



Let calculus aid life of chastity. What can be differentiated and integrated to develop tips for life lived in chastity created by beggars in NYC for \$100 for each output. Create a poster.

CALCULUS FOR CHASTITY

A Poster Inspired by Continuous Self-Management

"What You Repeatedly Do Changes the Direction of Your Life"

THE CHASTITY STATE EQUATION

Let:

- $C(t)$ = Strength of chastity at time t
- $S(t)$ = Self-control practices
- $T(t)$ = Temptations and triggers

Then:

$$\frac{dC}{dt} = S(t) - T(t)$$

Interpretation:

- If self-control practices exceed temptations, chastity grows.
 - If temptations exceed self-control practices, chastity weakens.
 - Small daily actions matter because they affect the rate of change.
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DIFFERENTIATE YOUR DAY

Ask:

What increases temptation?

Differentiate the causes:

$$T(t) = f(\text{sleep, internet, stress, isolation, idleness})$$

Observe how changes in each factor affect your behavior.

Examples:

- Less sleep → more impulsiveness
- More idle screen time → more exposure to triggers
- Greater stress → greater desire for escape

Measure what changes the fastest.

INTEGRATE SMALL VICTORIES

A single good choice is valuable.

Many good choices accumulate.

$$V = \int v(t) dt$$

Where:

- $v(t)$ = daily acts of discipline

Examples:

- Going to bed on time
- Finishing coursework
- Exercising
- Reading uplifting material
- Attending religious or community activities
- Keeping living spaces clean

Over time these create a large reserve of self-mastery.

THE ATTENTION INTEGRAL

Where attention goes, habits grow.

$$A = \int a(t) dt$$

Track:

- Hours spent studying
- Hours spent serving others
- Hours spent exercising
- Hours spent online

The accumulated attention often predicts the accumulated habit.

REDUCE THE DERIVATIVE OF IMPULSE

When urges appear:

Ask:

What is causing the sudden increase?

Look for:

- Fatigue
- Hunger
- Boredom
- Stress
- Loneliness

The goal is not merely resisting urges but reducing the factors that accelerate them.

THE PRODUCTIVE LIFE FUNCTION

Let:

- W = meaningful work
- E = exercise
- S = sleep
- F = friendships and community

Then:

$$P = f(W, E, S, F)$$

When these increase, many temptations naturally lose strength.

DAILY CALCULUS CHECKLIST

Differentiate

Ask:

- What increased my temptation today?
- What decreased my self-control today?

Integrate

Record:

- Minutes exercised
 - Hours slept
 - Pages read
 - Assignments completed
 - Helpful acts performed
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THE COMPOUND EFFECT

$$M = \int (\text{Daily Discipline}) dt$$

Self-mastery is usually not built in one dramatic event.

It is the accumulated integral of thousands of ordinary decisions.

POSTER MOTTO

"Do not focus only on today's result. Focus on today's rate of change."

If each day slightly improves:

- sleep,
- work,
- study,
- exercise,

- service,
- and attention,

then the integral of those improvements over months and years can transform a life.

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