arcayan
Tags	Life
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Make this prompt better: Create an n8n type workflow of a human being from birth to retirement include micro details of life.

Name-(Brent Arcayan) is now an MD at 30 years old.
Grade school-Gattis Elementary School in Round Rock
Middel School-Ridgeview Middle School
High School-Cedar Ridge High School
Undergraduate-UT San Antonio, Long School of Medicine
Residency-Mt Sinai NYC
Future Job-Hernando, FL
Pay off student loan (future)
Pay off credit card debt (future)
Invest in FTEC early (single ETF for life)
Retire at 65

Create an n8n-Style Human Life Workflow: Brent Arcayan

Objective

Create a comprehensive n8n-style workflow diagram that models the life journey of **Brent Arcayan**, from birth through retirement, using workflow automation concepts such as:

- Nodes

- Triggers
- Decision branches
- Conditional logic
- Milestones
- Success and failure paths
- Feedback loops
- Parallel processes
- Risk management
- Long-term optimization

The workflow should resemble an enterprise-grade process map where each stage of life functions as a workflow module connected to future outcomes.

Main Character

Name: Brent Rigel Arcayan

Current Status:

- Age: 30
 - Profession: Medical Doctor (MD)
 - Recently completed Residency
 - Beginning professional career
-

Life Workflow Stages

Phase 1: Birth & Early Childhood (0–5)

Trigger

Birth

Micro Processes

- Family environment
- Early nutrition
- Language acquisition
- Emotional development
- Socialization
- Basic health maintenance
- Learning curiosity
- Fine motor development
- Reading readiness

Outputs

- Cognitive foundation
 - Character foundation
 - Learning habits
-

Phase 2: Elementary School (6–11)

Institution

Gattis Elementary School

Round Rock, Texas

Micro Processes

- Reading proficiency
- Mathematics fundamentals
- Science exposure
- Teamwork skills
- Sports participation

- Friendships
- Character development
- Parent involvement
- Time management

Decision Nodes

- Academic engagement
- Growth mindset vs fixed mindset
- Interest discovery

Outputs

- Academic confidence
 - Study habits
 - Self-esteem
-

Phase 3: Middle School (12–14)

Institution

Ridgeview Middle School

Round Rock, Texas

Micro Processes

- Increased academic rigor
- Identity formation
- Peer influence
- Technology use
- Extracurricular activities
- Emotional regulation

- Goal setting

Risk Nodes

- Negative peer pressure
- Poor study habits
- Lack of direction

Outputs

- Personal interests
 - Self-discipline
 - Early career awareness
-

Phase 4: High School (15–18)

Institution

Cedar Ridge High School

Round Rock, Texas

Parallel Workflows

Academic Track

- GPA optimization
- Advanced coursework
- SAT/ACT preparation
- College applications

Personal Development Track

- Leadership
- Volunteer work
- Physical fitness

- Social development

Career Exploration Track

- Healthcare interest
- Physician pathway research
- Shadowing opportunities

Decision Nodes

- Medical career commitment
- University selection

Outputs

- College acceptance
 - Career direction
-

Phase 5: Undergraduate Education (18–22)

Institution

University of Texas at San Antonio

Major Goal

Medical School Acceptance

Micro Processes

- Science coursework
- GPA maintenance
- Research projects
- MCAT preparation
- Clinical exposure
- Volunteer service

- Networking

Decision Node

MCAT Success?

YES

→ Medical School

NO

→ Remediation Loop

Outputs

- Medical school admission
 - Professional network
-

Phase 6: Medical School (22–26)

Institution

UT Health San Antonio Long School of Medicine

Parallel Workflows

Academic

- Anatomy
- Physiology
- Pathology
- Pharmacology

Clinical

- Rotations
- Patient care

- Case presentations

Professional

- Mentorship
- Specialty selection
- Board exam preparation

Risk Nodes

- Burnout
- Academic failure
- Financial stress

Outputs

- MD Degree
 - Residency Match
-

Phase 7: Residency (26–30)

Institution

Mount Sinai Hospital

New York City

Micro Processes

- Clinical mastery
- Long work hours
- Board certification
- Specialty expertise
- Professional reputation
- Patient outcomes

Decision Node

Board Certification Passed?

YES

→ Independent Practice

NO

→ Retesting Loop

Outputs

- Board Certified Physician
 - Career Launch
-

Phase 8: Career Launch (30–35)

Location

Hernando, Florida

Trigger

Residency Completion

Parallel Workflows

Medical Practice

- Build patient panel
- Clinical excellence
- Community reputation
- Continuing education

Financial Foundation

- Emergency fund

- Insurance planning
- Debt management

Personal Life

- Relationships
- Health maintenance
- Work-life balance

Milestones

- First attending physician salary
 - Stable patient base
-

Phase 9: Debt Elimination Workflow (30–40)

Branch A

Student Loans

Steps:

1. Inventory balances
2. Establish repayment strategy
3. Accelerated payments
4. Debt-free milestone

Branch B

Credit Card Debt

Steps:

1. Eliminate revolving balances
2. Establish cash-flow discipline
3. Maintain zero-interest lifestyle

Success Node

Debt Free

Phase 10: Wealth Building Workflow (30–65)

Investment Philosophy

Single ETF Strategy

ETF

FTEC

Automated Process

Salary

- Emergency Fund
- Retirement Contributions
- FTEC Purchases
- Annual Rebalancing Review
- Continue Until Retirement

Annual Loop

- Increase savings rate
- Maximize tax-advantaged accounts
- Avoid lifestyle inflation

Risk Nodes

- Market crashes
- Recessions
- Career interruptions

Response Logic

IF market declines:

Continue investing

IF market rises:

Continue investing

Output

Financial Independence

Phase 11: Peak Career Years (35–55)

Parallel Workflows

Medical Career

- Clinical excellence
- Practice growth
- Mentorship
- Community leadership

Financial

- Net worth accumulation
- Tax optimization
- Estate planning

Personal

- Family
- Health
- Recreation
- Travel

Milestones

- Seven-figure investment portfolio
 - Fully debt free
 - Financial security
-

Phase 12: Pre-Retirement Optimization (55–65)

Micro Processes

- Retirement modeling
- Healthcare planning
- Estate planning
- Social Security strategy
- Lifestyle design

Decision Node

Retirement Ready?

YES

→ Retirement Workflow

NO

→ Additional Working Years

Phase 13: Retirement (Age 65)

Trigger

Retirement Date

Workflow

FTEC Portfolio

→ Income Generation

- Healthcare Funding
- Lifestyle Funding
- Legacy Planning

Parallel Tracks

Health

- Exercise
- Preventive medicine
- Cognitive fitness

Purpose

- Mentoring physicians
- Community involvement
- Family activities

Financial

- Sustainable withdrawals
- Portfolio monitoring

End Goal

A life characterized by:

- Service
 - Financial independence
 - Health
 - Family
 - Professional excellence
 - Purposeful retirement
-

Final Deliverables

Generate:

1. n8n Workflow Diagram
2. Mermaid Flowchart
3. BPMN Process Map
4. OpenProject Task Hierarchy
5. Gantt Chart Timeline (Birth to Age 65)
6. Life KPI Dashboard
7. Risk Register
8. Milestone Roadmap
9. Decision Tree Analysis
10. One-Page Executive Summary

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- Estate planning

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 - Fully debt free
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- Lifestyle design

Decision Node

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Retirement Date

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6. Life KPI Dashboard
7. Risk Register

n8n Workflow Diagram (Pseudo-Code Blueprint)

This pseudo-code structure outlines the logic, webhooks, conditional switches, and sub-workflow parameters that construct Brent's life journey within an enterprise automation interface.

JavaScript

```
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// BRENT RIGEL ARCIAN: CORE LIFE AUTOMATION WORKFLOW MODEL  
// =====  
  
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    "instanceId": "brent_rigel_arcayan_md_life_engine"  
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      }  
    }  
  ]  
}
```

```

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```

```

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```

```

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    "parameters": {
      "conditions": {

```

```

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        "position": [3500, 50]
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        "parameters": {
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        "name": "Node: Mitigate Deficit & Re-Run Loop",
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    "Phase 1 & 2: K-5 Gattis Elementary": { "main": [ [ { "node": "Switch: Academic Engagement", "type": "main", "index": 0 } ] ] },
    "Switch: Academic Engagement": {
        "main": [
            [ { "node": "Phase 3 & 4: Ridgeview MS & Cedar Ridge HS", "type": "main", "index": 0 } ],
            [ { "node": "Error Trigger: Academic Risk Node", "type": "main", "index": 1 } ]
        ]
    },
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    "Decision: MCAT Success?": {
        "main": [
            [ { "node": "Sub-Workflow: Phase 6 Med School", "type": "main", "index": 0 } ],
            [ { "node": "Sub-Workflow: MCAT Remediation", "type": "main", "index": 1 } ]
        ]
    }
},

```

```

    "Sub-Workflow: Phase 6 Med School": { "main": [ [ { "node": "Sub-Workflow: Phase 7 Mount Sinai Residency", "type": "main", "index": 0 } ] ] },
    "Sub-Workflow: MCAT Remediation": { "main": [ [ { "node": "Phase 5: Undergraduate Engine (UT San Antonio)", "type": "main", "index": 0 } ] ] },
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    "Decision: Board Certification?": {
      "main": [
        [ { "node": "Phase 8: Attending Career Launch (Age 30)", "type": "main", "index": 0 } ],
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      ]
    },
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    "Fork: Downstream Processing Engines": {
      "main": [
        [ { "node": "Sub-Workflow: Phase 9 Debt Elimination", "type": "main", "index": 0 } ] ],
        [ { "node": "Sub-Workflow: Phase 10 & 11 Automated Wealth Engine", "type": "main", "index": 0 } ] ],
        [ { "node": "Sub-Workflow: Clinical Execution & Personal Life", "type": "main", "index": 0 } ] ]
    },
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    "Join: Mid-Career Verification (Age 55)": { "main": [ [ { "node": "Decision: Phase 12 Retirement Optimization Ready?", "type": "main", "index": 0 } ] ] },
    "Decision: Phase 12 Retirement Optimization Ready?": {
      "main": [
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  }
}

```

Mermaid Flowchart

Code snippet

flowchart TD

%% Base Styles

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classDef process fill:#0d47a1,stroke:#64b5f6,stroke-width:2px,color:#fff;

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classDef parallel fill:#4a148c,stroke:#ba68c8,stroke-width:2px,color:#fff;

classDef risk fill:#b71c1c,stroke:#e57373,stroke-width:2px,color:#fff;

classDef success fill:#004d40,stroke:#4db6ac,stroke-width:2px,color:#fff;

%% Workflow Stages

Start((Birth Trigger)):::trigger --> P1[Phase 1: Early Childhood
Cognitive & Character Base]:::process

P1 --> P2[Phase 2: Gattis Elementary
Academic Confidence & Habits]:::process

P2 --> D1{Academic Engagement?}:::decision

D1 -- Growth Mindset --> P3[Phase 3: Ridgeview Middle School
Self-Discipline & Rigor]:::process

D1 -- Fixed Mindset / Failure --> R1[Risk Handler: Remediation Loop]:::risk

R1 --> P2

P3 --> P4[Phase 4: Cedar Ridge High School
Pre-Med Focus & SAT/ACT]:::process

P4 --> P5[Phase 5: Undergraduate Engine
University of Texas at San Antonio]:::process

P5 --> D2{MCAT Score >= 515?}:::decision

D2 -- No --> R2[Remediation Loop:
Retake & Clinical Prep]:::risk

R2 --> P5

D2 -- Yes --> P6[Phase 6: Medical School
UT Health San Antonio Long School of Medicine]:::process

P6 --> R3{Burnout / Academic Stress?}:::risk

R3 -- Pass Conditions --> P7[Phase 7: Residency Engine
Mount Sinai Hospital, NYC]:::process

R3 -- Fail --> R3_Handle[Mental Health & Academic Mentorship]:::risk

R3_Handle --> P6

P7 --> D3{Board Certification Passed?}:::decision

D3 -- No --> R4[Retesting Sub-Workflow]:::risk

R4 --> P7

D3 -- Yes --> P8[Phase 8: Attending Career Launch
Hernando, Florida]:::success

%% Forking Phase 8 Into Parallel Async Branches

P8 --> Fork1[Parallel Execution Splitter]:::parallel

Fork1 --> P9[Phase 9: Debt Elimination
Student Loans & Credit Cards]:::process

Fork1 --> P10[Phase 10: Single-ETF Engine
Automated FTEC Purchases]:::parallel

Fork1 --> P11[Phase 11: Clinical Practice
Patient Panel & Excellence]:::process

P9 --> Join1[Synchronize Operations]:::parallel

P10 --> Join1

P11 --> Join1

Join1 --> P12[Phase 12: Pre-Retirement Prep
Asset & Estate Modeling]:::process
P12 --> D4{Retirement Liquid Assets Ready?}:::decision

D4 -- No --> R5[Extend Attending Operations]:::risk
R5 --> Join1

D4 -- Yes --> P13[Phase 13: Purposeful Retirement
Sustainable Withdrawals & Philanthropy]:::success

BPMN Process Map

This process map coordinates the lifecycles across separate structural pools, standardizing roles and actions among stakeholders.

Pool/Lane	Activity Sequence	BPMN Element Type	Description
Core Entity (Brent)	Start \rightarrow Complete Education \rightarrow Pass Boards \rightarrow Deliver Care \rightarrow Fund \$FTEC\$ Portfolio \rightarrow Retire	Executing Swimlane	Principal operator of the primary life workflow.
Academic/Clinical Pool	Grade Performance \rightarrow Evaluate Rotations \rightarrow Issue Certifications	External Orchestrator	UT Health System & Mount Sinai clinical validation logic gates.
Financial Sub-Engine	Route Inflows \rightarrow Liquidate Student Loan Balances \rightarrow Auto-buy \$FTEC\$	Automated Service Task	Algorithmic capital allocation engine.

[Start Event: Birth]



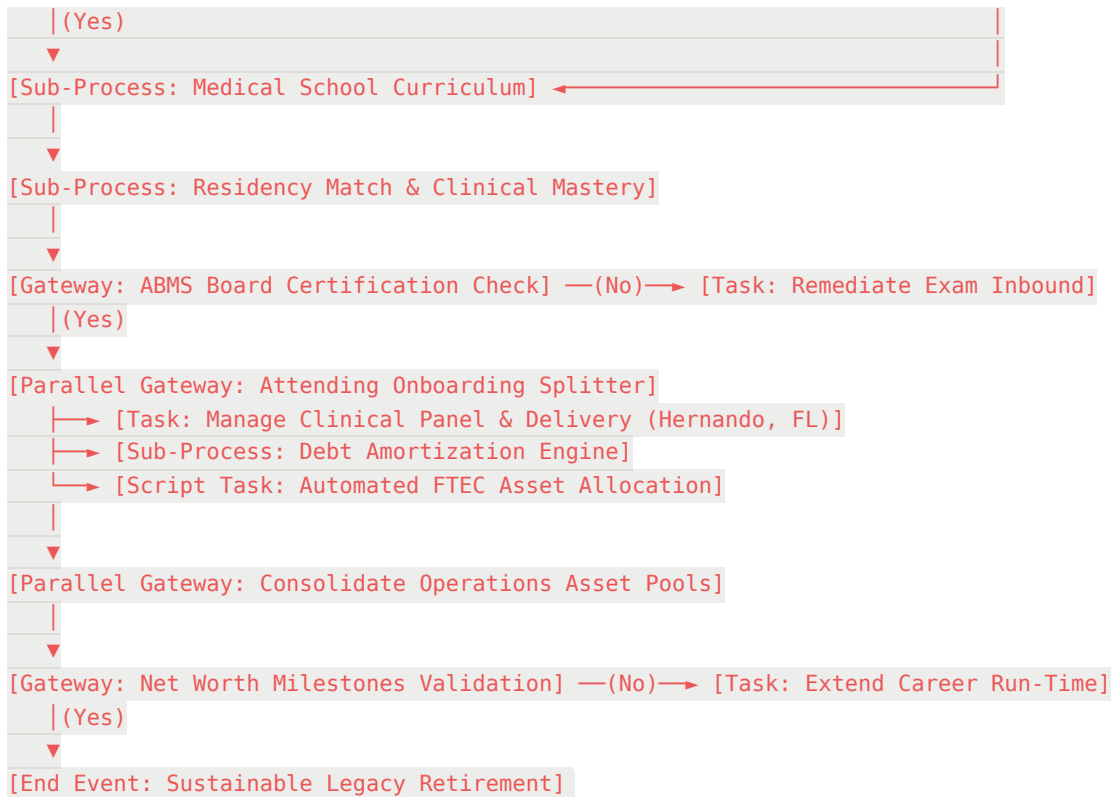
[Task: Primary & Secondary Academic Track]



[Sub-Process: Undergraduate Pre-Med Engine]



[Gateway: MCAT Success Check] \rightarrow (No) \rightarrow [Task: Rework & Reteach Engine] \rightarrow



OpenProject Task Hierarchy

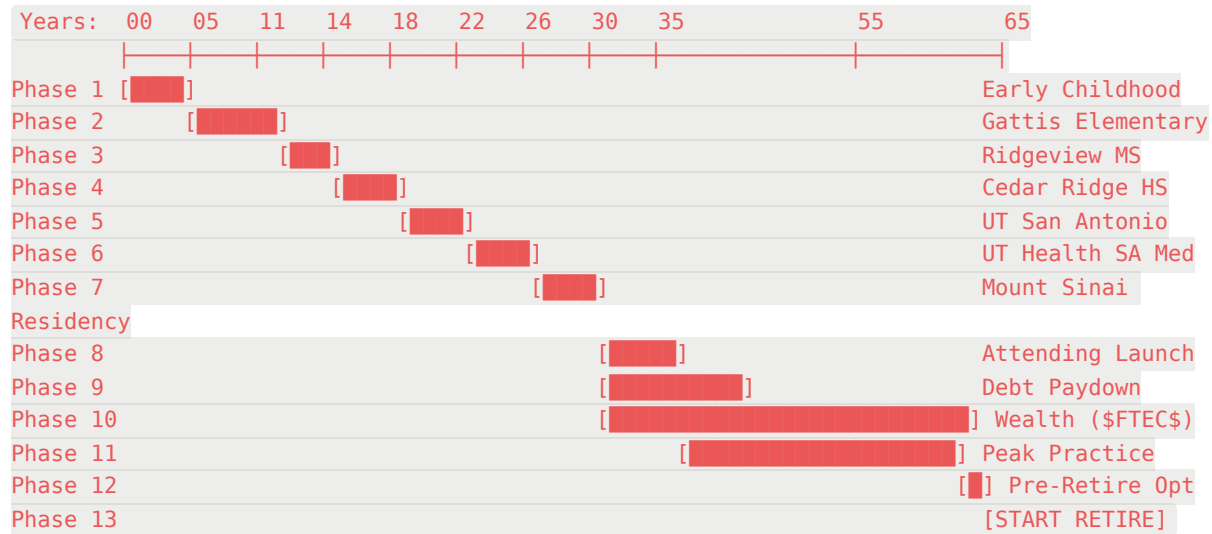
Markdown

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# Project Root: Brent Arcayan - Life Architecture Optimization Strategy
├─ WP-01: Foundational Development Strategy (Ages 0-18)
│   ├── WP-01.01: Early Stage Cognitive & Language Development
│   ├── WP-01.02: Elementary Academic Confidence Matrix (Gattis Elementary)
│   ├── WP-01.03: Social-Emotional Identity & Boundary Stabilization (Ridgeview MS)
│   └─ WP-01.04: Pre-Med Track Optimization & SAT Preparation (Cedar Ridge HS)
├─ WP-02: Professional Human Capital Capitalization (Ages 18-30)
│   ├── WP-02.01: B.S. Electrical Engineering/Pre-Med Academic Maintenance (UTSA)
│   ├── WP-02.02: MCAT Systems Execution & Strategy Deployment
│   ├── WP-02.03: Clinical Medicine Master Curriculum (UT Health San Antonio)
│   └─ WP-02.04: High-Stress Residency Training Operations (Mount Sinai Hospital, NYC)
├─ WP-03: Independent Practice Launch & Optimization (Ages 30-35)
│   ├── WP-03.01: Attending Infrastructure Deployment (Hernando, Florida)
│   ├── WP-03.02: Clinical Practice Customer Group Acquisition & Retention
│   └─ WP-03.03: Local Community Integration & Network Expansion
├─ WP-04: Balance Sheet Restructuring & Wealth Generation (Ages 30-65)
│   ├── WP-04.01: Accelerated Debt Paydown Framework (Student Loans & Consumer Cards)
│   ├── WP-04.02: Systematic Single-ETF Automated Brokerage Architecture ($FTEC$)
│   ├── WP-04.03: Tax Mitigation & Asset Shelter Strategy Optimization
│   └─ WP-04.04: Real Estate Acquisition Evaluation Model
  
```

- └ WP-05: Post-Career Transition & Long-Term Preservation (Ages 55-65+)
 - └ WP-05.01: Actuarial Portfolio Drawdown Simulation Modeling
 - └ WP-05.02: Multi-Generational Trust & Estate Structuring
 - └ WP-05.03: Active Healthcare Philanthropy & Lifelong Advisory Integration

Gantt Chart Timeline (Birth to Age 65)



Life KPI Dashboard

The following metrics serve as automated health monitors to evaluate the functional health of the life workflow system.

Category	Indicator Name	Targeted Steady State Target	Logging Cadence
Academic/Clinical	Undergraduate Cumulative GPA	$\geq 3.85 / 4.00$	Every Semester
Academic/Clinical	MCAT Standardized Score	≥ 515	Milestone Gate
Academic/Clinical	Board Examination Pass Status	100% First-Attempt Efficiency	Milestone Gate
Financial Engine	Savings Rate Optimization	$\geq 45\%$ of Gross Attending Income	Monthly Check
Financial Engine	Core Asset Consolidation	100% Directed to \$FTEC\$ (Excluding cash reserve)	Continuous

Financial Engine	Net Liability Position	≤\$0.00\$ Absolute Balance by Age 40	Annual Audit
Health & Wellness	Burnout Severity Metric	≤ 2.0\$ on Maslach Burnout Inventory	Semi-Annual

Risk Register

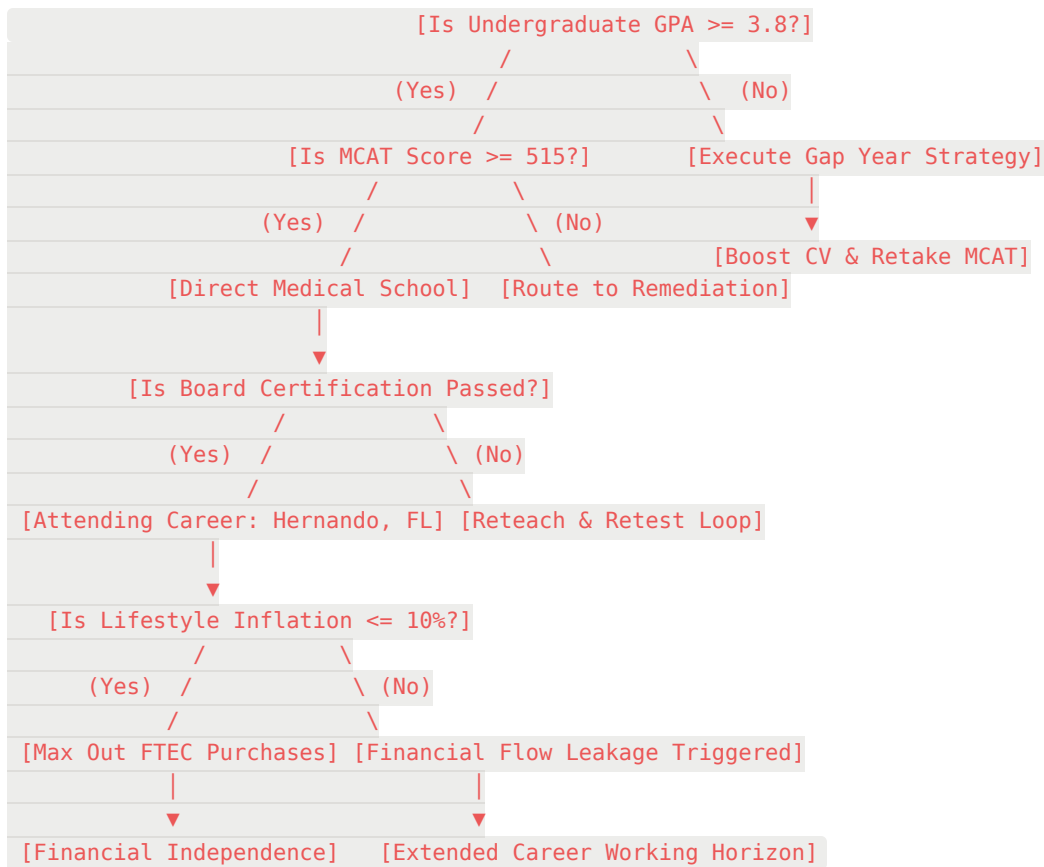
Risk ID	Condition Description	System Trigger Severity	Programmatic Mitigation Sub-Routine
R-01	Clinical Burnout / Residency Exhaustion	Critical	Initialize mandatory down-time buffers, peer support loops, and mental health counseling.
R-02	MCAT Performance Deficit	High	Route to remediation loop; implement dedicated structured study plans for 6 months.
R-03	Systemic Macro Market Downturn	Medium	Automated Execution Routine: Maintain consistent recurring purchases of \$FTEC\$; do not sell.
R-04	Lifestyle Creep / Asset Inflow Inflation	High	Programmatic Lock: Route all income increases into automated investment pipelines.

Milestone Roadmap

- **Milestone 1 (Age 18):** Secure high-honor high school graduation; complete enrollment into UT San Antonio Pre-Med Track.
- **Milestone 2 (Age 22):** Secure MCAT score ≥ 515\$; obtain admission to UT Health San Antonio Long School of Medicine.
- **Milestone 3 (Age 26):** Earn Medical Doctor (MD) credentials; secure residency match at Mount Sinai Hospital, NYC.
- **Milestone 4 (Age 30):** Clear ABMS Board Examinations; successfully onboard into Attending Physician role in Hernando, Florida.

- **Milestone 5 (Age 40):** Achieve absolute elimination of student loans and consumer liabilities; secure baseline net worth stability.
- **Milestone 6 (Age 55):** Cross financial independence net worth goals; enter the pre-retirement portfolio optimization window.
- **Milestone 7 (Age 65):** Transition to full retirement; maintain health, long-term wealth preservation, and mentorship.

Decision Tree Analysis



Systems Integration Engineering Summary

This operational map treats life stages as structural software modules. Early stages process environmental inputs to build baseline processing capabilities. In the professional stages, the engine processes complex clinical workflows, converting cognitive effort into reliable balance sheet growth.

By automating investments into a single technology sector ETF (\$FTEC\$) and establishing strict, rules-based responses to financial and personal risks, the

system ensures consistent execution. This structure protects the core asset—**Brent's clinical expertise and time**—against external volatility, guiding him safely toward financial independence and a purposeful retirement.