

SETBACK NOTES

“To know exactly the thing you want and look it in the eye is a long, long labor.” — Catherynne M. Valente

JANUARY 1ST

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

CYCLE REVIEW

SETBACK NOTES

“Dude, suckin’ at somethin’ is the first step towards bein’ sorta good at somethin’.” — Jake the Dog

JANUARY 16TH

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

CYCLE REVIEW

SETBACK NOTES

“Quit the wrong stuff. Stick with the right stuff.
Have the guts to do one or the other.” — Seth Godin

FEBRUARY 1ST

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

CYCLE REVIEW

SETBACK NOTES

“Holy llamas!” — Thomas Frank

FEBRUARY 16TH

16 17 18 19 20 21 22 23 24 25 26 27 28 29

CYCLE REVIEW

SETBACK NOTES

“I never lose. I either win or learn.” — Nelson Mandela

MARCH 1ST

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

CYCLE REVIEW

SETBACK NOTES

“DON'T PANIC” – Douglas Adams

MARCH 16TH

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

CYCLE REVIEW

SETBACK NOTES

“We should be choosing what we want to keep,
not what we want to get rid of.” — Marie Kondo

APRIL 1ST

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

CYCLE REVIEW

SETBACK NOTES

“Does steel wool come from those electric sheep that androids dream about?” – Martin Boehme

APRIL 16TH

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

CYCLE REVIEW

SETBACK NOTES

“Never confuse a single defeat with a final defeat.” — F. Scott Fitzgerald

CYCLE REVIEW

MAY 131

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

CYCLE REVIEW

[illegible]

SETBACK NOTES

“It’s not a real priority if you wouldn’t sacrifice something for it.” – Martin Boehme

MAY 16TH

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

CYCLE REVIEW

SETBACK NOTES

“Saying, ‘I don’t feel like it’ does absolutely nothing to limit your choices.” — Thomas Frank

JUNE 1ST

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

CYCLE REVIEW

SETBACK NOTES

“You threw off my groove!” – Emperor Kuzco

JUNE 16TH

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

CYCLE REVIEW

SETBACK NOTES

“You can do anything, but not everything.” — David Allen

JULY 1ST

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

CYCLE REVIEW

SETBACK NOTES

“Your now is not your forever.” — John Green

JULY 16TH

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

CYCLE REVIEW

SETBACK NOTES

“Live life with intent, not by default.” – Martin Boehme

AUGUST 1ST

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

CYCLE REVIEW

SETBACK NOTES

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CYCLE REVIEW

AUGUST 16TH

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

CYCLE REVIEW

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SETBACK NOTES

“I will at least be better than if I never tried,
and I will be a happier person for it.” — Thomas Frank

SEPTEMBER 1ST

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

CYCLE REVIEW

SETBACK NOTES

“Making an un-perfect decision is far, far better than not making a decision, which is the worst possible decision you could make.” — Hank Green

CYCLE REVIEW

SEPTEMBER 16TH

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

SETBACK NOTES

“Spend your time well, or spend it on something dumb,
but don't spend it on nothing” – Martin Boehme

OCTOBER 1ST

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

CYCLE REVIEW

SETBACK NOTES

“Ain’t that just the way.” – Greg

OCTOBER 16TH

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

CYCLE REVIEW

SETBACK NOTES

“We have to be constantly jumping off cliffs and developing our wings on the way down.” — Kurt Vonnegut

NOVEMBER 1ST

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

CYCLE REVIEW

SETBACK NOTES

“You’re not a fraud; you’re just in training.” — Thomas Frank

CYCLE REVIEW

NOVEMBER 16TH

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

CYCLE REVIEW

This image shows a full page of dot grid paper. The background is white, and it is covered with a regular pattern of small, dark gray dots. The dots are arranged in straight horizontal and vertical rows, creating a grid-like appearance. There are no margins, text, or other markings on the page.

SETBACK NOTES

“All we have to decide is what to do with the time that is given us.” — J.R.R. Tolkien

DECEMBER 1ST

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

CYCLE REVIEW

SETBACK NOTES

“Don’t let what’s past ruin your future.” – Gideon Graves

CYCLE REVIEW

DECEMBER 16TH

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31