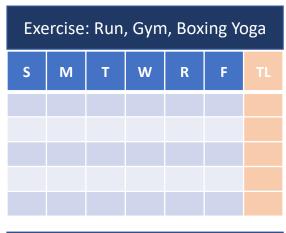
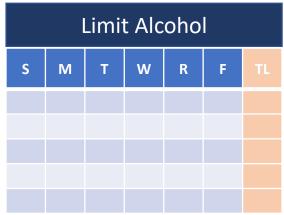
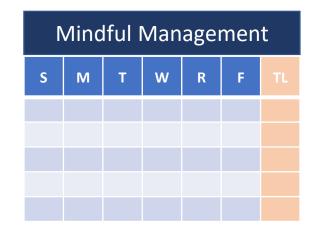
Habit Tracker- Like a lion.

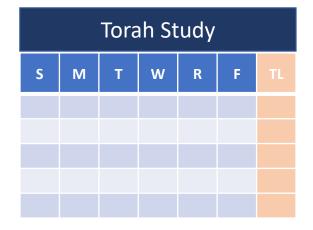
Target your attention and consolidate gains.

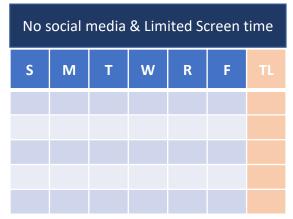










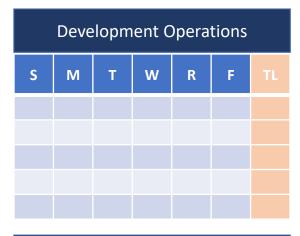




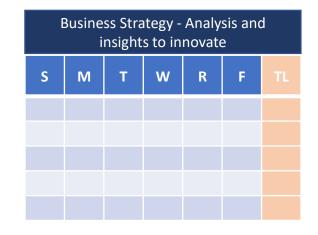
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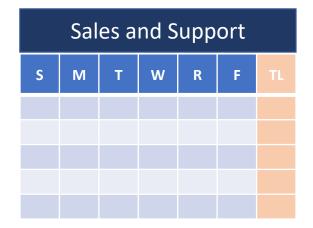
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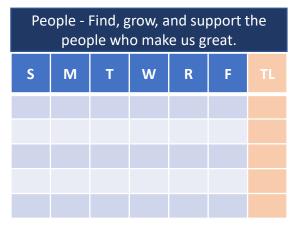










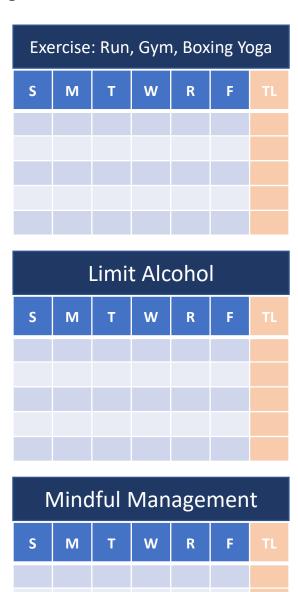


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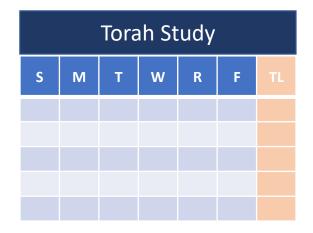
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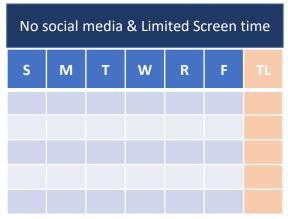
Target your attention and consolidate gains.





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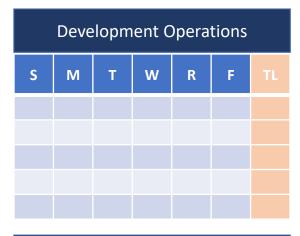




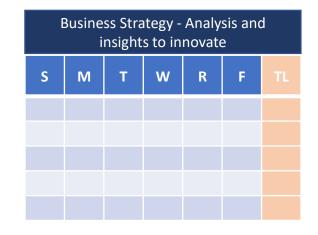
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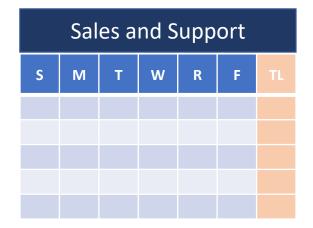
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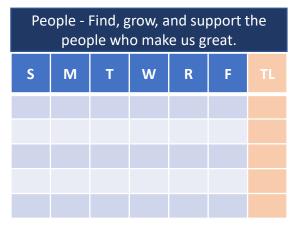








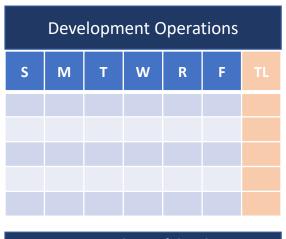




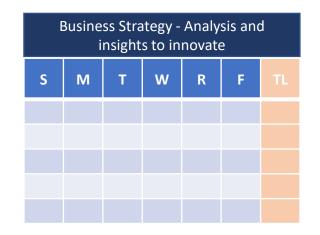
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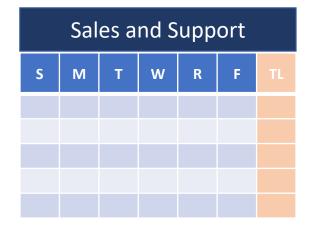


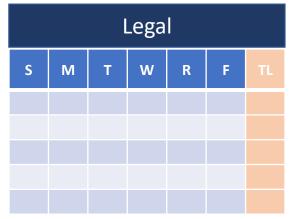


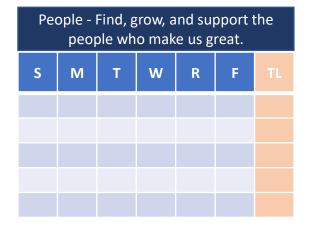




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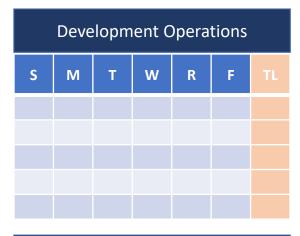




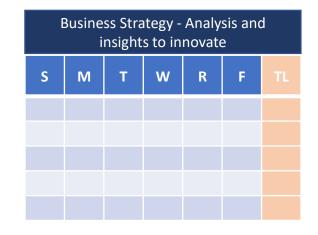
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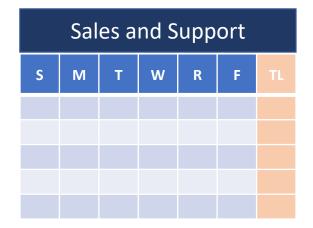
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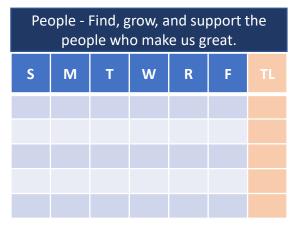










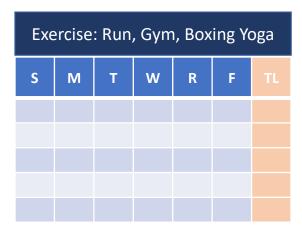


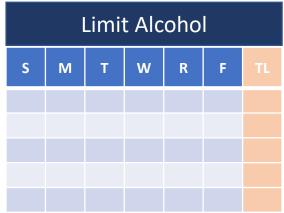
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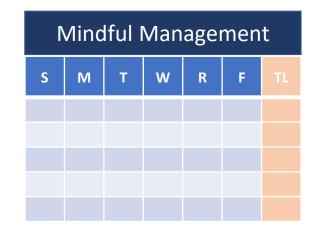
Habit Tracker-Like a lion.

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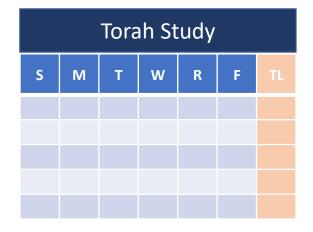


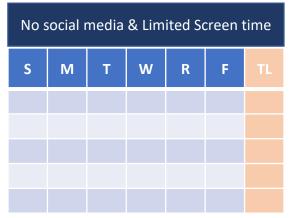






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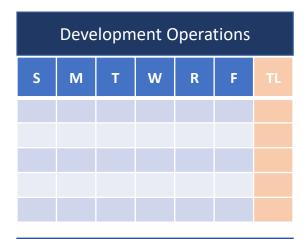




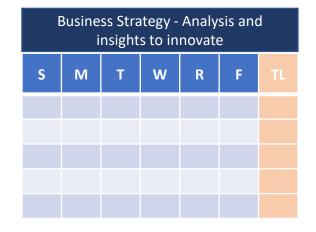
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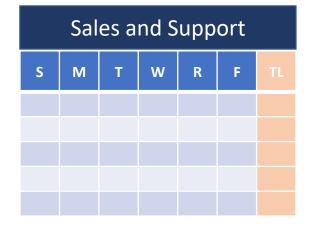
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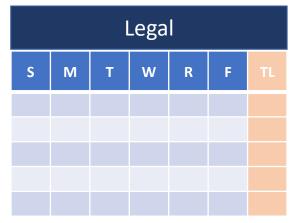


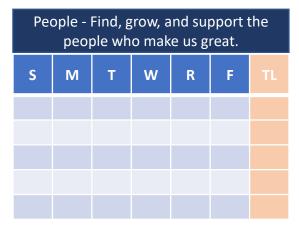








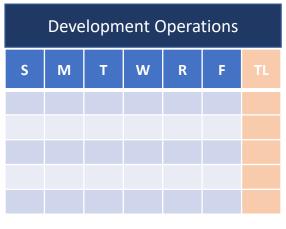


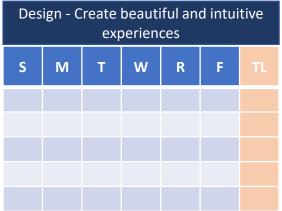


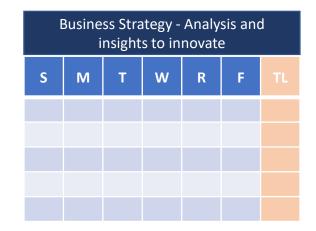
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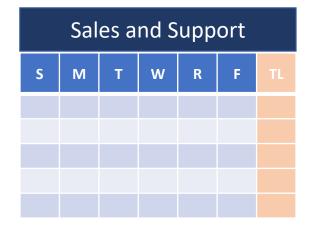


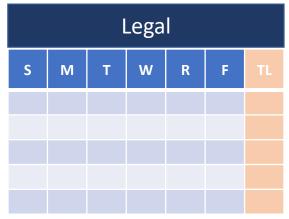


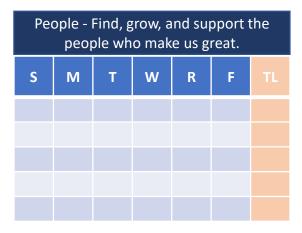




November 2023 Kislev 5784



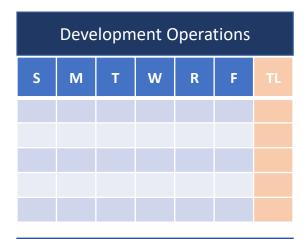




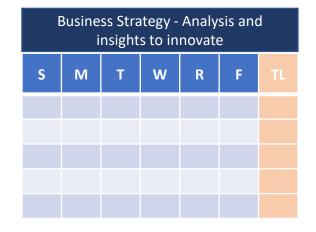
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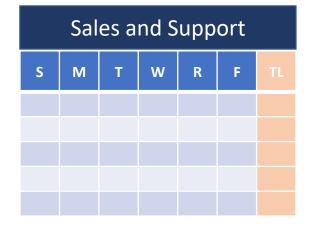
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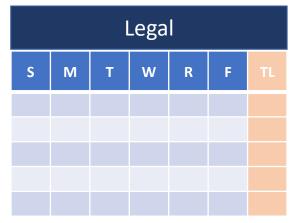


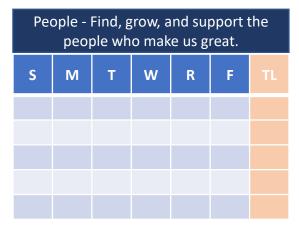










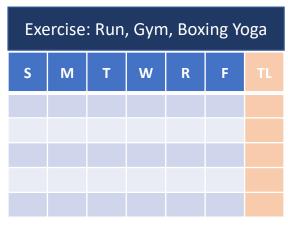


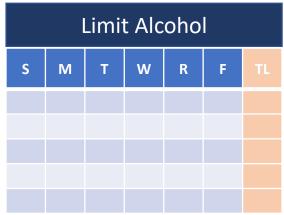
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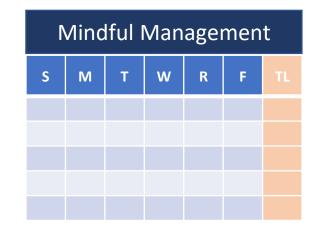
Habit Tracker- Like a lion.

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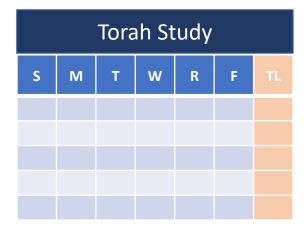


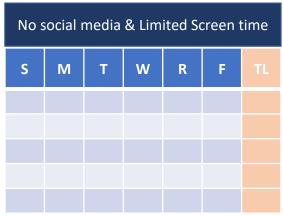






December 2023 Tevet 5784



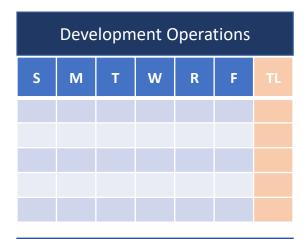




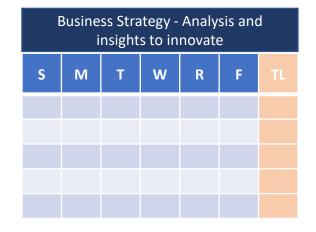
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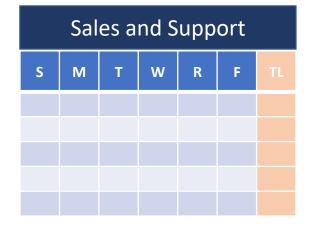
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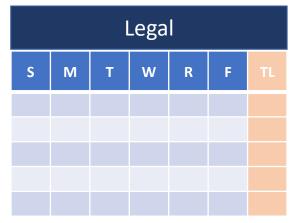


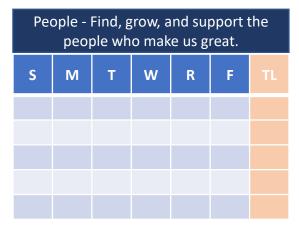








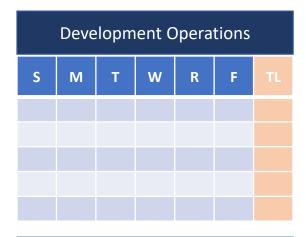


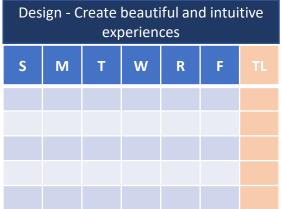


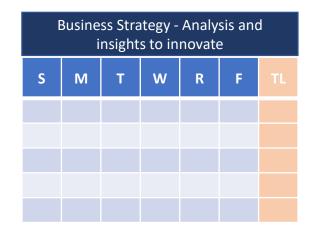
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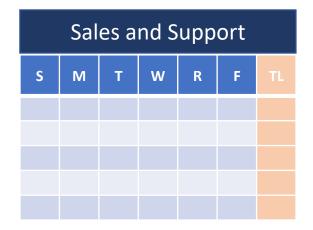




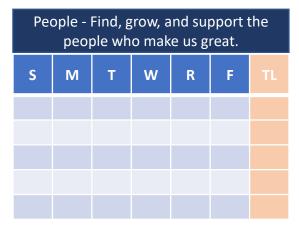




December 2023 Tevet 5784



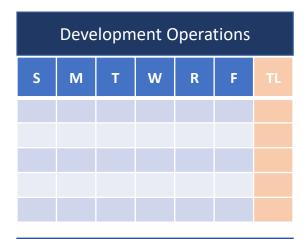




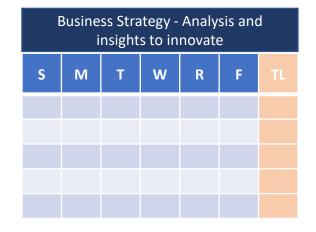
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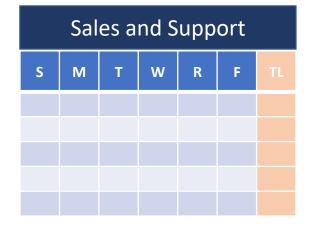
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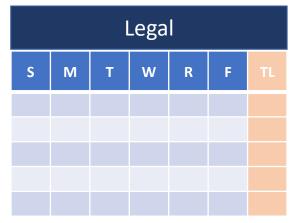


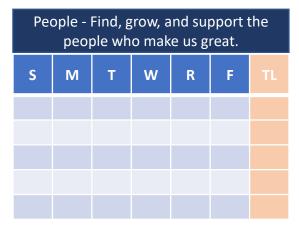












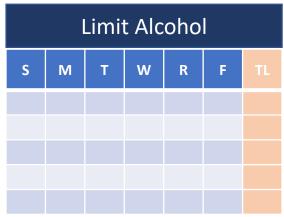
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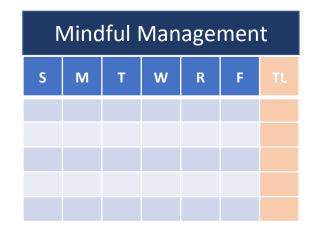
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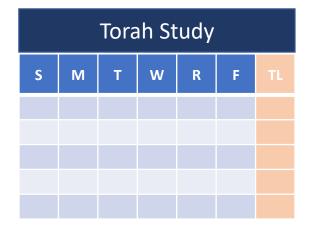


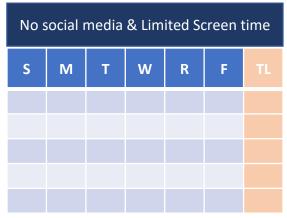






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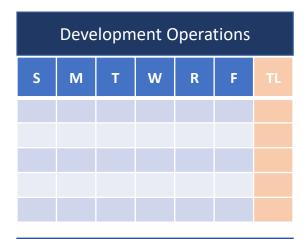




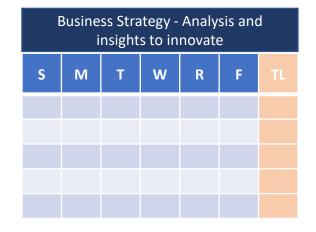
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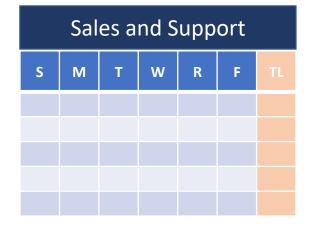
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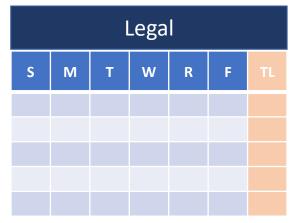


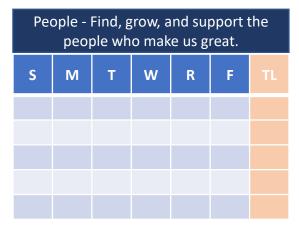








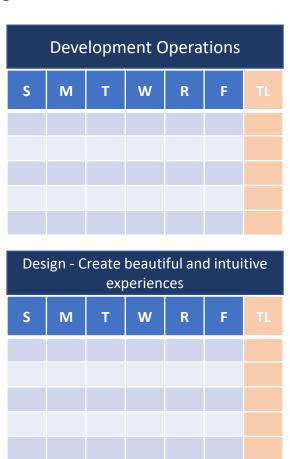


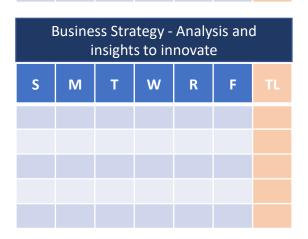


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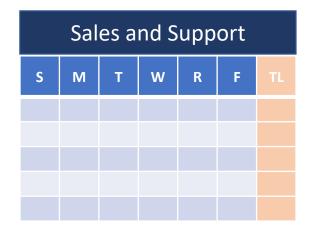
Target your attention and consolidate gains.



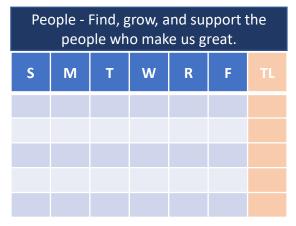




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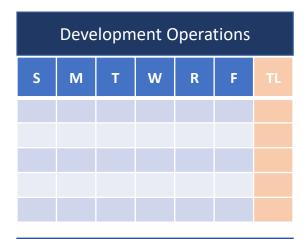




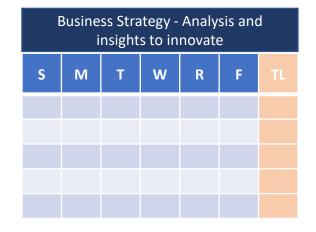
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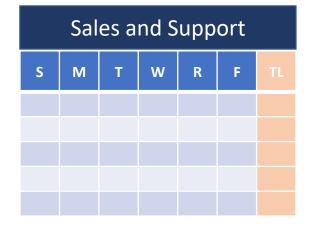
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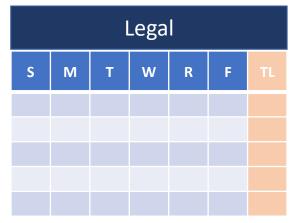


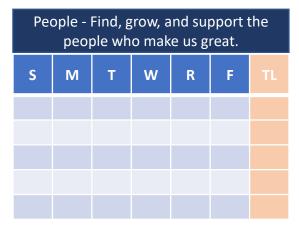








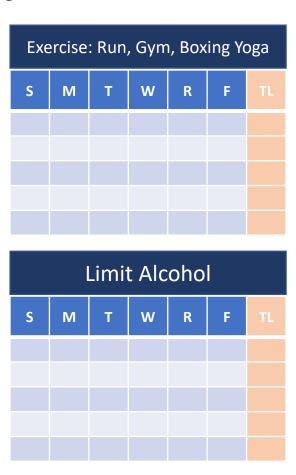




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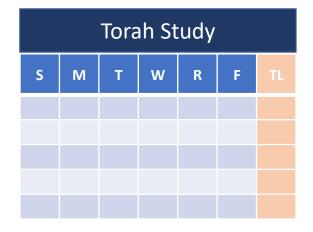
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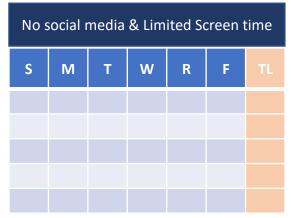






February 2024 Adar I 5784



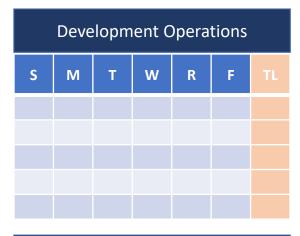




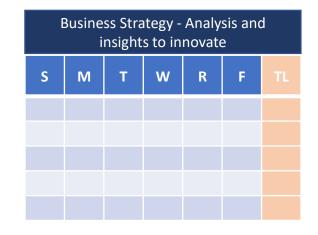
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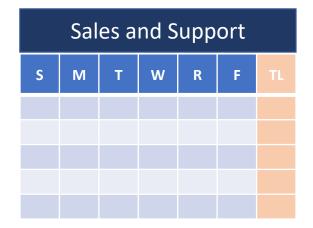
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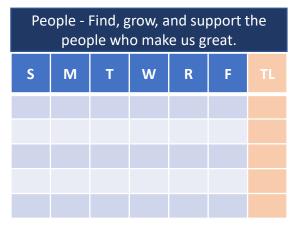








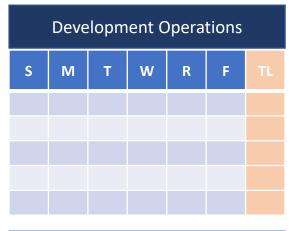


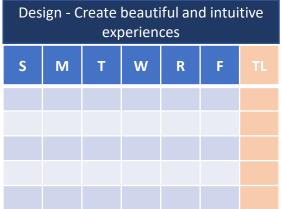


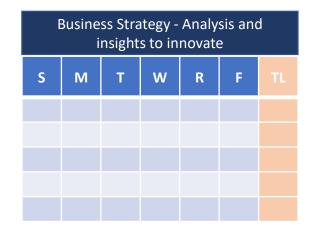
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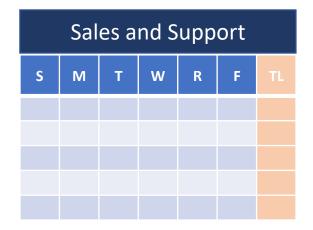




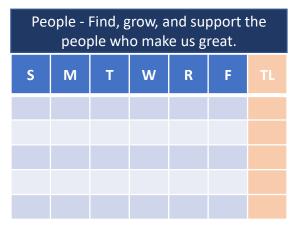




February 2024 Adar I 5784



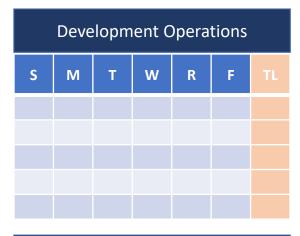




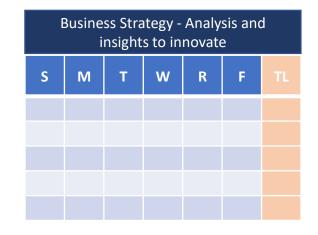
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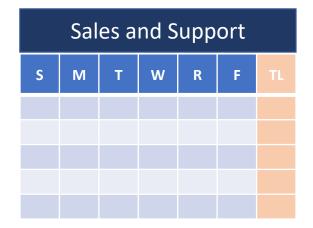
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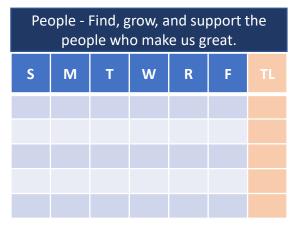






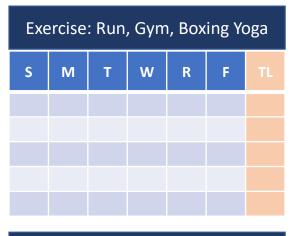


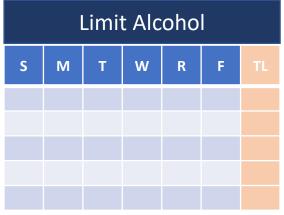


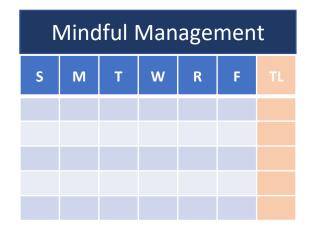


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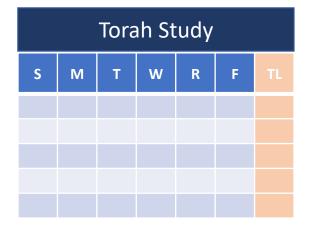


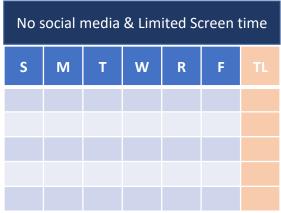










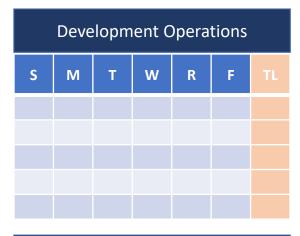




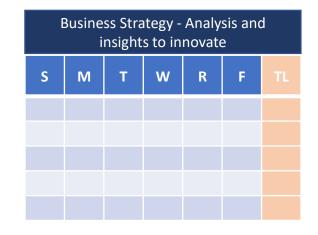
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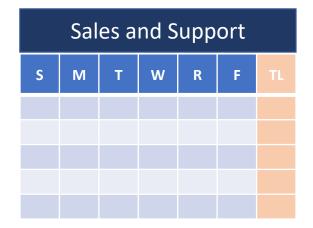
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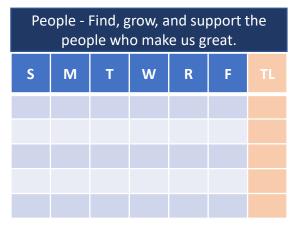








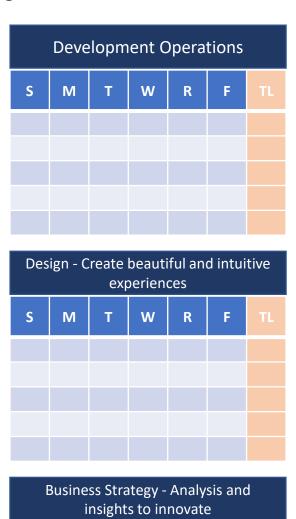




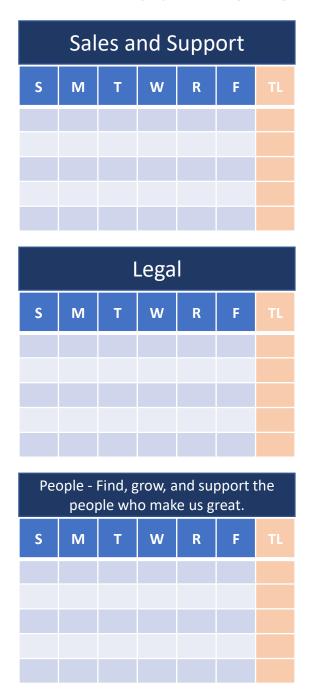
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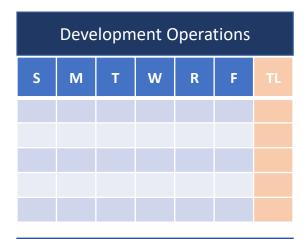
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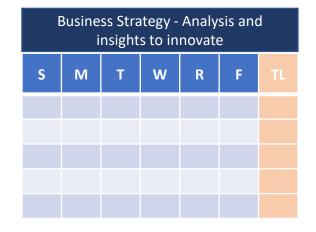
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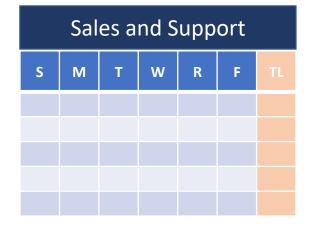
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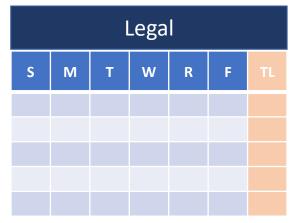


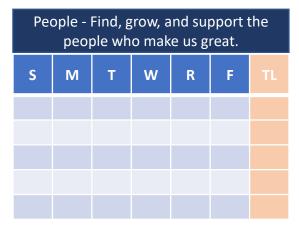






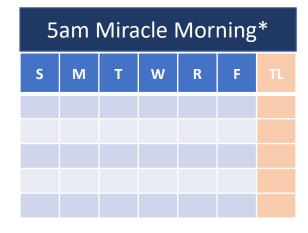




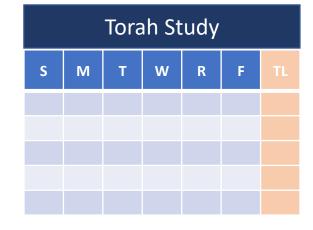


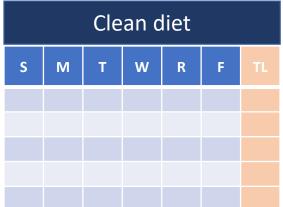
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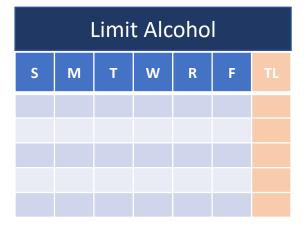


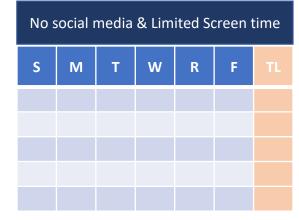


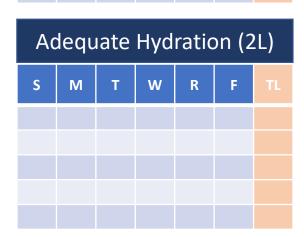


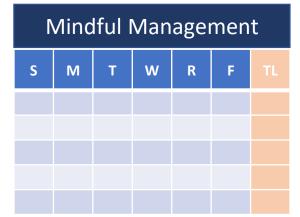










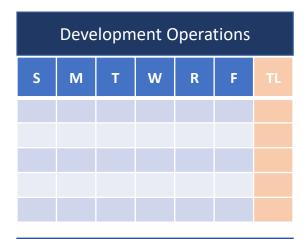




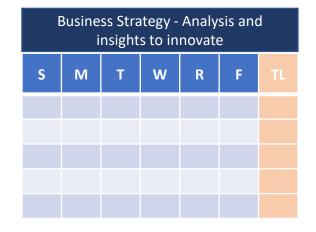
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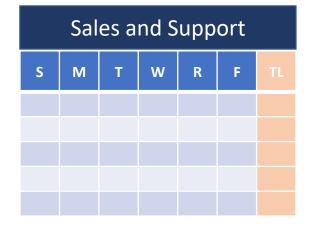
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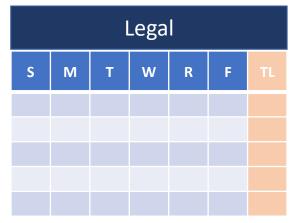


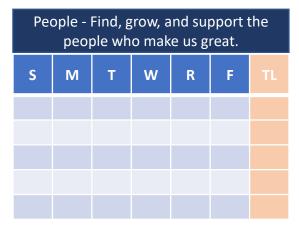






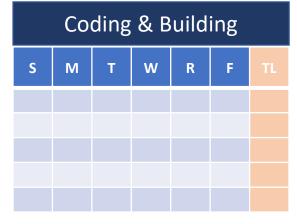


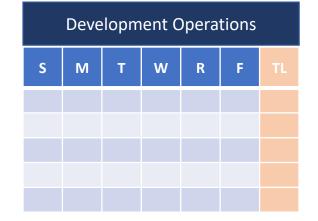


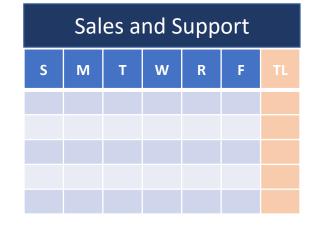


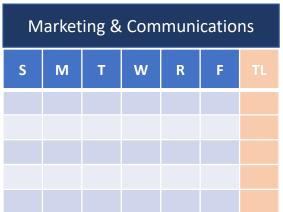
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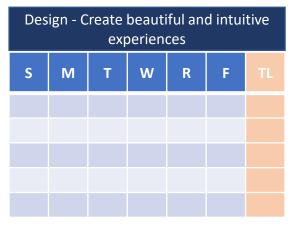


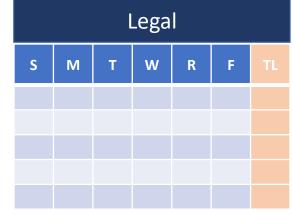


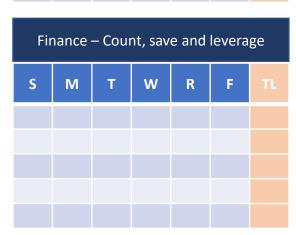


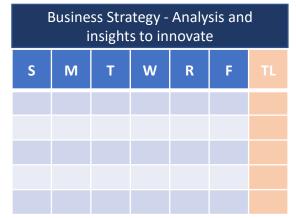


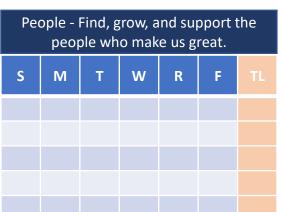








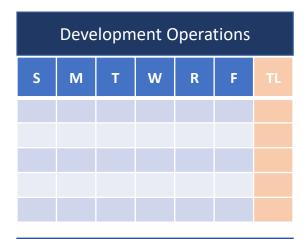




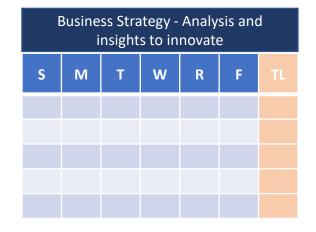
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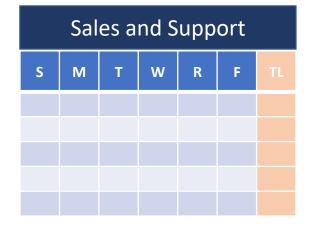
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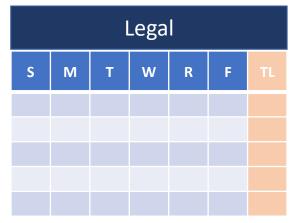


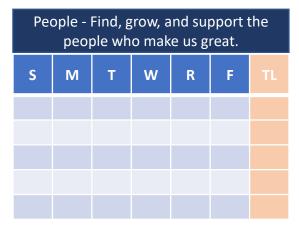






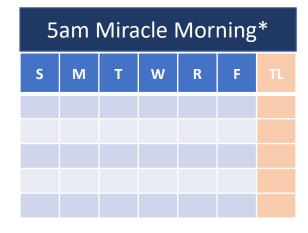




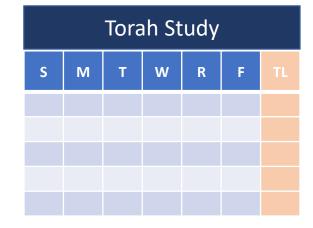


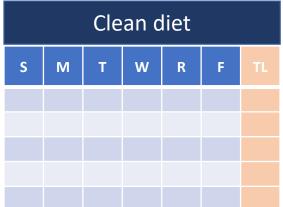
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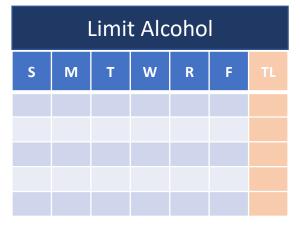


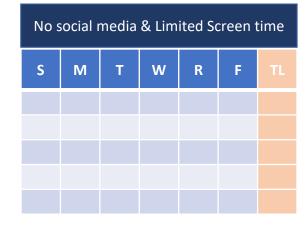


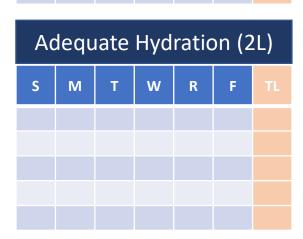


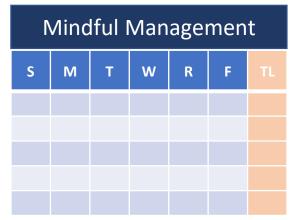










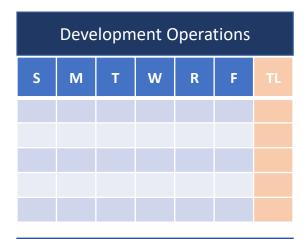




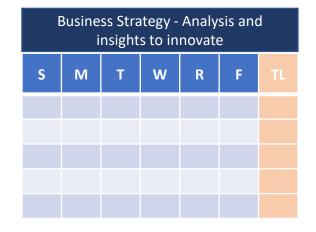
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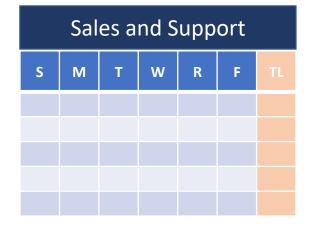
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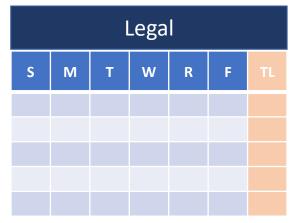


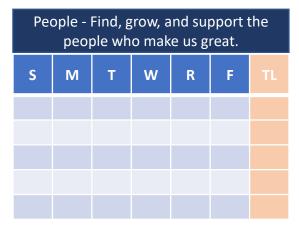






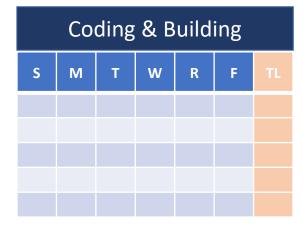


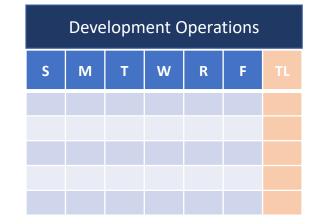


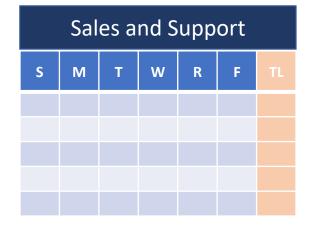


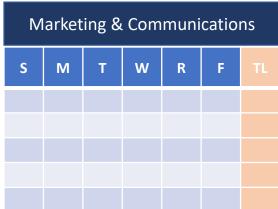
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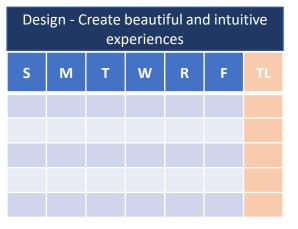


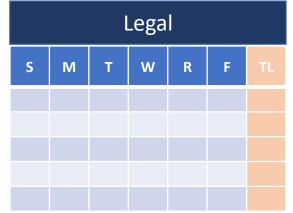


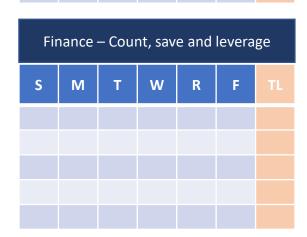


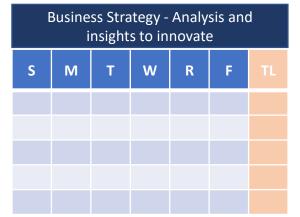


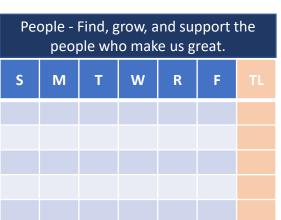








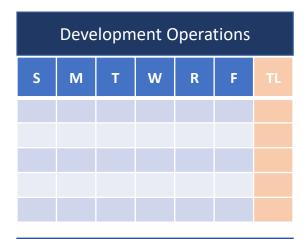




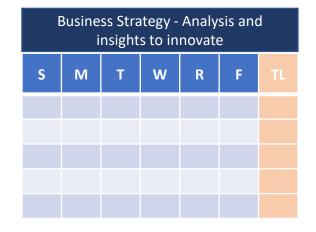
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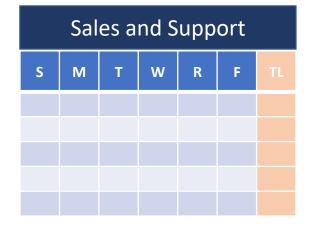
Target your attention and consolidate gains.

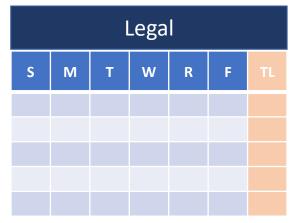


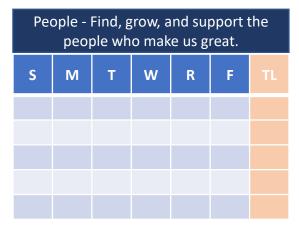






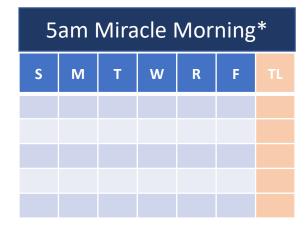




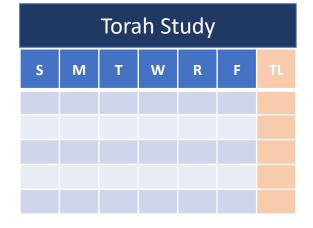


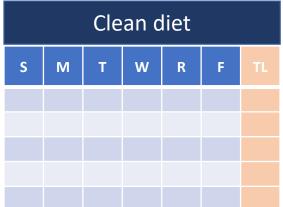
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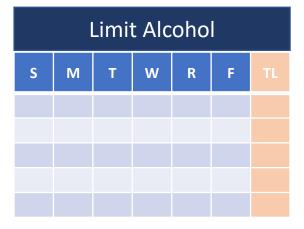


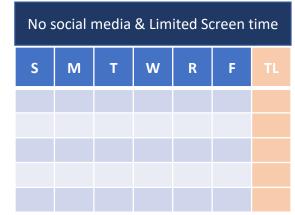


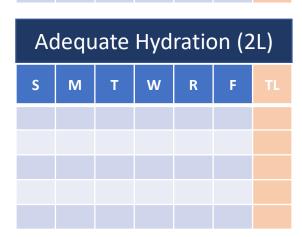


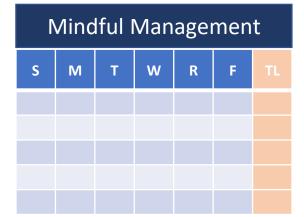










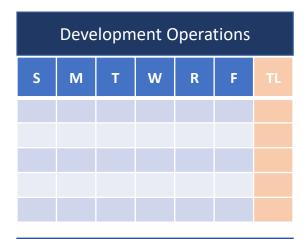




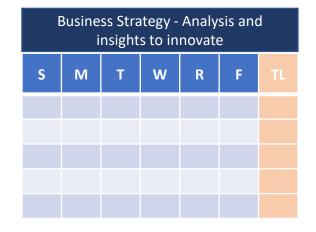
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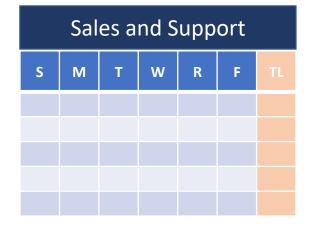
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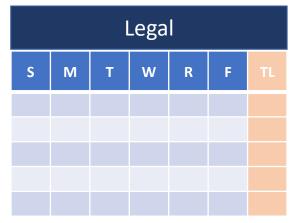


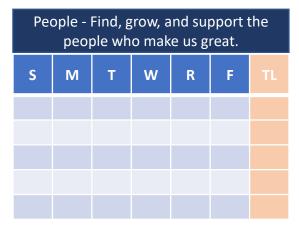








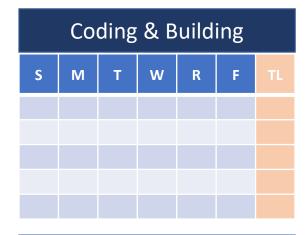


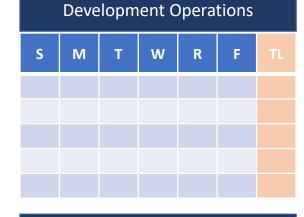


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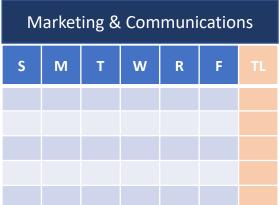
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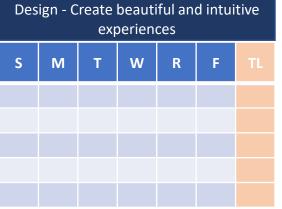
June 2024 Sivan 5784

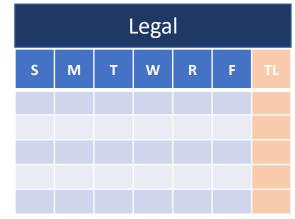


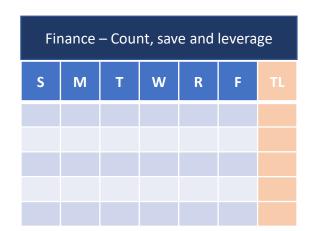


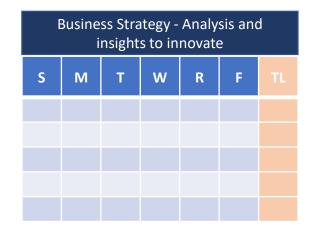


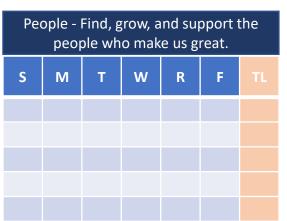








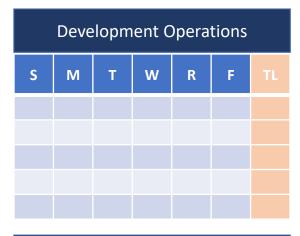




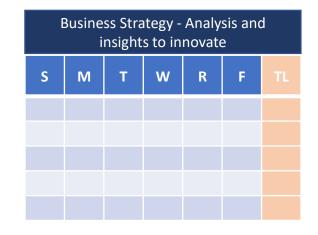
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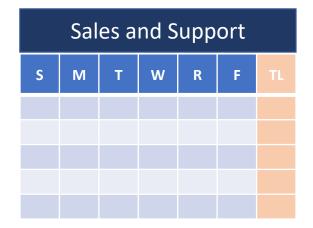
Target your attention and consolidate gains.



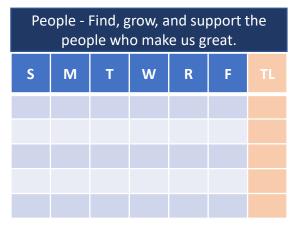






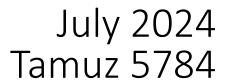


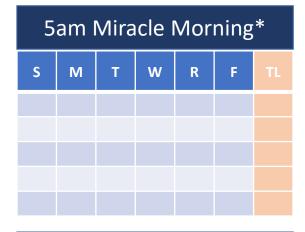


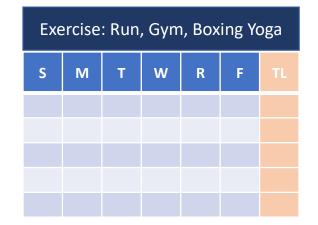


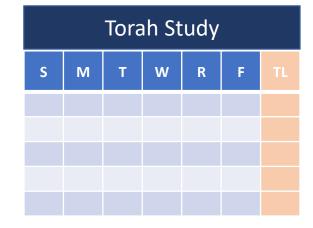
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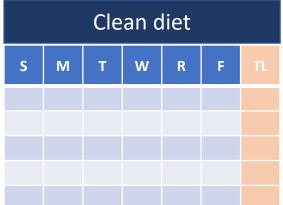
Habit Tracker- Like a lion.

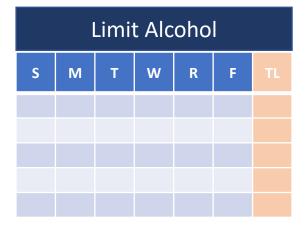


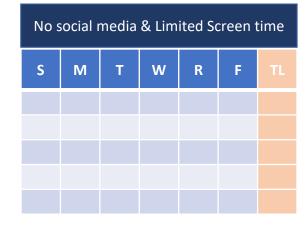


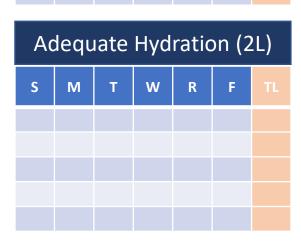


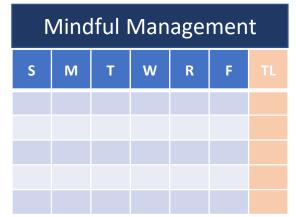










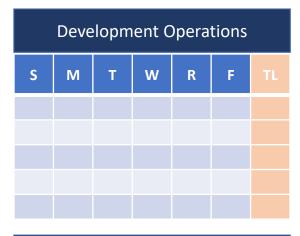




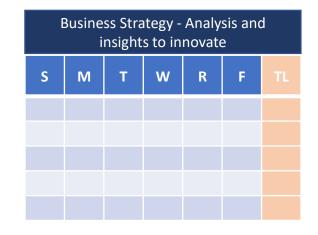
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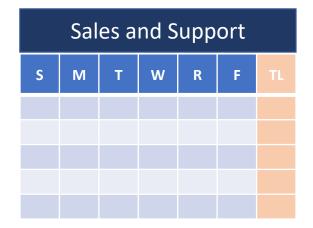
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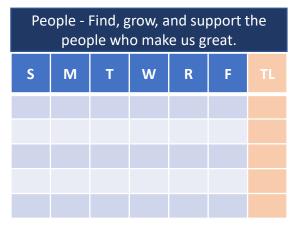




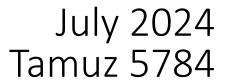


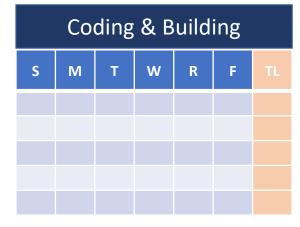


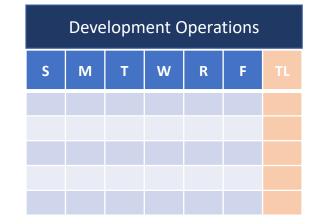


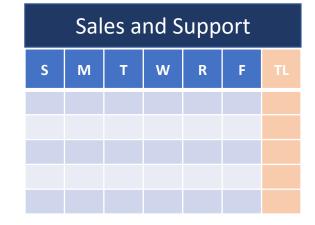


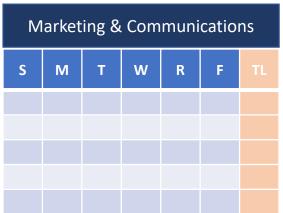
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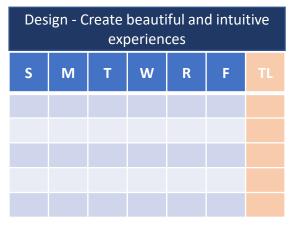


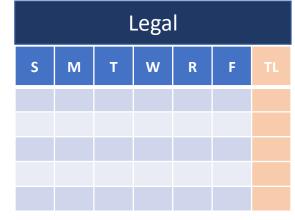


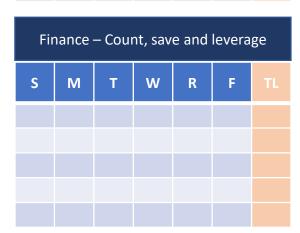


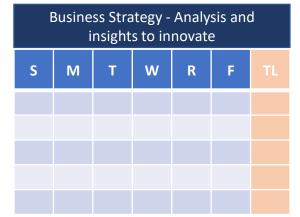


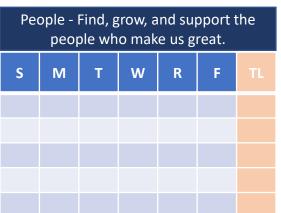








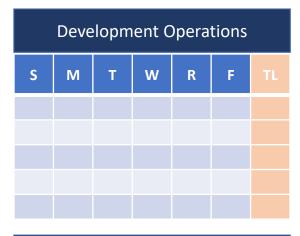




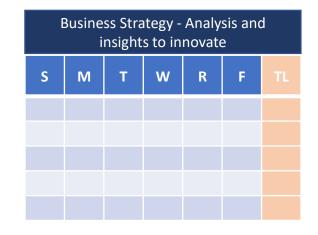
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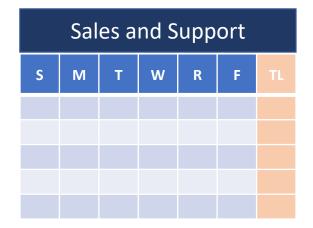
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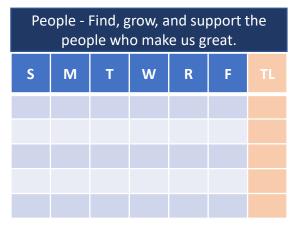








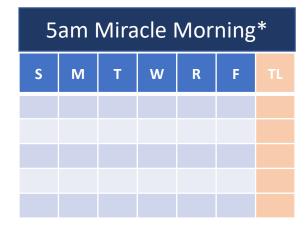




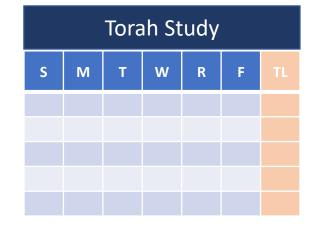
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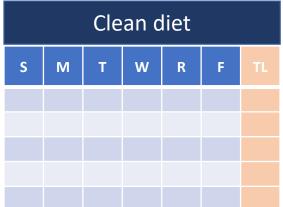
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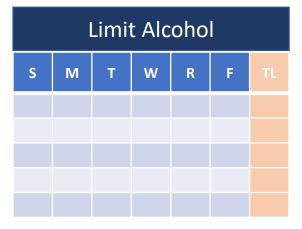


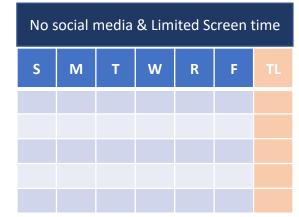


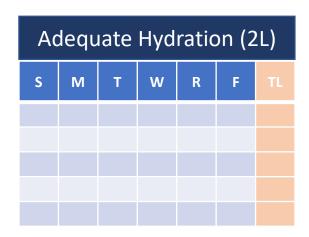


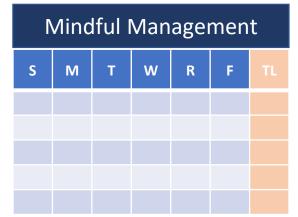










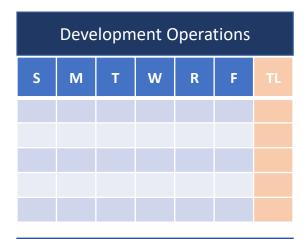




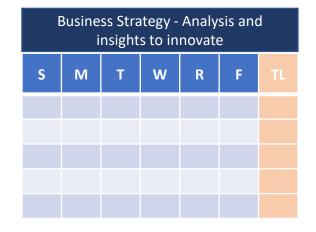
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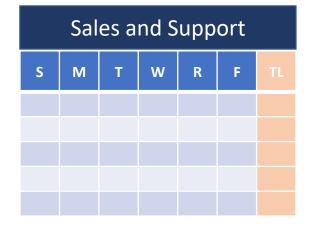
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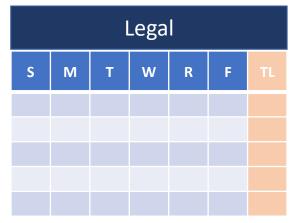


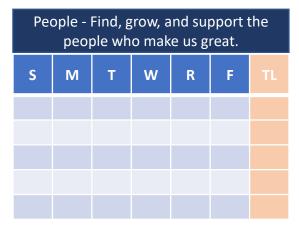






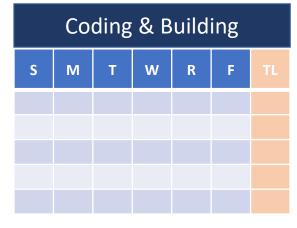


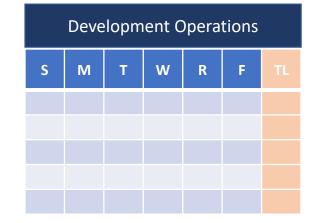


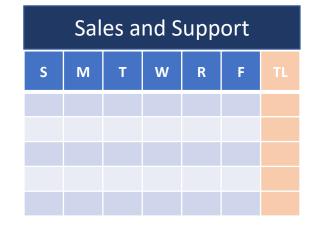


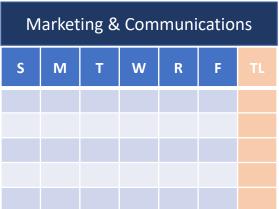
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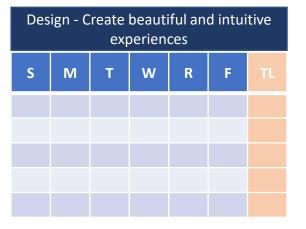


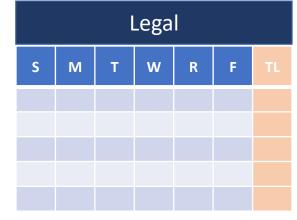


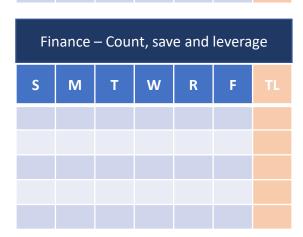


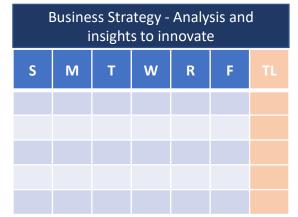


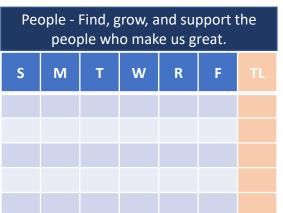








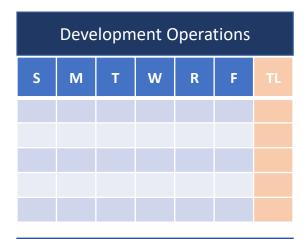




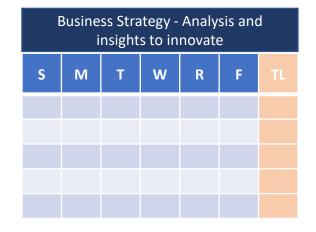
| Best ideas of the month | Journal away |
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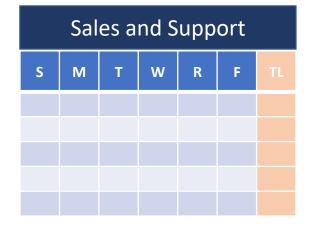
Target your attention and consolidate gains.

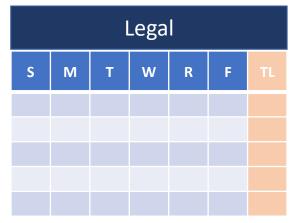


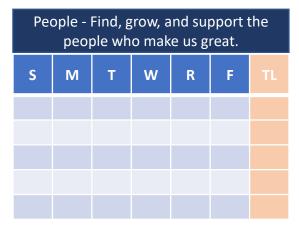










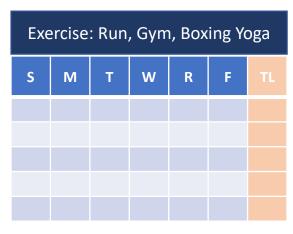


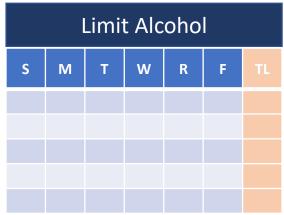
| Best business ideas of the month | Business Journal |
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| Business Books of the Month | |
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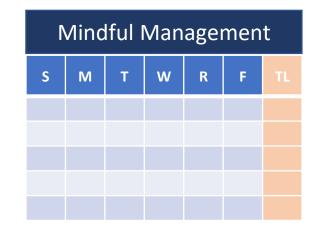
Habit Tracker- Like a lion.

Target your attention and consolidate gains.

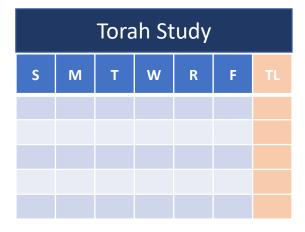


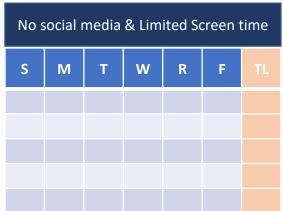






September 2024 Elul 5784



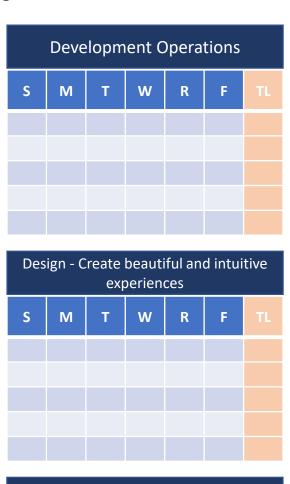




| Best ideas of the month | Journal away |
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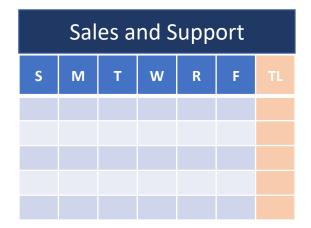
Target your attention and consolidate gains.



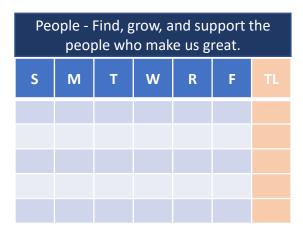




September 2024 Elul 5784







| Best business ideas of the month | Business Journal |
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| Like a | Lion | | | | | | | | | | Septembe | Rosh Hashana er 2023 Tishrei 5784 |
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| | | | | | | | | | | Fri 1 | 5 Sep | Sat 16 Sep |
| | | | | | | | | | | | of Elul | 1st of Tishrei 5784 |
| | | | | | | | | | | | h Hashana dle lighting | Rosh Hashana 5784 7:44p Candle lighting |
| Still Water | Solutions | Still Wat | er Solutions | Still Water | Solutions | Still Water | Solutions | Still Wate | er Solutions | Still Water | Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית | ערבית | Notes |
| 5am Hydration (2L) | Coding | |
| Meditate | Marketing | |
| Torah Study | Sales | |
| Daven | People | |
| Personal Finance No social media | Business Finance Quality Sleep | Personal Finance No social media | Business Finance Quality Sleep | Personal Finance No social media | Business Finance Quality Sleep | Personal Finance No social media | Business Finance Quality Sleep | Personal Finance No social media | Business Finance Quality Sleep | Personal Finance No social media | Business Finance Quality Sleep | |
| Exercise | | | se Journal | Exercise | | Exercise | | | e Journal | Exercise | | |
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| Meal | liary | Me | al diary | Meal | diary | Meal | diary | Mea | l diary | Meal | diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
|---------------------------------|---------------------------------|
| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Sun 1 | L7 Sep | Mon : | 18 Sep | Tue 1 | 19 Sep | Wed | d 20 Sep | Thu 2 | 21 Sep | Fri | 22 Sep | Sat 23 Sep |
| 2nd of | Tishrei | 3rd of | Tishrei | 4th of | 4th of Tishrei | | 5th of Tishrei | | 6th of Tishrei | | of Tishrei | 8th of Tishrei |
| Rosh Hashana II Tzom Gedaliah 7:42pm Havdalah 5:17am Fast begins 7:33pm Fast ends | | | | | | | | | andle lighting | Shabbat Shuva 7:32pm Havdalah | | |
| Still Water | Solutions | Still Water | Solutions | Still Water | r Solutions | Still Wat | er Solutions | Still Wate | Solutions | Still Wat | er Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exerci | se Journal | Exercise | Journal | Exerci | se Journal | |
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| Meal | diary | Meal | diary | Meal | diary | Me | al diary | Meal | diary | Me | al diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
|---------------------------------|---------------------------------|
| Sunday | Sunday |
| Monday | Monday |
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| Wednesday | Wednesday |
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| Journal away. | Like a Lion: Business Journal |
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| Like a | Lion | | | | | | | | | | Septembe | Erev Sukkot er 2023 Tishrei 5784 |
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| Sun 2 | 4 Sep | Mon 2 | 25 Sep | Tue 2 | 26 Sep | Wed 2 | 27 Sep | Thu | 28 Sep | Fri | 29 Sep | Sat 30 Sep |
| 9th of | Tishrei | 10th of | f Tishrei | 11th of Tishrei | | 12th of | 12th of Tishrei | | 13th of Tishrei | | of Tishrei | 15th of Tishrei |
| Erev Yor 6:31pm Car | | | Kippur Havdalah | | | | | | | Erev Sukkot 6:23pm Candle lighting | | Sukkot I 7:20pm Candle lighting |
| | | | | | | | | | | | | |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wate | r Solutions | Still Wa | ter Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | - |
| | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | _ |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | - |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | - |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise . | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exerc | ise Journal | 1 |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
|---------------------------------|---------------------------------|
| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
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| Journal away. | Like a Lion: Business Journal |
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| Sukkot II 7:13pm Havdalah Sukkot III (CH'M) Sukkot IV (CH'M) Sukkot V (| Sun : | 1 Oct | Mo | on 2 Oct | Tue | 3 Oct | We | d 4 Oct | Thu | 5 Oct | Fri | 6 Oct | Sat 7 Oct |
| Sukkot II 7:13pm Havdalah Sukkot III (CH'M) Sukkot IV (CH'M) Sukkot V (| 16th of | f Tishrei | 17th | of Tishrei | 18th o | f Tishrei | 19th | of Tishrei | 20th o | f Tishrei | 21st o | ıf Tishrei | 22nd of Tishrei |
| Still Water Solutions | | | | | | | | | | | | | |
| Notes N | | | Jukko | in (Cir Ivi) | Jukkot | iv (Cir ivi) | Sukko | t v (C11 1V1) | Surrot | i (Cir Wi) | | | |
| Notes N | | | | | | | | | | | | | |
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| sam Coding Sam Sam Coding Sam | Still Water | Solutions | Still Wat | ter Solutions | Still Wate | r Solutions | Still Wate | er Solutions | Still Water | Solutions | Still Wate | r Solutions | Shabbos |
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| Addration (2L) DevOps Hydration (2L) Netherial Hydration (2L) DevOps Hydration (2L) Netherial Hydration (2L) DevOps Hydration (2L) Netherial Hydration (2 | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| Marketing Meditate Marketing Marketing Meditate Marketing Meditate Marketing Meditate Marketing Marketing Meditate Marketing Marketing Meditate Marketing Meditate Marketing Marketing Meditate Marketing Meditate Marketing Marketing Meditate Marketing Marketing Meditate Marketing Meditate Marketing Meditate Marketing Marketing Meditate Marketing Meditate Marketing Marketing Meditate Marketing Meditate Marketing Marketing Meditate Marketing Marketing Meditate M | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Sales Torah Study Sales Sales Torah Study Sales Torah Study Sales | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| People Daven Dav | Meditate | | | | | | | | | | | | |
| ersonal Finance Business Finance Personal Finance Business Finance Business Finance Personal Finance Business Finance Business Finance Personal Finance Business Finance Busines | Torah Study | | | | | | | | | | | | |
| Exercise Journal Exerci | Daven Personal Finance | | | | | | | | | | | | - |
| Exercise Journal Exercise Journal Exercise Journal Exercise Journal Exercise Journal Exercise Journal | No social media | | | | | | | | | | | | <u> </u> |
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| | Meal | diary | Me | eal diary | Meal | diary | Mea | al diary | Meal | diary | Mea | l diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
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| Journal away. | Like a Lion: Business Journal |
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|-----------------------|----------------------|-----------------------|--------------------|-------------------------|--------------------|-----------------------|--------------------|-----------------------|--------------------|--------------------------|--------------------|--|
| 23rd o | f Tishrei | 24th | of Tishrei | 25th | of Tishrei | 26th | of Tishrei | 27th | of Tishrei | 28th | of Tishrei | 29th of Tishrei |
| | at Torah Havdalah | Colu | mbus Day | | | | | | | 6:00pm | Candle lighting | Shabbat Mevarchim Chodesh Cheshvan 6:58pm Havdalah |
| Still Water | Solutions | Still Wat | er Solutions | Still Wat | er Solutions | Still Wa | ter Solutions | Still Wat | er Solutions | Still Wa | ter Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) Meditate | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) Meditate | DevOps | |
| Meditate Torah Study | Marketing Sales | Meditate Torah Study | Marketing Sales | Torah Study | Marketing Sales | Meditate Torah Study | Marketing Sales | Meditate Torah Study | Marketing Sales | Torah Study | Marketing Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exerci | se Journal | Exerci | se Journal | Exerc | ise Journal | Exerci | se Journal | Exerc | ise Journal | |
| Meal | diary | Me | al diary | Me | al diary | Me | eal diary | Me | al diary | M | eal diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Journal away. | Like a Lion: Business Journal |
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| ration (2L) DevOps Hydration (2L) DevOps Hyd | | | | | | | | | | | | |
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| Rosh Chodesh Cheshvan Rosh Check Cheshvan Rosh Chodesh Cheshvan Rosh Chodesh Cheshvan Rosh Check Cheshvan Rosh Chodesh Cheshvan Rosh Chodesh Cheshvan Rosh Check Cheshvan | Sun 1 | .5 Oct | Mon | 16 Oct | Tue | L7 Oct | Wed | d 18 Oct | Thu 1 | L9 Oct | Fri | 20 Oct |
| Still Water Solutions | 30th of | Tishrei | 1st of Che | shvan 5784 | 2nd of (| Cheshvan | 3rd of | Cheshvan | 4th of C | heshvan | 5th of | Cheshvan |
| ערבות שחרית ערבית ערבית שחרית ערבית שחרית ערבית שחרית ערבית שחרית ערבית שחרית ערבית שחרית ערבית | Rosh Chodes | sh Cheshvan | Rosh Chode | esh Cheshvan | | | | | | | 5:50pm (| Candle lighting |
| Coding Sam Sam Coding Sam Sam Coding Sam | Still Water | Solutions | Still Water | Solutions | Still Wate | Solutions | Still Wat | er Solutions | Still Water | Solutions | Still Wat | er Solutions |
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| Personal Finance Business Finance Person | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית |
| Marketing Meditate Marketing Med | im | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding |
| Sales Torah Study Sales Sunah Sales Sunah Sunah Study Sales Sunah Sunah Sunah Study Sales Sunah Sunah Study Sales Sunah Sunah Study Sales Sunah | dration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps |
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| Business Finance Personal Finance Person | | | | | | | | | | + | | |
| Exercise Journal Exerci | | | | | | | | | | | | |
| Exercise Journal Exercise Journal Exercise Journal Exercise Journal Exercise Journal Exercise Journal | | | | | | | | | | | | |
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| Meal diary | | | | | | | | | | | | |
| | Meal d | liary | Meal | diary | Meal | diary | Me | al diary | Meal | diary | Me | al diary |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
|---------------------------------|---------------------------------|
| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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Like a Lion

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| Sun | 22 Oct | Mon | 23 Oct | Tue | 24 Oct | We | d 25 Oct | Thu | 26 Oct | Fri 2 | 27 Oct | Sat 28 Oct |
| 7th of 0 | Cheshvan | 8th of 0 | Cheshvan | 9th of | Cheshvan | 10th o | f Cheshvan | 11th of | Cheshvan | 12th of | Cheshvan | 13th of Cheshvan |
| | | | | | | | | | | 5:40pm Ca | andle lighting | 6:39pm Havdalah |
| Still Water | r Solutions | Still Water | r Solutions | Still Wate | er Solutions | Still Wa | ter Solutions | Still Wate | r Solutions | Still Wate | r Solutions | Shabbos |
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| שחרית | ערבית | Notes |
| 5am | Coding | |
| Hydration (2L) | DevOps | |
| Meditate | Marketing | |
| Torah Study | Sales | |
| Daven | People | |
| Personal Finance | Business Finance | |
| No social media | Quality Sleep | |
| Exercise | Journal | Exercise | Journal | Exercis | e Journal | Exerc | ise Journal | Exercise | Journal | Exercise | 2 Journal | |
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| Meal | diary | Meal | diary | Mea | l diary | Me | eal diary | Mea | diary | Mea | l diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
|---------------------------------|---------------------------------|
| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Sun 2 | 29 Oct | Mon 3 | 30 Oct | Tue 3 | 31 Oct | We | d 1 Nov | Thu : | 2 Nov | Fri 3 | Nov | Sat 4 Nov |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| 14th of 0 | Cheshvan | 15th of C | Cheshvan | 16th of | Cheshvan | 17th o | f Cheshvan | 18th of 0 | Cheshvan | 19th of (| Cheshvan | 20th of Cheshvan |
| | | | | | | | | | | 5:31pm Cai | ndle lighting | 6:31pm Havdalah |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wat | er Solutions | Still Water | Solutions | Still Water | Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית | ערבית | Notes |
| 5am | Coding | |
| Hydration (2L) | DevOps | |
| Meditate | Marketing | |
| Torah Study | Sales | |
| Daven | People | |
| Personal Finance | Business Finance | |
| No social media | Quality Sleep | |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exerci | se Journal | Exercise | Journal | Exercise | Journal | |
| Meal o | diary | Meal c | diary | Meal | diary | Me | al diary | Meal | diary | Meal | diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
|---------------------------------|---------------------------------|
| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Like a | Lion | | | | | | | | | | November 2 | Parashat Chayei Sara 023 Cheshvan 5784 |
|---|------------------|-----------------------|------------------|-----------------------|------------------|-----------------------|------------------|--|------------------|--|------------------|---|
| Sun 5 | Nov | Mon | 6 Nov | Tue 7 | 7 Nov | Wed | Wed 8 Nov | | 9 Nov | Fri | 10 Nov | Sat 11 Nov |
| 21st of Cheshvan 22nd of Cheshvan | | 23rd of Cheshvan | | 24th of Cheshvan | | 25th of Cheshvan | | 26th o | f Cheshvan | 27th of Cheshvan | | |
| | | | | | | | | 4:24pm Candle lighting Veterans Day | | Shabbat Mevarchim Chodesh Kislev 5:24pm Havdalah | | |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wat | er Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am ———————————————————————————————————— | Coding DevOps | 5am Hydration (2L) | Coding | 5am Hydration (2L) | Coding | 5am Hydration (2L) | Coding | 5am Hydration (2L) | Coding | 5am Hydration (2L) | Coding | |
| Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise . | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exerci | se Journal | |
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| Meal d | liary | Meal | diary | Meal | diary | Meal | diary | Meal | diary | Me | al diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
|---------------------------------|---------------------------------|
| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Like a | Lion | | | | | | | | | | Novemb | Parashat Toldot er 2023 Kislev 5784 |
|-----------------------------------|------------------|-------------------------|--------------------|-------------------------|------------------|-------------------------|------------------|-------------------------|------------------|-------------------------|------------------|--|
| Sun 1 | 2 Nov | Mon 1 | L3 Nov | Tue 1 | .4 Nov | Wed : | 15 Nov | Thu | 16 Nov | Fri | 17 Nov | Sat 18 Nov |
| 28th of Cheshvan 29th of Cheshvan | | | 1st of Kislev 5784 | | 2nd of Kislev | | 3rd of Kislev | | of Kislev | 5th of Kislev | | |
| 2001101 | oneshivan | | gd | | desh Kislev | 2110 0 | i Kisie v | SIU OI KISIEV | | 4:18pm Candle lighting | | 5:19pm Havdalah |
| Sigu | | | | | | | | | | · | | |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wate | r Solutions | Still Wat | er Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית _{5am} | ערבית Coding | שחרית _{5am} | ערבית Coding | שחרית _{Sam} | ערבית | שחרית _{Sam} | ערבית Coding | שחרית _{5am} | ערבית | שחרית _{5am} | ערבית Coding | Notes |
| Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise . | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | e Journal | Exerci | se Journal | |
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| Meal d | liary | Meal | diary | Meal | diary | Meal | diary | Mea | l diary | Me | al diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
|---------------------------------|---------------------------------|
| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Sun 1 | L9 Nov | Mon 2 | 20 Nov | Tue 2 | 1 Nov | Wed | 22 Nov | Thu 2 | 23 Nov | Fri | 24 Nov | Sat 25 Nov |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|----------------|
| 6th of | f Kislev | 7th of | Kislev | 8th of | Kislev | 9th o | of Kislev | 10th c | f Kislev | 11th | of Kislev | 12th of Kislev |
| | | | | | | | | | Candle lighting | 5:15pm Havdalah | | |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wate | er Solutions | Still Water | Solutions | Still Wat | ter Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | |
| Daven | People | _ |
| Personal Finance | Business Finance | |
| No social media | Quality Sleep | Į |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercis | e Journal | Exercise | Journal | Exerci | se Journal | |
| Meal | diary | Meal | diary | Meal | diary | Mea | al diary | Meal | diary | Me | eal diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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|--|------------------|--------------------------|---------------------|--------------------------|---------------------|--------------------------|---------------------|------------------------------|---------------------|--------------------------|-----------------------------|---|
| Sun 26 Nov Mon 27 Nov 13th of Kislev 14th of Kislev | | | | 28 Nov of Kislev | | 29 Nov of Kislev | | Thu 30 Nov 17th of Kislev | | 1 Dec of Kislev | Sat 2 Dec 19th of Kislev | |
| | | | | | | | | | andle lighting | 5:14pm Havdalah | | |
| Still Water | r Solutions | Still Wat | ter Solutions | Still Wate | r Solutions | Still Water | r Solutions | Still Wate | r Solutions | Still Wate | er Solutions | Shabbos |
| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) Meditate | Communications | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | |
| Torah Study | Sales | Torah Study | Marketing Sales | Torah Study | Marketing Sales | Torah Study | Marketing Sales | Torah Study | Marketing Sales | Torah Study | Marketing | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exerci | ise Journal | Exercise | 2 Journal | Exercise | Journal | Exercise | e Journal | Exercis | se Journal | |
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| Meal | diary | Me | eal diary | Mea | diary | Meal | diary | Meal | diary | Mea | al diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
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| Journal away. | Like a Lion: Business Journal |
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Parashat Vayeshev

| Sun | 3 Dec | Mon | 4 Dec | Tue ! | 5 Dec | Wed | 6 Dec | Thu | 7 Dec | Fri | 8 Dec | Sat 9 Dec |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|----------------------------------|------------------|--|---|
| 20th o | f Kislev | 21st of | f Kislev | 22nd o | of Kislev | 23rd o | f Kislev | 24th c | of Kislev | 25th | of Kislev | 26th of Kislev |
| | | | | | | | | Chanukal | 9pm n: 1 Candle giving Day | 4:10pm C | andle lighting, ah: 2 Candles asel Miami | 5:13pm Havdalah Chanukah: 3 Candles Shabbat Mevarchim Chodesh Tevet Art Basel Miami |
| Still Water | Solutions | Still Wat | er Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | Į |
| Exercise | Journal | Exerci | se Journal | |
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| Meal | diary | Me | al diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
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| Journal away. | Like a Lion: Business Journal |
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| Like a | Lion | | | | | | | | | | Decemb | Parashat Miketz er 2023 Kislev 5784 |
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| Sun 1 | .0 Dec | Mon 1 | L1 Dec | Tue 1 | .2 Dec | Wed | 13 Dec | Thu 1 | .4 Dec | Fri 1 | 5 Dec | Sat 16 Dec |
| 27th o | f Kislev | | | 29th of Kislev | | | 1st of Tevet 5784 | | f Tevet | | Tevet | 4th of Tevet |
| 4:59 Chanukah | 27th of Kislev 4:59pm 4:59pm Chanukah: 4 Candles Art Basel Miami 28th of Kislev 4:59pm Chanukah: 5 Candles Art Basel Miami | | 4:59pm Chanukah: 6 Candles Chag HaBanot | | Rosh Chodesh Tevet Chanukah: 7 Candles | | 5:00pm Chanukah: 8 Candles | | 4:11pm Candle lighting Chanukah: 8th Day | | 5:15pm Havdalah | |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wate | r Solutions | Still Water | Solutions | Still Water | Solutions | Shabbos |
| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am Hydration (2L) | Marketing Communications | 5am Hydration (2L) | Coding DevOps | 5am Hydration (2L) | Coding | 5am Hydration (2L) | Coding | 5am Hydration (2L) | Coding | 5am Hydration (2L) | Coding DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | e Journal | Exercise | Journal | Exercise | Journal | |
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| Meal | diary | Meal | diary | Meal | diary | Mea | l diary | Meal | diary | Meal | diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Sun 1 | 7 Dec | Mon 1 | 18 Dec | Tue 1 | .9 Dec | Wed 2 | 20 Dec | Thu 2 | 1 Dec | Fri 2 | 2 Dec | Sat 23 Dec |
| 5th of | Tevet | 6th of | Tevet | evet 7th of Tevet | | 8th of Tevet | | 9th of Tevet | | 10th of Tevet | | 11th of Tevet |
| | | Tevet 6th of Tevet | | | | | | | | Asara B'Tevet 5:48am Fast begins 4:13pm Candle lighting | | 5:18pm Havdalah |
| Still Water S | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise J | Exercise Journal Exercise Journal | | Exercise | Exercise Journal | | Exercise Journal | | Exercise Journal | | Journal | | |
| Meal d | liary | Meal | diary | Meal | diary | Meal | diary | Meal | diary | Meal | diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Like a | Lion | | | | | | | | | | Decemb | Parashat Vayechi per 2023 Tevet 5784 |
|-----------------------------|-----------------------------|-----------------------|------------------|-----------------------|------------------|-----------------------|------------------|-----------------------|------------------|------------------|------------------|---|
| Sun 2 | 4 Dec | Moi | n 25 Dec | Tue 2 | .6 Dec | Wed 2 | 27 Dec | Thu 2 | 28 Dec | Fri 29 | Dec | Sat 30 Dec |
| 12th of Tevet 13th of Tevet | | 14th o | 14th of Tevet | | f Tevet | 16th of Tevet | | 17th of Tevet | | 18th of Tevet | | |
| | | | mas Day | | | | | | | 4:18pm Can | | 5:23pm Havdalah |
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| Still Water | Solutions | Still Wat | ter Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am Hydration (2L) | Marketing Communications | 5am Hydration (2L) | Coding | | Coding DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exerci | se Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | |
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| Meal | diary | Me | al diary | Meal | diary | Meal | diary | Meal | diary | Meal | diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Sun 3 | 1 31 Dec Mon 1 Jan | | Tue | 2 Jan | Wed | 3 Jan | Thu | ı 4 Jan | Fi | ri 5 Jan | Sat 6 Jan | |
| 19th o | 19th of Tevet 20th of Tevet | | 21st of Tevet | | 22nd of Tevet | | 23rd | of Tevet | 24th | of Tevet | 25th of Tevet | |
| | New Year's Day | | | | | | | | 4:24pm Candle lighting | | Shabbat Mevarchim Chodesh Sh'vat 5:28pm Havdalah | |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wate | er Solutions | Still Wa | ter Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) Meditate | Communications | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | |
| | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercis | e Journal | Exerc | ise Journal | |
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| Meal | diary | Meal | diary | Meal | diary | Meal | diary | Mea | ıl diary | Me | eal diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Like a | Lion | | | | | | | | | | Janua | ary 2024 Tevet 5784 |
|-----------------|---|----------------------|--------------------|-----------------------|--------------------|-----------------------|------------------|-----------------------|--------------------|------------------------|--------------------|-----------------------|
| Sun 7 | 7 Jan | Мо | n 8 Jan | Tue | 9 Jan | Wed 1 | LO Jan | Thu | 11 Jan | Fri 1 | 2 Jan | Sat 13 Jan |
| 26th of | 26th of Tevet 27th of Tevet 28th of Tevet | | 29th of Tevet | | 1st of Sh'vat 5784 | | 2nd of Sh'vat | | 3rd of Sh'vat | | | |
| | | | | | | | | Rosh Cho | odesh Sh'vat | 4:31pm Candle lighting | | 5:35pm Havdalah |
| | | | | | | | | | | | | |
| Still Water | Solutions | Still Wate | er Solutions | Still Water | Solutions | Still Water | Solutions | Still Wate | er Solutions | Still Water | Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| | Sales | Meditate Torah Study | Marketing Sales | Meditate Torah Study | Marketing Sales | Meditate Torah Study | Marketing | Meditate Torah Study | Marketing Sales | Meditate Torah Study | Marketing Sales | |
| | People | Daven | People | Daven | People | Daven | Sales People | Daven | People | Daven | People | |
| | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise J | Journal | Exercis | e Journal | Exercise | Journal | Exercise | Journal | Exercise | e Journal | Exercise | Journal | |
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| Meal d | liary | Mea | al diary | Meal | diary | Meal | liary | Mea | l diary | Meal | diary | |
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Parashat Vaera

| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Like a | Lion | | | | | | | | | | Janua | Parashat Bo ery 2024 Sh'vat 5784 |
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| Sun 1 | L4 Jan | Mon 1 | L5 Jan | Tue 1 | .6 Jan | Wed 17 Jan | | Thu : | 18 Jan | Fri | 19 Jan | Sat 20 Jan |
| 4th of | | | 6th of Sh'vat | | 7th of Sh'vat | | 8th of | Sh'vat | 9th | of Sh'vat | 10th of Sh'vat | |
| | | Martin Luth | er King Day | | | | | | | 4:39pm Candle lighting | | 5:42pm Havdalah |
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| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wat | ter Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate Torah Study | Sales | Meditate Torah Study | Marketing Sales | Meditate Torah Study | Marketing Sales | Meditate Torah Study | Marketing Sales | Meditate Torah Study | Marketing Sales | Meditate Torah Study | Marketing Sales | - |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exercise . | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exerci | ise Journal | |
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| Meal | diary | Meal d | liary | Meal | diary | Meal | diary | Meal | diary | Me | eal diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Sun 2 | 1 Jan | Mor | n 22 Jan | Tue | 23 Jan | Wed | d 24 Jan | Thu | 25 Jan | Fri 2 | 6 Jan | Sat 27 Jan |
| 11th of Sh'vat 12th of Sh'vat | | 13th of Sh'vat | | 14st of Sh'vat | | 15th of Sh'vat | | 16th of Sh'vat | | 17th of Sh'vat | | |
| | | | | | | | | Tu B | Tu BiShvat | | ndle lighting | 5:50pm Havdalah |
| | | | | | | | | | | | | |
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| Still Water | Solutions | Still Wate | er Solutions | Still Wate | er Solutions | Still Wat | er Solutions | Still Water | Solutions | Still Water | Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| | | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | <u></u> |
| | Communications Sales | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | |
| | | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | - |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | - |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise J | ournal | Exercis | se Journal | Exercis | e Journal | Exercis | e Journal | Exercise | Journal | Exercise | Journal | |
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| Meal d | iary | Mea | al diary | Mea | l diary | Mea | al diary | Meal | diary | Meal | diary | |
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Parashat Beshalach

| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Sun | 28 Jan | Mon | 29 Jan | Tue | 30 Jan | Wed | 31 Jan | Thu | ı 1 Feb | Fri 2 | ? Feb | Sat 3 Feb |
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| 18th c | of Sh'vat | 19th o | f Sh'vat | 20th (| of Sh'vat | 21st o | f Sh'vat | 22nd | of Sh'vat | 23rd o | f Sh'vat | 24th of Sh'vat |
| | | | | | | | | 4:56pm Candle lighting | | 5:58pm Havdalah Shabbat Mevarchim Chodesh Adar I | | |
| Still Wate | r Solutions | Still Water | Solutions | Still Wate | r Solutions | Still Water | Solutions | Still Wate | er Solutions | Still Water | Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exercise | Journal | Exercise | e Journal | Exercise | Journal | Exercis | e Journal | Exercise | Journal | |
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| Meal | diary | Meal | diary | Mea | l diary | Meal | diary | Mea | al diary | Meal | diary | |
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Parashat Yitro January 2024 | Sh'vat 5784

| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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Parashat Mishpatim February 2024 | Sh'vat 5784

| Sun 4 | 4 Feb | Mo | n 5 Feb | Tue | 6 Feb | We | d 7 Feb | Thu | 8 Feb | Fri 9 | 9 Feb | Sat 10 Feb |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------------------|--------------------|
| 25th o | f Sh'vat | 26th | of Sh'vat | 27th c | of Sh'vat | 28th | of Sh'vat | 29th o | f Sh'vat | 30th c | of Sh'vat | 1st of Adar I 5784 |
| | | | | | | | | | | | desh Adar I ndle lighting | 6:06pm Havdalah |
| Still Water | Solutions | Still Wat | er Solutions | Still Wate | r Solutions | Still Wat | er Solutions | Still Water | Solutions | Still Wate | r Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | |
| Daven | People | |
| Personal Finance | Business Finance | |
| No social media | Quality Sleep | |
| Exercise | Journal | Exercis | se Journal | Exercise | Journal | Exercis | se Journal | Exercise | Journal | Exercise | o Journal | |
| Meal | diary | Me | al diary | Mea | diary | Mea | al diary | Meal | diary | Meal | diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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Parashat Terumah

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|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|--------------------|
| Sun 1 | 1 Feb | Mor | 12 Feb | Tue 1 | .3 Feb | Wed 1 | L4 Feb | Thu : | 15 Feb | Fri | 16 Feb | Sat 17 Feb |
| 2nd of | Adar I | 3rd o | of Adar I | 4th of | Adar I | 5th of | Adar I | 6th o | f Adar I | 7th | of Adar I | 8th of Adar I |
| | | | | | | | | | | 5:13pm (| Candle lighting | 6:14pm Havdalah |
| Still Water | Solutions | Still Wate | er Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wat | er Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | |
| orah Study | Coding | Torah Study | Sales | |
| Daven | People | |
| Personal Finance | Business Finance | |
| No social media | Quality Sleep | ı |
| Exercise | Journal | Exercis | e Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exerci | se Journal | |
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| Meal | liary | Mea | al diary | Meal | diary | Meal | diary | Meal | diary | Me | al diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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Parashat Tetzaveh

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| Sun 1 | 8 Feb | Mon : | 19 Feb | Tue 2 | 20 Feb | Wed | 21 Feb | Thu | 22 Feb | Fri | 23 Feb | Sat 24 Feb |
| 9th of | Adar I | Adar I 10th of Adar I | | 11th o | f Adar I | 12th c | of Adar I | 13th c | of Adar I | 14th | of Adar I | 15th of Adar I |
| 34.0. | 9th of Adar I 10th of Adar I | | Washington's Day | | | | | | Purim Katan | | Shushan Purim Katan 6:22pm Havdalah | |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | r Solutions | Still Wate | r Solutions | Still Wat | ter Solutions | Shabbos |
| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | Exercise Journal | | Exercise Journal | | ise Journal | |
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| Meal | liary | Meal | diary | Meal | diary | Meal | diary | Meal | diary | Me | al diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Sun 2 | 5 Feb | Mon 2 | 26 Feb | Tue 2 | 27 Feb | Wed 2 | 28 Feb | Thu 2 | 9 Feb | Fri 1 | . Mar | Sat 2 Mar |
| 16th of | f Adar I | 17th of | f Adar I | 18th o | f Adar I | 19th o | f Adar I | 20th o | f Adar I | 21st o | f Adar I | 22nd of Adar I |
| | | 1 17th of Addit | | | | | | | | 5:29pm Candle lighting | | 6:29pm Havdalah |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise . | Exercise Journal Exercise Journal | | Exercise | Journal | Exercise Journal | | Exercise Journal | | Exercise Journal | | | |
| Meal d | liary | Meal | diary | Meal | diary | Meal | diary | Meal | diary | Meal | diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Sun | 3 Mar | Мо | n 4 Mar | Tue | 5 Mar | We | d 6 Mar | Thu | 7 Mar | Fri | 8 Mar | Sat 9 Mar |
|---|------------------|--------------------------------|------------------|------------------|--------------------------------|------------------|--------------------------------|------------------|---|---|------------------|----------------|
| 23rd o | of Adar I | 24th | of Adar I | 25th | of Adar I | 26th | of Adar I | 27th | of Adar I | 28th | of Adar I | 29th of Adar I |
| FinTech Meetup FinTech Meetup Venetian, LV Venetian, LV | | FinTech Meetup Venetian, LV | | | FinTech Meetup Venetian, LV | | SXSW Conference & Festivals | | Candle lighting Conference & estivals | 6:37pm Havdalah Shabbat Shekalim Shabbat Mevarchim Chodesh Adar II SXSW Conference & Festivals | | |
| Still Water | Solutions | Still Wat | er Solutions | Still Wate | er Solutions | Still Wa | ter Solutions | Still Wate | r Solutions | Still Wat | er Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exercis | se Journal | Exercis | e Journal | Exerci | ise Journal | Exercise | e Journal | Exerci | se Journal | |
| Meal | diary | Mea | al diary | Mea | l diary | Me | eal diary | Mea | l diary | Me | al diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
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| Journal away. | Like a Lion: Business Journal |
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|---------------------|--|------------------|--------------------------------|------------------|-------------------------------|--------------------------------|------------------|--------------------------------|------------------|------------------|------------------|----------------------|
| Sun 1 | 10 Mar | Mor | n 11 Mar | Tue | 12 Mar | Wed | 13 Mar | Thu | 14 Mar | Fri 1 | 5 Mar | Sat 16 Mar |
| 30th c | of Adar I | 1st of A | Adar II 5784 | 2nd o | 2nd of Adar II 3rd of Adar II | | 4th o | f Adar II | 5th o | f Adar II | 6th of Adar II | |
| Rosh Cho SXSW Co | Rosh Chodesh Adar II SXSW Conference & Festivals Rosh Chodesh Adar II SXSW Conference & Festivals | | SXSW Conference & Festivals | | SXSW Co | SXSW Conference & Festivals | | SXSW Conference & Festivals | | indle lighting | 7:45pm Havdalah | |
| Still Wate | r Solutions | Still Wat | er Solutions | Still Wate | r Solutions | Still Wate | r Solutions | Still Wate | r Solutions | Still Wate | r Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exerci | se Journal | Exercise | · Journal | Exercise | e Journal | Exercis | e Journal | Exercise | 2 Journal | |
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| Meal | diary | Me | al diary | Mea | diary | Mea | l diary | Mea | l diary | Mea | l diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
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| Wednesday | Wednesday |
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| Friday | Friday |
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| Journal away. | Like a Lion: Business Journal |
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| Sun 1 | 7 Mar | Mon : | 18 Mar | Tue 1 | 9 Mar | Wed | 20 Mar | Thu 2 | 1 Mar | Fri | 22 Mar | Sat 23 Mar |
| 7th of | Adar II | 8th of | Adar II | 9th of Adar II | | 10th c | 10th of Adar II 11th of A | | f Adar II | 12th | of Adar II | 13th of Adar II |
| 7 (II Of Adal II | | | | | | | 5:35am Fast begins 7:43pm Fast ends Ta'anit Esther | | Candle lighting | 7:52pm Havdalah Shabbat Zachor Erev Purim | | |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wate | er Solutions | Still Water | Solutions | Still Wat | ter Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | _ |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | Į. |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercis | e Journal | Exercise | Journal | Exerci | ise Journal | |
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| Meal | diary | Meal | diary | Meal | diary | Mea | ıl diary | Meal | diary | Me | eal diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
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| Journal away. | Like a Lion: Business Journal |
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| Like a | Lion | | | | | | | | | | Marc | Parashat Tzav h 2024 Adar II 5784 |
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| Sun 2 | 4 Mar | Mon 2 | 25 Mar | Tue 2 | 6 Mar | Wed 27 Mar | | Thụ 2 | 28 Mar | Fri 29 | Mar | Sat 30 Mar |
| 14th of | | | f Adar II | | 16th of Adar II | | of Adar II | | f Adar II | 19th of Adar II | | 20th of Adar II |
| | | | | 100110 | 7100111 | 170110 | , , , , , , , , , , , , , , , , , , , | 100110 | i / taar ii | 6:59pm Car | | 8:00pm Havdalah |
| | Purim Shushan Purim | | | | | | | | | | Shabbat Parah | |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wate | r Solutions | Still Water | Solutions | Still Water | Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance No social media | Business Finance | Personal Finance No social media | Business Finance | Personal Finance No social media | Business Finance Quality Sleep | Personal Finance No social media | Business Finance | Personal Finance No social media | Business Finance | Personal Finance No social media | Business Finance | |
| | Quality Sleep | | Quality Sleep | | | | Quality Sleep | _ | Quality Sleep | | Quality Sleep | |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | e Journal | Exercise | Journal | Exercise | Journal | |
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| Meal | diary | Meal | diary | Meal | diary | Mea | diary | Meal | diary | Meal | diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Journal away. | Like a Lion: Business Journal |
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Parashat Shmini

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| Sun 3 | 1 Mar | Mon | 1 Apr | Tue | 2 Apr | Wed | l 3 Apr | Thu | 4 Apr | Fr | i 5 Apr | Sat 6 Apr |
| 21st of | f Adar II | 22nd of | f Adar II | 23rd of Adar II | | 24th of Adar II | | 25th o | f Adar II | 26th | of Adar II | 27th of Adar II |
| | 21st of Adar II 22nd of Adar II | | | | | | | | | 7:07pm Candle lighting | | 8:08pm Havdalah Shabbat Mevarchim Chodesh Nisan Shabbat HaChodesh |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wate | r Solutions | Still Water | r Solutions | Still Wat | ter Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate Torah Study | Sales | Meditate Torah Study | Marketing Sales | Meditate Torah Study | Marketing Sales | Meditate Torah Study | Marketing Sales | Meditate Torah Study | Marketing Sales | Meditate Torah Study | Marketing Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exercise | Journal | Exercise Journal | | Exercise Journal | | Exercise Journal | | Exercise Journal | | |
| Meal | diary | Meal c | diary | Meal | diary | Meal | diary | Meal | diary | Me | eal diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Thursday | Thursday |
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| Journal away. | Like a Lion: Business Journal |
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| Sun 7 | 7 Apr | Mo | on 8 Apr | Tue | 9 Apr | Wed | 10 Apr | Thu | 11 Apr | Fri : | 12 Apr | Sat 13 Apr |
| 28th of Adar II 29th of Adar II | | 1st of N | 1st of Nisan 5784 | | 2nd of Nisan | | 3rd of Nisan | | of Nisan | 5th of Nisan | | |
| | | Rosh Ch | Rosh Chodesh Nisan | | | | | | andle lighting | 8:16pm Havdalah | | |
| Still Water | Solutions | Still Wa | ter Solutions | Still Wate | r Solutions | Still Wate | r Solutions | Still Wate | er Solutions | Still Wate | er Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) Meditate | Communications Sales | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | Hydration (2L) Meditate | DevOps Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | - |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise . | Exercise Journal Exercise Journal | | Exercis | e Journal | Exercise | Exercise Journal | | Exercise Journal | | e Journal | | |
| Meal d | liary | Me | eal diary | Mea | l diary | Mea | diary | Mea | al diary | Mea | al diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
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| Journal away. | Like a Lion: Business Journal |
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| 6th o | f Nisan | 7th o | of Nisan | 8th o | f Nisan | 9th | of Nisan | 10th c | of Nisan | 11th | of Nisan | 12th of Nisan |
| | | | | | | | | Yom H | laAliyah | 7:22pm | Candle lighting | 8:24pm Havdalah Shabbat HaGadol |
| Still Wate | r Solutions | Still Wate | r Solutions | Still Water | Solutions | Still Wat | er Solutions | Still Water | Solutions | Still Wa | ter Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | _ |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | _ |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exerci | se Journal | Exercise | Journal | Exerc | ise Journal | |
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| Meal | diary | Meal | diary | Meal | diary | Me | al diary | Meal | diary | Me | eal diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
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| Journal away. | Like a Lion: Business Journal |
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Pesach

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| Sun 2 | 1 Apr | Mon 2 | 22 Apr | Tue 2 | 23 Apr | Wed 2 | 24 Apr | Thu 2 | 25 Apr | Fri 2 | 26 Apr | Sat 27 Apr |
| 13th of | f Nisan | 14th o | f Nisan | 15th o | f Nisan | 16th o | f Nisan | 17th o | f Nisan | 18th | of Nisan | 19th of Nisan |
| 4:37am Fast begins Ta'anit Bechorot Erev Pesach 7:25pm Candle lighting | | Pesach I 8:28pm Candle lighting | | Pesach II 1st day of the Omer 8:29pm Havdalah | | Pesach III (CH''M) | | Pesach IV (CH"M) 7:29pm Candle lighting | | Pesach V (CH"M) 8:33pm Havdalah | | |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wate | r Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise . | Journal | Exercise | Journal | Exercise | Journal | Exercise | Exercise Journal | | Journal | Exercise | Journal | |
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| Meal d | liary | Meal | diary | Meal | diary | Meal | diary | Meal | diary | Mea | l diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sun 2 | 28 Apr | Mon 2 | 29 Apr | Tue 3 | 0 Apr | Wed | 1 May | Thu | 2 May | Fri | 3 May | Sat 4 May |
|---|------------------|--------------------------------|------------------|------------------|------------------|------------------|------------------|------------------------|------------------|---|------------------|---------------|
| 20th o | of Nisan | 21st of | f Nisan | 22nd c | of Nisan | 23rd o | f Nisan | 24th c | of Nisan | 25th | of Nisan | 26th of Nisan |
| Pesach VI (CH"M) Pesach VII 7:31pm Candle lighting 8:35pm Candle lighting | | Pesach VIII 8:36pm Havdalah | | | | | | 7:36pm Candle lighting | | Shabbat Mevarchim Chodesh lyyar 8:41pm Havdalah | | |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wat | er Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exerci | se Journal | |
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| Meal | diary | Meal | diary | Meal | diary | Meal | diary | Meal | diary | Me | al diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sun | 5 May | Мо | n 6 May | Tue | 7 May | Wed | 8 May | Thu | 9 May | Fri 1 | 0 May | Sat 11 May |
| 27th (| of Nisan | 28th | of Nisan | 29th | of Nisan | 30th | of Nisan | 1st of I | yyar 5784 | 2nd o | of Iyyar | 3rd of lyyar |
| Zitti Gi Misani | | | | | Rosh Chodesh Iyyar | | Rosh Chodesh Iyyar | | ndle lighting | 8:49pm Havdalah | | |
| Still Wate | r Solutions | Still Wat | er Solutions | Still Wate | r Solutions | Still Wate | r Solutions | Still Wate | er Solutions | Still Wate | r Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | - |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exerci | se Journal | Exercise | e Journal | Exercise | e Journal | Exercis | e Journal | Exercise | Journal | |
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| Meal | diary | Me | al diary | Mea | l diary | Mea | l diary | Mea | l diary | Mea | diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
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| Sun | 12 May | Mon | 13 May | Tue 1 | L4 May | Wed | 15 May | Thu 16 May | | Fri | 17 May | Sat 18 May |
|----------------------------------|---------------------------------|-----------------------------------|---------------------------------|-----------------------------------|---------------------------------|-----------------------------------|---------------------------------|-----------------------------------|---------------------------------|-----------------------------------|---------------------------------|---------------|
| 4th | of lyyar | 5th | of lyyar | 6th c | of Iyyar | 7th | of lyyar | 8th | of lyyar | 9th | of lyyar | 10th of lyyar |
| Yom HaZikaron | | | Yom HaAtzma'ut | | | | • • | | Candle lighting | 8:57pm Havdalah | | |
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| Still Wat | er Solutions | Still Wate | r Solutions | Still Wate | r Solutions | Still Wat | er Solutions | Still Wa | ter Solutions | Still Wa | ter Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | _ |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance No social media | Business Finance Quality Sleep | Personal Finance No social media | Business Finance Quality Sleep | Personal Finance No social media | Business Finance Quality Sleep | Personal Finance No social media | Business Finance Quality Sleep | Personal Finance No social media | Business Finance Quality Sleep | Personal Finance No social media | Business Finance Quality Sleep | - |
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| Exercis | se Journal | Exercis | e Journal | Exercise | Journal | Exerci | se Journal | Exerc | ise Journal | Exerc | ise Journal | |
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| Mea | al diary | Mea | l diary | Mea | diary | Me | al diary | Me | eal diary | Me | eal diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sun | 19 May | Mon 2 | 20 May | Tue | 21 May | Wed | 22 May | Thu | 23 May | Fri 2 | 4 May | Sat 25 May |
|------------------|-----------------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------|
| 11th | 11th of lyyar 12th of lyyar | | 13th | of lyyar | 14th | of lyyar | 15th | n of lyyar | 16th | of lyyar | 17th of lyyar | |
| | | | | Pesa | Pesach Sheni | | | | ndle lighting | 9:04pm Havdalah | | |
| Still Wate | er Solutions | Still Water | Solutions | Still Wat | er Solutions | Still Wate | er Solutions | Still Wat | ter Solutions | Still Wate | r Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | 1 |
| Meditate | Sales | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | <u> </u> |
| Exercis | e Journal | Exercise | Journal | Exerci | se Journal | Exercis | e Journal | Exerci | ise Journal | Exercise | Journal | |
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| Mea | l diary | Meal | diary | Me | al diary | Mea | l diary | Me | al diary | Meal | diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sun 2 | .6 May | Mon | 27 May | Tue 2 | 8 May | Wed 2 | 29 May | Thu 3 | 0 May | Fri 3 | 1 May | Sat 1 Jun |
|---|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------------|------------------|---|------------------|---------------|
| 18th (| of lyyar | 19th | of lyyar | 20th c | of Iyyar | 21st o | of Iyyar | 22nd c | of Iyyar | 23rd (| of lyyar | 24th of lyyar |
| 33rd day of the Omer Lag BaOmer Memorial Day | | | | | | | | 8:02pm Candle lighting | | 9:11pm Havdalah Shabbat Mevarchim Chodesh Sivan | | |
| Still Water | Solutions | Still Wate | er Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exercis | se Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | |
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| Meal | diary | Mea | al diary | Meal | diary | Meal | diary | Meal | diary | Meal | diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sun | Sun 2 Jun Mon 3 Jun | | Tue | 4 Jun | Wed 5 Jun | | Thu 6 Jun | | Fri 7 Jun | | Sat 8 Jun | |
|------------------|-----------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|---------------------------------|-----------------|
| 25th | of lyyar | 26th | of lyyar | 27th (| of Iyyar | 28th | of lyyar | 29th | of Iyyar | 1st of | Sivan 5784 | 2nd of Sivan |
| | | | | | | Yom Y | erushalayim | | orial Day | | hodesh Sivan Candle lighting | 9:16pm Havdalah |
| Still Water | r Solutions | Still Wate | r Solutions | Still Water | r Solutions | Still Wat | er Solutions | Still Wate | r Solutions | Still Wa | ter Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | _ |
| Meditate | Sales | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | Į |
| Exercise | Journal | Exercise | · Journal | Exercise | Journal | Exerci | se Journal | Exercise | : Journal | Exercise Journal | | |
| Meal | Meal diary Meal diary | | Meal | diary | Me | al diary | Meal | diary | Me | eal diary | | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sui | n 9 Jun | Мо | n 10 Jun | Tue : | l1 Jun | Wed : | 12 Jun | Thu 1 | l3 Jun | Fri 1 | 4 Jun | Sat 15 Jun |
|------------------|------------------|--|------------------|------------------|-------------------------------|------------------|------------------------|------------------|------------------|------------------|------------------|--------------|
| 3rd | of Sivan | 4th | of Sivan | 5th o | f Sivan | 6th of | Sivan | 7th of | Sivan | 8th of | f Sivan | 9th of Sivan |
| | | Erev Shavuot Shavuot I 8:09pm Candle lighting 9:18pm Candle light 49th day of the Omer | | | Shavuot II 9:19pm Havdalah | | 8:10pm Candle lighting | | 9:20pm Havdalah | | | |
| Still Wate | er Solutions | Still Wat | ter Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | Į |
| Exercis | e Journal | Exerci | ise Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | |
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| Mea | al diary | Me | eal diary | Meal | diary | Meal | diary | Meal | diary | Meal | diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Journal away. | Like a Lion: Business Journal |
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|------------------|-----------------------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------------|------------------|------------------|----------------------|
| Sun 1 | 6 Jun | Mon : | 17 Jun | Tue 1 | l8 Jun | Wed : | 19 Jun | Thu 2 | 0 Jun | Fri 2 | 1 Jun | Sat 22 Jun |
| 10th o | f Sivan | 11th o | f Sivan | 12th of Sivan | | 13th of Sivan | | 14th of Sivan | | 15th of Sivan | | 16th of Sivan |
| | Total Of Sivan | | | | Juneteenth | | | | 8:12pm Candle lighting | | 9:21pm Havdalah | |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise . | Exercise Journal Exercise Journal | | Exercise | Journal | Exercise Journal | | Exercise Journal | | Exercise Journal | | | |
| Meal d | Meal diary Meal diary | | Meal | diary | Meal | diary | Meal | diary | Meal | diary | | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| LIKE G | | | | | | | | | | | Jt | ine 2024 Sivan 5784 |
|------------------|-----------------------------|-----------------------|------------------------------|-----------------------|------------------------------|-----------------------|------------------------------|-----------------------|------------------------------|-----------------------|------------------|---|
| Sun 2 | 3 Jun | Mon | 1 24 Jun | Tue | 25 Jun | Wed | d 26 Jun | Thu | 27 Jun | Fri 2 | 8 Jun | Sat 29 Jun |
| 17th o | f Sivan | 18th | of Sivan | 19th | of Sivan | 20th | of Sivan | 21st c | of Sivan | 22nd (| of Sivan | 23rd of Sivan |
| - 1 51 1 | | | | | | | | | | | ndle lighting | 9:21pm Havdalah Shabbat Mevarchim Chodesh Tamuz |
| Still Water | Solutions | Still Wate | er Solutions | Still Wate | er Solutions | Still Wate | er Solutions | Still Water | r Solutions | Still Water | Solutions | Shabbos |
| DISON | DIZZU | DIDDI | Diany | DIDEN | DISSU. | TURNU | DISSU | | DISSU | | Disav | Notes |
| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| | Marketing Communications | 5am Hydration (2L) | Coding | 5am Hydration (2L) | Coding | - |
| | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | - |
| | | Torah Study | Sales | Torah Study | Sales | † |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | 1 |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | J |
| | | | Exercise Journal Meal diary | | Journal | - |
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Parashat Sh'lach

| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
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| Journal away. | Like a Lion: Business Journal |
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Parashat Korach

| 24th of Sivan 25th of Sivan 26th of Sivan 27th of Sivan 28th of Sivan 29th of Sivan 30t Independence Day 8:11pm Candle lighting 9:19 Rosh C | | | | | | | | | | | | | ATTC 202 1 510 |
|--|-----------------------|----------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|--------------------------|
| Still Water Solutions | Sun 3 | 30 Jun | Mor | n 1 Jul | Tu | e 2 Jul | We | d 3 Jul | The | u 4 Jul | Fri | 5 Jul | Sat 6 |
| Still Water Solutions | 24th c | of Sivan | 25th (| of Sivan | 26th | 26th of Sivan | | 27th of Sivan | | 28th of Sivan | | of Sivan | 30th of 9 |
| with Marketing Sam Coding Sam Co | _ 1.0.7 | , | _5 | | 23 | 0, 0, 1 | _/ | o, o, a, | | | | | 9:19pm Ha Rosh Chodes |
| Marketing Sam Coding Marketing Meditate Marketing Sales Sam Coding Sam Codin | Still Water | Solutions | Still Water | r Solutions | Still Wate | er Solutions | Still Wate | er Solutions | Still Wate | er Solutions | Still Wate | r Solutions | Shabbo |
| Marketing Sam Coding Marketing Meditate Sales Meditate Marketing | | | | | | | | | | | | | |
| Aration (2L) Communications Hydration (2L) DevOps Hydration (2L) D | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| Additate Sales Meditate Marketing Meditate Marketin | n | Marketing | 5am | Coding | |
| Torah Study Coding Torah Study Sales Torah Study | dration (2L) | Communications | Hydration (2L) | DevOps | |
| People Daven Peopl | ditate | Sales | Meditate | Marketing | |
| Sonal Finance Business Finance Personal Finance Business | ah Study | Coding | Torah Study | Sales | _ |
| Social media Quality Sleep No social | | | | | | | | | | People | | | 1 |
| Exercise Journal Exercise Journal Exercise Journal Exercise Journal Exercise Journal Exercise Journal | | | | | + | | | | | | | | 1 |
| | social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | Į. |
| Meal diary Meal diary Meal diary Meal diary Meal diary Meal diary Meal diary M | Exercise | Journal | Exercise | Journal | Exercis | e Journal | Exercise | e Journal | Exercis | e Journal | Exercise | Journal | |
| Meal diary | | | | | | | | | | | | | - |
| | Meal diary Meal diary | | Mea | l diary | Mea | l diary | Mea | l diary | Meal | l diary |] | | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
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| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Sur | n 7 Jul | Moi | n 8 Jul | Tue | 9 Jul | We | d 10 Jul | The | u 11 Jul | Fr | i 12 Jul | Sat 13 Jul |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|-----------------|
| 1st of Ta | amuz 5784 | 2nd o | f Tamuz | 3rd of | f Tamuz | 4th | of Tamuz | 5th o | of Tamuz | 6th | of Tamuz | 7th of Tamuz |
| | | | | | | | | | | | Candle lighting | 9:15pm Havdalah |
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| CHILL MARKE | u Calutiana | CA:II MARA | u Calutiana | CASH MARA | u Colutions | CASH MALE | an Calutiana | CHILLIAN - | au Calutiana | CASH MAN | tou Colutions | Shabbos |
| Still Wate | r Solutions | Still Wate | r Solutions | Still Wate | r Solutions | Still Wat | ter Solutions | Still Wat | er Solutions | Still Wa | ter Solutions | Silabbos |
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| שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | Sam | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | _ |
| Torah Study | Coding | Torah Study | Sales | - |
| Daven | People | - |
| Personal Finance | Business Finance | - |
| No social media | Quality Sleep | |
| Exercise | e Journal | Exercise | e Journal | Exercise | Journal | Exerci | se Journal | Exerci | se Journal | Exerc | ise Journal | |
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| Meal | l diary | Meal | l diary | Meal | diary | Me | al diary | Me | al diary | Me | eal diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Journal away. | Like a Lion: Business Journal |
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| Sair | IT Jui | 101011 | 13 Jul | | LU Jui | WVEG 17 Jul | | Tilu 10 Jul | | I II 13 Jul | | Jat 20 Jul |
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| 8th of | Tamuz | 9th of | Tamuz | 10th of | Tamuz | 11th | of Tamuz | 12th of | f Tamuz | 13th | of Tamuz | 14th of Tamuz |
| | | | | | | WeAreDev | velopers Berlin | WeAreDeve | lopers Berlin | | Candle lighting evelopers Berlin | 9:10pm Havdalah |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wate | er Solutions | Still Water | Solutions | Still Wat | ter Solutions | Shabbos |
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| שחרית | ערבית | Notes |
| Sam | Marketing | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | |
| Daven | People | |
| Personal Finance | Business Finance | |
| No social media | Quality Sleep | |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercis | e Journal | Exercise | Journal | Exerci | ise Journal | |
| Meal | diary | Meal | diary | Meal | diary | Mea | al diary | Meal | diary | Me | eal diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Journal away. | Like a Lion: Business Journal |
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| Sun | 21 Jul | Mon | 22 Jul | Tue | 23 Jul | We | ed 24 Jul | Th | u 25 Jul | Fr | i 26 Jul | Sat 27 Jul |
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| 15th o | f Tamuz | 16th o | of Tamuz | 17th o | f Tamuz | 18th | of Tamuz | 19th | of Tamuz | 20th | of Tamuz | 21st of Tamuz |
| | | | | 4:04am F | Tammuz Fast begins Fast ends | | | | | | Candle lighting | 9:03pm Havdalah |
| Still Water | Solutions | Still Wate | r Solutions | Still Water | r Solutions | Still Wat | ter Solutions | Still Wat | er Solutions | Still Wa | ter Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | _ |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | Į |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exerci | ise Journal | Exerci | se Journal | Exerc | ise Journal | |
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| Meal | diary | Meal | diary | Meal | diary | Me | eal diary | Me | al diary | Mo | eal diary | [|
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Journal away. | Like a Lion: Business Journal |
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| Sun 2 | 28 Jul | Мо | n 29 Jul | Tue | e 30 Jul | We | ed 31 Jul | Thu | 1 Aug | Fr | i 2 Aug | Sat 3 Aug |
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| 22nd of | f Tamuz | 23rd | of Tamuz | 24th | of Tamuz | 25th | of Tamuz | 26th c | of Tamuz | 27th | of Tamuz | 28th of Tamuz |
| | · · | | | | | | | | | | Candle lighting | 8:54pm Havdalah Shabbat Mevarchim Chodesh Av |
| Still Water | Solutions | Still Wat | er Solutions | Still Wat | er Solutions | Still Wa | ter Solutions | Still Wate | r Solutions | Still Wat | ter Solutions | Shabbos |
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| שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | |
| Daven | People | |
| Personal Finance | Business Finance | |
| No social media | Quality Sleep | Į |
| Exercise | Journal | Exercis | se Journal | Exercis | se Journal | Exerc | ise Journal | Exerciso | 2 Journal | Exerci | ise Journal | |
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| Meal | diary | Me | al diary | Me | al diary | Me | eal diary | Mea | l diary | Me | eal diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Thursday | Thursday |
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| Journal away. | Like a Lion: Business Journal |
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| Hydration (2L) Communications Hydration (2L) DevOps Hydration (2L) | Sun 4 | 4 Aug | Mon ! | 5 Aug | Tue 6 | 5 Aug | Wed | 7 Aug | Thu | 8 Aug | Fri | 9 Aug | Sat 10 Aug |
|--|------------------|------------------|-----------------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------------|------------------|------------|
| Still Water Solutions | 29th of | Tamuz | uz 1st of Av 5784 2nd of Av | | 3rd o | of Av | 4th | of Av | 5th | n of Av | 6th of Av | | |
| Notes N | | | | odesh Av | | | | | | | 7:43pm Candle lighting | | |
| Sam Marketing Sam Coding Sam Codi | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wate | r Solutions | Still Wate | er Solutions | Shabbos |
| Sam Marketing Sam Coding Sam Codi | | | | | | | | | | | | | |
| Hydration (2L) Communications Hydration (2L) DevOps Hydration (2L) | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| Meditate Sales Meditate Marketing Meditate Marketin | 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Torah Study Coding Torah Study Sales Sunan People Daven People Daven People Daven People Daven People Daven People Daven Personal Finance Business Finance Business Finance Personal Finance Business | Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Personal Finance Business Finance Business Finance Business Finance Personal Finance Business Finance Personal Finance Business Finance Busine | Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Personal Finance Business Finance Finance Busine | Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| No social media Quality Sleep No social media Quality Sleep | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Exercise Journal Exercise Journal Exercise Journal Exercise Journal Exercise Journal Exercise Journal | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
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| Meal diary | | | | | | | | | | | | | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
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| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Sun | 11 Aug | IVION | 12 Aug | Tue. | Tue 13 Aug | | wed 14 Aug | | Inu 15 Aug | | 16 Aug | Sat 17 Aug |
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| 7th | of Av | 8th | of Av | 9th | of Av | 101 | th of Av | 11th | of Av | 12 | th of Av | 13th of Av |
| Erev Tish'a B'Av 7:57pm Fast begins | | | Tish'a B'Av | | | | | | Candle lighting | 8:34pm Havdalah Shabbat Nachamu | | |
| Still Wate | r Solutions | Still Wate | r Solutions | Still Wate | r Solutions | Still Wat | ter Solutions | Still Water | Solutions | Still Wa | ter Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | _ |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exercise | e Journal | Exercise | Journal | Exerci | se Journal | Exercise | Journal | Exerc | ise Journal | |
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| Meal | l diary | Mea | l diary | Meal | diary | Me | eal diary | Meal | diary | Me | eal diary | [|
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
|---------------------------------|---------------------------------|
| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
| Saturday | Saturday |
| Journal away. | Like a Lion: Business Journal |
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| Sun 1 | 18 Aug | Mon 1 | L9 Aug | Tue 2 | 0 Aug | Wed 2 | 21 Aug | Thu | 22 Aug | Fri | 23 Aug | Sat 24 Aug |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------------|------------------|------------------|------------|
| 14th | of Av | 15th | of Av | 16th | of Av | 17th | 17th of Av | | of Av | 19t | th of Av | 20th of Av |
| | Tu B'Av | | | | | | | | 7:23pm Candle lighting | | 8:22pm Havdalah | |
| Still Water | r Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Wate | r Solutions | Still Wat | ter Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | _ |
| Daven | People | Daven | People | _ |
| Personal Finance | Business Finance | Personal Finance | Business Finance | _ |
| No social media | Quality Sleep | No social media | Quality Sleep | Į |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | Exercise Journal | | Exercise Journal | | ise Journal | _ |
| Meal | diary | Me | eal diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
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| Journal away. | Like a Lion: Business Journal |
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| Sun 2 | 25 Aug | Mon 2 | 26 Aug | Tue 2 | 27 Aug | Wed 2 | 28 Aug | Thu 2 | 9 Aug | Fri 30 |) Aug | Sat 31 Aug |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------------|------------------|--|------------------|------------|
| 21st | of Av | 22nd | l of Av | 23rd | of Av | 24th | of Av | 25th | of Av | 26th | of Av | 27th of Av |
| | | | | | | | | 7:12pm Candle lighting | | 8:11pm Havdalah Shabbat Mevarchim Chodesh Elul | | |
| Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| Sam | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | |
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| Meal | diary | Meal | diary | Meal | diary | Meal | diary | Meal | diary | Meal | diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
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| Journal away. | Like a Lion: Business Journal |
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| Sun | 1 Sep | Мо | n 2 Sep | Tue | 3 Sep | Wed | 4 Sep | Thu ! | 5 Sep | Fri 6 | Sep | Sat 7 Sep |
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| 28th | n of Av | 29t | th of Av | 30th | of Av | 1st of E | lul 5784 | 2nd c | of Elul | 3rd c | of Elul | 4th of Elul |
| | | | bor Day | | | | | | ndle lighting | 7:59pm Havdalah | | |
| Still Water | r Solutions | Still Wat | er Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Still Water | Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | Sam | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | |
| Daven | People | |
| Personal Finance | Business Finance | |
| No social media | Quality Sleep | |
| Exercise | Journal | Exercis | se Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercise | Journal | |
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| Meal | diary | Me | al diary | Meal | diary | Meal | diary | Meal | diary | Meal | diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
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| Thursday | Thursday |
| Friday | Friday |
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| Journal away. | Like a Lion: Business Journal |
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Parashat Ki Teitzei

| Sun | 8 Sep | Mon | 9 Sep | Tue 1 | l 0 Sep | Wed | d 11 Sep | Thu | 12 Sep | Fri | 13 Sep | Sat 14 Sep |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|--------------|
| 5th o | of Elul | 6th of Elul | | 7th c | of Elul | 8th | of Elul | 9th | of Elul | 10t | h of Elul | 11th of Elul |
| | | | | | | | | | | Candle lighting | 7:46pm Havdalah | |
| Still Water | Solutions | Still Water | r Solutions | Still Water | Solutions | Still Wat | er Solutions | Still Wate | r Solutions | Still Wat | ter Solutions | Shabbos |
| | | | | | | | | | | | | |
| שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | |
| Daven | People | |
| Personal Finance | Business Finance | |
| No social media | Quality Sleep | |
| Exercise | Journal | Exercise | Journal | Exercise | Journal | Exercis | se Journal | Exercise | e Journal | Exerci | ise Journal | |
| Meal | diana | Meal | diani | Meal | diana | Ma | al diary | Moa | diary | Ma | eal diary |] I |
| IVIEdi | uiary | Ivieal | uiaiy | Iviear | uiaiy | IVIE | ai uiai y | IVIEd | lulary | IVIE | eal ulary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
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| Journal away. | Like a Lion: Business Journal |
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| Sun | 15 Sep | Mon | 16 Sep | Tue | 17 Sep | We | d 18 Sep | Thu | 19 Sep | Fri | 20 Sep | Sat 21 Sep |
| 12th | L2th of Elul 13th of Elul | | 14th | of Elul | 15t | h of Elul | 16th | of Elul | 17t | h of Elul | 18th of Elul | |
| | | | | | | | | | Candle lighting | 7:34pm Havdalah | | |
| Still Wate | r Solutions | Still Wate | r Solutions | Still Wate | r Solutions | Still Wat | er Solutions | Still Wate | r Solutions | Still Wa | ter Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | _ |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | _ |
| Meditate | Sales | Meditate | Marketing | - |
| Torah Study | Coding | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | ļ |
| Exercise | e Journal | Exercise | Journal | Exercise | · Journal | Exerci | se Journal | Exercise | e Journal | Exerc | ise Journal | |
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| Meal | diary | Meal | diary | Mea | diary | Me | al diary | Mea | l diary | Me | eal diary | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Journal away. | Like a Lion: Business Journal |
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| Sun 2 | 22 Sep | Mon | 23 Sep | Tue 2 | 24 Sep | Wed | d 25 Sep | Thu 26 Sep | | Fri | 27 Sep | Sat 28 Sep |
|-------------------------------|---------------------------|------------------|-----------------------|------------------|-----------------------|------------------|-----------------------|------------------------|-----------------------|----------------------------------|------------------|------------|
| 19th | 19th of Elul 20th of Elul | | 21st of Elul | | 22nd of Elul | | 23rd of Elul | | 24t | h of Elul | 25th of Elul | |
| ISUTOT ETG. | | | | | | | | 6:25pm Candle lighting | | 7:22pm Havdalah Leil Selichot | | |
| Still Water Solutions Still W | | Still Water | Still Water Solutions | | Still Water Solutions | | Still Water Solutions | | Still Water Solutions | | ter Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | 5am | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | Į. |
| Exercise | Journal | Exercise | Journal | Exercise | Exercise Journal | | Exercise Journal | | Exercise Journal | | ise Journal | |
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| Meal diary | | Meal diary | | Meal diary | | Meal diary | | Meal diary | | Meal diary | | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
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| Friday | Friday |
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| Journal away. | Like a Lion: Business Journal |
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| Sun 2 | 29 Sep | Mon 30 Sep | | Tue 1 Oct | | Wed 2 Oct | | | | | | |
| | | 27th of Elul | | 28th of Elul | | 29th of Elul | | | | | | |
| 26th of Elul 27th of Elul | | ZOUT OF EIGH | | Erev Rosh Hashana | | | | | | | | |
| | | | | 6:17pm Candle lighting | | | | | | | | |
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| Still Water | Solutions | Still Water Solutions | | Still Water Solutions | | Still Water Solutions | | Still Water Solutions | | Still Water Solutions | | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
| 5am | Marketing | 5am | Coding | Sam | Coding | 5am | Coding | 5am | Coding | Sam | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |
| Exercise | Exercise Journal | | Exercise Journal | | Exercise Journal | | Exercise Journal | | Exercise Journal | | · Journal | |
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| Meal diary | | Meal diary | | Meal diary | | Meal diary | | Meal diary | | Meal diary | | |
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| Top Ideas of the day (Personal) | Top Ideas of the day (Business) |
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| Sunday | Sunday |
| Monday | Monday |
| Tuesday | Tuesday |
| Wednesday | Wednesday |
| Thursday | Thursday |
| Friday | Friday |
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| Journal away. | Like a Lion: Business Journal |
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