### 2025 ReCalendar

## 2025

		JΑ	N	JΑ	R۱	1					FΕ	BR	UA	۱R	Υ			MARCH								
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re	W#	Мо	Tu	We	Th	Fr	Sa S	Su	Re
1	30	31	1	2	3	4	5	R	5	27	28	29	30	31	1	2	R	9	24	25	26	27	28	1	2	R
2	6	7	8	9	10	11	12	R	6	3	4	5	6	7	8	9	R	10	3	4	5	6	7	8	9	R
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<b>N</b> #	Мо	Tu	We	Th	Fr	Sa	Su	R
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15 16 17 18	28	29	30	1	2	3	4	R

#### MAY

W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
18	28	29	30	1	2	3	4	R
19 20 21	5	6	7	8	9	10	11	R
20	12	13	14	15	16	17	18	R
21	19	20	21	22	23	24	25	R
22	26	27	28	29	30	31	1	R



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31 DEC	V	/edn	esd	ay		(	)1	JA	١
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**DEC 2024** W# Mo Tu We Th Fr Sa Su Re

Monday	30 DEC	Tuesday	31 DEC	Wednesday	01 JAN
Thursday	02 IAN	Friday	03 IAN	Saturday	04 JAN
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Sunday	05 JAN	Plan week Send the weekly email	

	notior	15																		
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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
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		Ш	VV	Ш	Г	2	AA A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

DECEMBER « 30 »

M	O	Ν	D	Α	Y
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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25 2 9 16	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R

52 23 24 25 26 27 28 29 R 1 30 31 1 2 3 4 5 R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER  $^{\prime\prime}$  31  $^{\circ\prime}$ 

**TUESDAY** 

	<	DI	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48 49 50 51	25	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
4	مما	04	- 4	0	0	- 4	_	

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'I'm a greater believer in luck, and I find the harder I work the more I have of it.' — Thomas Jefferson

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### MONTH REVIEW

V# Mo Tu We Th Fr Sa Su Re
1 30 31 1 2 3 4 5 R
2 6 7 8 9 10 11 12 R
3 13 14 15 16 17 18 19 R
4 20 21 22 23 24 25 26 R
5 27 28 29 30 31 1 2 R

Notes			
for			
Review			
of			
Month			

### JANUARY PLAN

Date

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																														1	
Habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Tiubits	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Shoulders workout Oct,																															
Nov, Dec, Jan																															
Self-compassion																															
Celebrate																															

**Details** 

Date	Day	Details
1	Wed	
2	Thu	
3	Fri	
4	Sat	
5	Sun	
6	Mon	
7	Tue	
8	Wed	
9	Thu	
10	Fri	
11	Sat	
12	Sun	
13	Mon	
14	Tue	
15	Wed	
16	Thu	
17	Fri	
18	Sat	
19	Sun	
20	Mon	
21	Tue	
22	Wed	
23	Thu	
24	Fri	
25	Sat	
26	Sun	
27	Mon	
28	Tue	
29	Wed	
30	Thu	
31	Fri	

COMING MONTH GOALS							

### JANUARY « 01 »

Λ	Έ	D	N	ES	D	Α	Y
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	<	JΑ	N	20	25		>	
	Мо							
1	30 6 13	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' — Thomas Jefferson

DAY PLAN	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 02 »

#### **THURSDAY**

	<	JΔ	Ν	20	25		>	
	Мо							
1	30 6 13	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Decide upon your major definite purpose in life and then organize all your activities around it." – Brain Tracy

DAY PLAN	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 03 »

### FRIDAY

	<	JΔ	lΝ	20	25		>	
<b>W</b> #	Мо	Tu	We	Th	Fr	Sa	Su	Re
1	30 6 13 20	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'The secret of getting ahead is getting started' – Mark Twain

DAY PLAN	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « **04** »

#### **SATURDAY**

	<	JΔ	N	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
1	30	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	6 13 20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' — Thomas Jefferson

DAY PLAN	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# JANUARY « 05 »

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	<	JΔ	N	20	25		>	
	Мо							
1	30 6 13	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

There is no try

DAY PLAN	January Monthly Notes				
	Holiday				
	Go away!				
	Rest for year				
	Buy wardrobe				
	Current Deading				
	Current Reading				
	No Bad Parts, Schwarz				
	Why zebras dont get ulcerss, 10%				
	The explosive child, 20%				
	Dare to Connect, 20%				
	The Mindful Emotions Workbook, 20%				
	The Inflamed Mind, 1%				
	Alloy of Law, 10%				
	Bucket List				
	Dance class				
	Sing in choir				
	Another cooking class				
	Try Amsterdam				
	Try England				
	Love?				

WEEKLY REVIEW «

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#### 30 DECEMBER - 05 JANUARY

49 2 3 4 5 6 **7 8** R 50 9 10 11 12 13 **14 15** R 51 16 17 18 19 20 **21 22** R 52 23 24 25 26 27 **28 29** R 1 30 31 1 2 3 4 5 R

< DEC 2024 > W# Mo Tu We Th Fr Sa Su Re

WEEK REVIEW NOTES		





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Saturday

**JAN 2025** W# Mo Tu We Th Fr Sa Su Re

> 13 14 15 16 17 **18 19** R 20 21 22 23 24 **25 26** R

> 27 28 29 30 31 1 2 R

9 10 **11 12** R

**08 JAN** 

**Thursday** 09 JAN **Friday** 10 JAN

**11 JAN** 

Sunday **12 JAN** 

Monday

Plan week Send the weekly email

	notior	15																		
ST	RON	G					HAPPY							P.A	PANIC					
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
		Ш	VV	Ш	Г	2	AA A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

## JANUARY « 06 »

10N	۱D	AY
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	<	JΔ	N	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
1	30 6 13 20	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena... Theodore Roosevelt

DAY PLAN	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### JANUARY « 07 »

TUESDA`	<b>Y</b>
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	<	JΔ	N	20	25		>	
	Мо							
1	30 6 13	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Decide upon your major definite purpose in life and then organize all your activities around it." – Brain Tracy

DAY PLAN	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
There is no try

DAY PLAN	January Monthly Notes		
	Holiday		
	Go away!		
	Rest for year		
	Buy wardrobe		
	Current Deading		
	Current Reading		
	No Bad Parts, Schwarz		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	Alloy of Law, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

 $_{\text{JANUARY}} \text{ $^{\circ}$ } \textbf{09} \text{ $^{\circ}$}$ 

#### **THURSDAY**

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3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN	January Monthly Notes		
	Holiday		
	Go away!		
	Rest for year		
	Buy wardrobe		
	Current Deading		
	Current Reading		
	No Bad Parts, Schwarz		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	Alloy of Law, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

JANUARY « 10 »

FRIDAY

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3	13	14	15	16	17	18	19	R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Don't let yesterday take up too much of today.' — Will Rogers

DAY PLAN	January Monthly Notes		
	Holiday		
	Go away!		
	Rest for year		
	Buy wardrobe		
	Current Deading		
	Current Reading		
	No Bad Parts, Schwarz		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	Alloy of Law, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

JANUARY

#### **SATU**

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Take action. An inch of movement will bring you closer to your goals than a mile of intention" - Steve Maraboli

DAY PLAN	January Monthly Notes
	Holiday
	Go away!
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	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY 4 12

SUNDAY

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' — Thomas Jefferson

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	Current Deading
	Current Reading
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

weekly review « 2 »

06 JANUARY - 12 JANUARY

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< JAN 2025 >

WEEK REVIEW NOTES	



Sunday **19 JAN** Plan week Send the weekly email

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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
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Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
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Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
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Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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JANUARY « 13 »

MONDAY

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3	13	14	15	16	17	18	19	R
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5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' — Thomas Jefferson

DAY PLAN	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 14 »

**TUESDAY** 

	<	JΔ	NΑ	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
1	30							
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too.' — Mark Twain

DAY PLAN	January Monthly Notes
	Holiday
	Go away!
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	Current Deading
	Current Reading
	No Bad Parts, Schwarz
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	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# JANUARY « 15 »

## **WEDNESDAY**

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3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN	January Monthly Notes
	Holiday
	Go away!
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	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# JANUARY « 16 »

### **THURSDAY**

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3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?	
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
	_
Mastery Priorities/To do Today	
	_

Success is not final; failure is not fatal: It is the courage to continue that counts. — Winston S. Churchill

DAY PLAN	January Monthly Notes
	Holiday
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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 17

FRIDAY

		<	JΔ	Ν	20	25		>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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V	4	20	21	22	23	24	25	26	R
I	5	27	28	29	30	31	1	2	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The slower you go, the further you get (re counselling session). Nigel Polak

DAY PLAN	January Monthly Notes
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	Bucket List
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	Try England
	Love?

JANUARY « 18 »

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3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
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Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

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	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 19

**SUNDAY** 

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How are things?
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'Don't let yesterday take up too much of today.' — Will Rogers

DAY PLAN	January Monthly Notes						
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	Current Reading						
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	Try England						
	Love?						

WEEKLY REVIEW «

3 »

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5 27 28 29 30 31 1 2 R

WEEK REVIEW NOTES	



21 JAN

Wednesday

Saturday

24 JAN

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**Thursday** 23 JAN

**Friday** 

**25 JAN** 

JAN 2025 W# Mo Tu We Th Fr Sa Su Re

13 14 15 16 17 **18 19** R 4 20 21 22 23 24 **25 26** R

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**22 JAN** 

Sunday **26 JAN** 

Monday

Plan week Send the weekly email

	Emotions																			
STRONG								\PP\	1					P.A	NIC					
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

JANUARY « 20 »

MON	<b>IDAY</b>
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	<	JΔ	Ν	20	25		>	
	Мо							
1	30 6 13	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN	January Monthly Notes						
	Holiday						
	Go away!						
	Rest for year						
	Buy wardrobe						
	Current Reading						
	No Bad Parts, Schwarz						
	Why zebras dont get ulcerss, 10%						
	The explosive child, 20%						
	Dare to Connect, 20%						
	The Mindful Emotions Workbook, 20%						
	The Inflamed Mind, 1%						
	Alloy of Law, 10%						
	Bucket List						
	Dance class						
	Sing in choir						
	Another cooking class						
	Try Amsterdam						
	Try England						
	Love?						

JANUARY « 21 »

**TUESDAY** 

	<	JΔ	N	20	25		>	
	Мо							
1	30 6 13 20	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The slower you go, the further you get (re counselling session). Nigel Polak

DAY PLAN	January Monthly Notes			
	Holiday			
	Go away!			
	Rest for year			
	Buy wardrobe			
	Current Deading			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY « 22 »

#### **WEDNESDAY**

	<	JΔ	N	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
1	30 6 13 20 27	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?	
	_
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
	_
Mastery Priorities/To do Today	

'It is only when we take chances, when our lives improve. The initial and the most difficult risk that we need to take is to become honest. —Walter Anderson

DAY PLAN	January Monthly Notes			
	Holiday			
	Go away!			
	Rest for year			
	Buy wardrobe			
	Current Deading			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY « 23 »

#### **THURSDAY**

JAN 2025 >
W# Mo Tu We Th Fr Sa Su Re
1 30 31 1 2 3 4 5 R
2 6 7 8 9 10 11 12 R
3 13 14 15 16 17 18 19 R
4 20 21 22 23 24 25 26 R
5 27 28 29 30 31 1 2 R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

We generate fears while we sit. We overcome them by action" – Dr. Henry Link

DAY PLAN	January Monthly Notes			
	Holiday			
	Go away!			
	Rest for year			
	Buy wardrobe			
	Current Deading			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY

		<	JΔ	N	20	25		>	
$\mathbf{O}$	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
<b>/4</b> »	1	30 6	31	1	2	3	4	5	
	2	6	7	8	9	10	11	12	
		13							
FRIDAY		20							
KIDAT	5	27	28	29	30	31	1	2	

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The slower you go, the further you get (re counselling session). Nigel Polak

DAY PLAN	January Monthly Notes			
	Holiday			
	Go away!			
	Rest for year			
	Buy wardrobe			
	Current Deading			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY « 25 »

### **SATURDAY**

	<	JΔ	Ν	20	25		>	
	Мо							
1	30 6 13	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20 27	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

We generate fears while we sit. We overcome them by action" – Dr. Henry Link

DAY PLAN	January Monthly Notes		
	Holiday		
	Go away!  Rest for year		
	Buy wardrobe		
	Current Deading		
	Current Reading		
	No Bad Parts, Schwarz		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	Alloy of Law, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

# JANUARY « 26 »

SUN	DAY
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	<	JΔ	lΝ	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
1	30 6 13 20	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Decide upon your major definite purpose in life and then organize all your activities around it." – Brain Tracy

DAY PLAN	January Monthly Notes					
	Holiday					
	Go away!					
	Rest for year					
	Buy wardrobe					
	Current Deading					
	Current Reading					
	No Bad Parts, Schwarz					
	Why zebras dont get ulcerss, 10%					
	The explosive child, 20%					
	Dare to Connect, 20%					
	The Mindful Emotions Workbook, 20%					
	The Inflamed Mind, 1%					
	Alloy of Law, 10%					
	Bucket List					
	Dance class					
	Sing in choir					
	Another cooking class					
	Try Amsterdam					
	Try England					
	Love?					

WEEKLY REVIEW « 4

20 JANUARY - 26 JANUARY

		JF	V I N	20	23	1		
W#								
1	30 6 13 20	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

WEEK REVIEW NOTES	



**JAN 2025** W# Mo Tu We Th Fr Sa Su Re

> 13 14 15 16 17 **18 19** R 20 21 22 23 24 **25 26** R

> 27 28 29 30 31 1 2 R

9 10 **11 12** R

**29 JAN** 

30 JAN **Friday** 31 JAN **Saturday** 

Plan week

Send the weekly email

01 FEB

Sunday 02 FEB

**Thursday** 

	notior	15																		
ST	RON	G					H	P.A	NIC											
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Τ	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
		Ш	VV	Ш	Г	2	AA A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	Ť	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

JANUARY « 27 »

**MONDAY** 

	<	JΔ	N	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
1	30 6 13 20	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too.' — Mark Twain

DAY PLAN	January Monthly Notes					
	Holiday					
	Go away!					
	Rest for year					
	Buy wardrobe					
	Current Deading					
	Current Reading					
	No Bad Parts, Schwarz					
	Why zebras dont get ulcerss, 10%					
	The explosive child, 20%					
	Dare to Connect, 20%					
	The Mindful Emotions Workbook, 20%					
	The Inflamed Mind, 1%					
	Alloy of Law, 10%					
	Bucket List					
	Dance class					
	Sing in choir					
	Another cooking class					
	Try Amsterdam					
	Try England					
	Love?					

JANUARY « 28 »

**TUESDAY** 

	<	JΔ	١N	20	25		>	
	Мо							
1	30 6 13	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus. '— Alexander Graham Bell

DAY PLAN	January Monthly Notes					
	Holiday					
	Go away!					
	Rest for year					
	Buy wardrobe					
	Current Deading					
	Current Reading					
	No Bad Parts, Schwarz					
	Why zebras dont get ulcerss, 10%					
	The explosive child, 20%					
	Dare to Connect, 20%					
	The Mindful Emotions Workbook, 20%					
	The Inflamed Mind, 1%					
	Alloy of Law, 10%					
	Bucket List					
	Dance class					
	Sing in choir					
	Another cooking class					
	Try Amsterdam					
	Try England					
	Love?					

JANUARY « 29 »

#### **WEDNESDAY**

	<	JΑ	lΝ	20	25		>	
	Мо							
1	30 6 13	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Tomorrow is a new day with no mistakes in it yet - Anne Shirley

DAY PLAN	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

January « 30 »

	Τ	Н	U	RS	D	A	Y
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	<		Ν				>	
	Мо							
1	30 6 13	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20 27	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Tomorrow is a new day with no mistakes in it yet - Anne Shirley

DAY PLAN	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 31 »

FRIDAY

		<	JΔ	N	20	25		>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
>	1	30							
	2	6	7	8	9	10	11	12	R
		13							
/	4	20	21	22	23	24	25	26	R
	5	27	28	29	30	31	1	2	R

How are things?	
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	

 $Imagine\ your\ life\ is\ perfect\ in\ every\ respect;\ what\ would\ it\ look\ like?"-Brian\ Tracy$ 

DAY PLAN	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

## MONTH REVIEW

FEB 2025 >
W# Mo Tu We Th Fr Sa Su Re
5 27 28 29 30 31 1 2 R
6 3 4 5 6 7 8 9 R
7 10 11 12 13 14 15 16 R
8 17 18 19 20 21 22 23 R
9 24 25 26 27 28 1 2 R

Notes for Review			
Review			
of Month			

### **FEBRUARY PLAN**

**W# Mo Tu We Th Fr Sa Su Re**5 27 28 29 30 31 **1 2** R

5 | 27 28 29 30 31 **1 2** | R 6 | 3 4 5 6 7 **8 9** | R 7 | **10 11 12 13 14 <b>15 16** | R

7 | 10 11 12 13 14 **15 16** R 8 | 17 18 19 20 21 **22 23** R

9 24 25 26 27 28 1 2 R

Habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Паріс	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Shoulders workout Oct, Nov, Dec, Jan																												
Self-compassion																												
Celebrate																												

Date	Day	Details
1	Sat	
2	Sun	
3	Mon	
4	Tue	
5	Wed	
6	Thu	
7	Fri	
8	Sat	
9	Sun	
10	Mon	
11	Tue	
12	Wed	
13	Thu	
14	Fri	
15	Sat	
16	Sun	
17	Mon	
18	Tue	
19	Wed	
20	Thu	
21	Fri	
22	Sat	
23	Sun	
24	Mon	
25	Tue	
26	Wed	
27	Thu	
28	Fri	
	<del></del>	

COMING MONTH GOALS

# FEBRUARY « 01 »

#### **SATURDAY**

	<	FE	В	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
5	27	28	29	30	31	1	2	R
6	3 10	4	5	6	7	8	9	R
7	10	11	12	13	14	15	16	R
8	17	18	19	20	21	22	23	R
9	24	25	26	27	28	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'The secret of getting ahead is getting started' – Mark Twain

Current Reading End of the Affair? Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes  Hard work on cardinal v
2x clients  Get chest of drawers  Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		Get chest of drawers
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		Current Reading
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		End of the Affair?
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		Watership Down
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		Pucket List
Sing in choir  Another cooking class  Try Amsterdam  Try England		
Another cooking class  Try Amsterdam  Try England		
Try Amsterdam  Try England		
Try England		
		Try Amsterdam
Love?		Try England
		Love?

FEBRUARY « 02 »

**SUNDAY** 

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

Current Reading End of the Affair? Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes  Hard work on cardinal v
2x clients  Get chest of drawers  Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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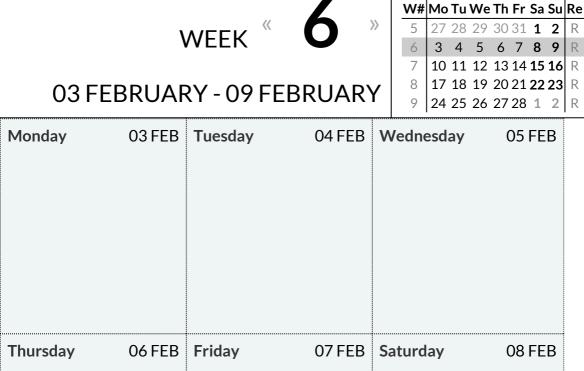
WEEKLY REVIEW «

**5** »

#### 27 JANUARY - 02 FEBRUARY

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WEEK REVIEW NOTES		



Sunday

09 FEB

Plan week

Send the weekly email

08 FEB

FEB 2025

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Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Τ	W	Т	F	S	Frozen	М	Т	W	Т	F	
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FEBRUARY « 03 »

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

 $Imagine\ your\ life\ is\ perfect\ in\ every\ respect;\ what\ would\ it\ look\ like?"-Brian\ Tracy$ 

Current Reading End of the Affair? Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes  Hard work on cardinal v
2x clients  Get chest of drawers  Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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FEBRUARY « 04 »

#### **TUESDAY**

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Take action. An inch of movement will bring you closer to your goals than a mile of intention" – Steve Maraboli

Current Reading End of the Affair? Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes  Hard work on cardinal v
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'The secret of getting ahead is getting started' - Mark Twain

Current Reading End of the Affair? Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes  Hard work on cardinal v
2x clients  Get chest of drawers  Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

Current Reading End of the Affair? Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes  Hard work on cardinal v
2x clients  Get chest of drawers  Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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FEBRUARY « **07** »

**FRIDAY** 

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
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DAY PLAN	February Monthly Notes  Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

FEBRUARY « 08 »

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8	17	18	19	20	21	22	23	R
9	24	25	26	27	28	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' — Thomas Jefferson

DAY PLAN	February Monthly Notes  Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

FEBRUARY « 09 »

**SUNDAY** 

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8	17	18	19	20	21	22	23	R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

We generate fears while we sit. We overcome them by action" – Dr. Henry Link

DAY PLAN	February Monthly Notes
	Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
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WEEK REVIEW NOTES	



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Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
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Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
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Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
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Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
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Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
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## FEBRUARY « 10 »

**MONDAY** 

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9	24	25	26	27	28	1	2	D

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus.' — Alexander Graham Bell

DAY PLAN	February Monthly Notes
	Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

### FEBRUARY 4 11

**TUESDAY** 

		<	F	ЕВ	20	25		>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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	7			12					
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H I	9	24	25	26	27	28	1	2	R

How are things?	
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	

Do you want to be a slave to your whims? Jordan Peterson. Compare this with an idea of freedom which means to do whatever we feel. Different to whatever we choose. Implying choice might not be always what we feel like. It struck me at the time Dec 7, 2023

DAY PLAN	February Monthly Notes
	Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

### FEBRUARY « 12 »

#### **WEDNESDAY**

	<	FE	В	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Rε
5	27 3 10 17	28	29	30	31	1	2	R
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7	10	11	12	13	14	15	16	R
8	17	18	19	20	21	22	23	R
9	24	25	26	27	28	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

 $\label{eq:members} \textit{Men fall in love with their eyes and women fall in love with their ears}$ 

DAY PLAN	February Monthly Notes
	Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

FEBRUARY « 13 »

#### **THURSDAY**

	<	FE	В	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
5	27	28	29	30	31	1	2	R
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9	24	25	26	27	28	1	2	R

How are things?	
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	

'Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.' —Dale Carnegie

Current Reading End of the Affair? Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes  Hard work on cardinal v
2x clients  Get chest of drawers  Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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Sing in choir  Another cooking class  Try Amsterdam  Try England		
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Love?		Try England
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FEBRUARY

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RIDAY   8   17 18 19 20 21 22 23	3

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Success is not final; failure is not fatal: It is the courage to continue that counts. — Winston S. Churchill

Current Reading End of the Affair? Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes  Hard work on cardinal v
2x clients  Get chest of drawers  Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		Pucket List
Sing in choir  Another cooking class  Try Amsterdam  Try England		
Another cooking class  Try Amsterdam  Try England		
Try Amsterdam  Try England		
Try England		
		Try Amsterdam
Love?		Try England
		Love?

# FEBRUARY « 15 »

#### **SATURDAY**

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8	17	18	19	20	21	22	23	R
9	24	25	26	27	28	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Success is not final; failure is not fatal: It is the courage to continue that counts. — Winston S. Churchill

Current Reading End of the Affair? Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes  Hard work on cardinal v
2x clients  Get chest of drawers  Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		Get chest of drawers
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		End of the Affair?
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Sing in choir  Another cooking class  Try Amsterdam  Try England		
Another cooking class  Try Amsterdam  Try England		
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Love?		Try England
		Love?

## FEBRUARY « 16 »

**SUNDAY** 

	<	FE	ЕВ	20	25		>	
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7	10	11	12	13	14	15	16	R
8	17	18	19	20	21	22	23	R
9	24	25	26	27	28	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Either you run the day or the day runs you.' – Jim Rohn

Current Reading End of the Affair? Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes  Hard work on cardinal v
2x clients  Get chest of drawers  Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		End of the Affair?
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		Watership Down
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		
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Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		Pucket List
Sing in choir  Another cooking class  Try Amsterdam  Try England		
Another cooking class  Try Amsterdam  Try England		
Try Amsterdam  Try England		
Try England		
		Try Amsterdam
Love?		Try England
		Love?

WEEKLY REVIEW «

FEB 2025 >
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5 27 28 29 30 31 1 2 R
6 3 4 5 6 7 8 9 R
7 10 11 12 13 14 15 16 R
8 17 18 19 20 21 22 23 R

9 24 25 26 27 28 1 2 R

WEEK REVIEW NOTES		



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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Т	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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## FEBRUARY « 17 »

**MONDAY** 

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7	10	11	12	13	14	15	16	R
8	17	18	19	20	21	22	23	R
9	24	25	26	27	28	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Do you want to be a slave to your whims? Jordan Peterson. Compare this with an idea of freedom which means to do whatever we feel. Different to whatever we choose. Implying choice might not be always what we feel like. It struck me at the time Dec 7, 2023

Current Reading End of the Affair? Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes  Hard work on cardinal v
2x clients  Get chest of drawers  Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		Current Reading
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		End of the Affair?
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		Watership Down
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		
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Sing in choir  Another cooking class  Try Amsterdam  Try England		
Another cooking class  Try Amsterdam  Try England		
Try Amsterdam  Try England		
Try England		
		Try Amsterdam
Love?		Try England
		Love?

FEBRUARY « 18 »

**TUESDAY** 

	<	FE	В	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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7	10	11	12	13	14	15	16	R
8	17	18	19	20	21	22	23	R
9	24	25	26	27	28	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Opportunity is missed by most people because it is dressed in overalls and looks like work.' — Thomas Edison

DAY PLAN	February Monthly Notes			
	Hard work on cardinal v			
	Compassion re teaching			
	2x clients			
	Get chest of drawers			
	Current Reading			
	End of the Affair?			
	Watership Down			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			
	LOVE:			

## FEBRUARY « 19 »

#### **WEDNESDAY**

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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7	10	11	12	13	14	15	16	R
8	3 10 17 24	18	19	20	21	22	23	R
9	24	25	26	27	28	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'The secret of getting ahead is getting started' - Mark Twain

DAY PLAN	February Monthly Notes			
	Hard work on cardinal v			
	Compassion re teaching			
	2x clients			
	Get chest of drawers			
	Current Reading			
	End of the Affair?			
	Watership Down			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			
	LOVE:			

FEBRUARY « 20 »

#### **THURSDAY**

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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7	10	11	12	13	14	15	16	R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Don't let yesterday take up too much of today.' — Will Rogers

DAY PLAN	February Monthly Notes			
	Hard work on cardinal v			
	Compassion re teaching			
	2x clients			
	Get chest of drawers			
	Current Reading			
	End of the Affair?			
	Watership Down			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			
	LOVE:			

FEBRUARY

		<	FE	ЕВ	20	25		>	
74	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
<b>&gt;&gt;</b>	5	27	28	29	30	31	1	2	F
	6	3	4	5	6	7	8	9	F
	7	10	11	12	13	14	15	16	F
RIDAY	8	17	18	19	20	21	22	23	F
KIDAT	9	24	25	26	27	28	1	2	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' — Thomas Jefferson

DAY PLAN	February Monthly Notes			
	Hard work on cardinal v			
	Compassion re teaching			
	2x clients			
	Get chest of drawers			
	Current Reading			
	End of the Affair?			
	Watership Down			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			
	LOVE:			

FEBRUARY « 22

**SATURDAY** 

_		<	FE	ЕΒ	20	25		>	
<b>7</b>	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
<b>&gt;&gt;</b>	5	27	28	29	30	31	1	2	R
	6	3	4	5	6	7	8	9	R
	7	10							
DAY	8	17	18	19	20	21	22	23	R
	9	24	25	26	27	28	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'It is only when we take chances, when our lives improve. The initial and the most difficult risk that we need to take is to become honest. —Walter Anderson

DAY PLAN	February Monthly Notes  Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

FEBRUARY « 23 »

SUNDAY

	<	FE	В	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Rε
5	27	28	29	30	31	1	2	R
6	3 10	4	5	6	7	8	9	R
7	10	11	12	13	14	15	16	R
8	17	18	19	20	21	22	23	R
9	24	25	26	27	28	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Either you run the day or the day runs you.' – Jim Rohn

DAY PLAN	February Monthly Notes  Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW «

8 »

### 17 FEBRUARY - 23 FEBRUARY

FEB 2025 >
W# Mo Tu We Th Fr Sa Su Re
5 27 28 29 30 31 1 2 R
6 3 4 5 6 7 8 9 R
7 10 11 12 13 14 15 16 R
8 17 18 19 20 21 22 23 R
9 24 25 26 27 28 1 2 R

WEEK REVIEW NOTES	



	notior	15																		
ST	RON	G						\PP\	1					P.A	NIC					
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

FEBRUARY « 24 »

**MONDAY** 

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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6	3 10	4	5	6	7	8	9	R
7	10	11	12	13	14	15	16	R
8	17	18	19	20	21	22	23	R
9	24	25	26	27	28	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Tomorrow is a new day with no mistakes in it yet - Anne Shirley

DAY PLAN	February Monthly Notes
	Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

# FEBRUARY « 25 »

**TUESDAY** 

			В				>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
5	27	28	29	30	31	1	2	R
6	3 10	4	5	6	7	8	9	R
7	10	11	12	13	14	15	16	R
8	17	18	19	20	21	22	23	R
9	24	25	26	27	28	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Either you run the day or the day runs you.' – Jim Rohn

DAY PLAN	February Monthly Notes
	Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

# FEBRUARY « 26 »

#### **WEDNESDAY**

	<	FB	В	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
5	27 3 10 17	28	29	30	31	1	2	R
6	3	4	5	6	7	8	9	R
7	10	11	12	13	14	15	16	R
8	17	18	19	20	21	22	23	R
0	24	25	26	27	20	1	2	D

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

We generate fears while we sit. We overcome them by action" – Dr. Henry Link

DAY PLAN	February Monthly Notes
	Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

FEBRUARY « 27 »

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	<	FE	В	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
5	27	28	29	30	31	1	2	R
6	3 10	4	5	6	7	8	9	R
7	10	11	12	13	14	15	16	R
8	17	18	19	20	21	22	23	R
9	24	25	26	27	28	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Don't let yesterday take up too much of today.' — Will Rogers

DAY PLAN	February Monthly Notes					
	Hard work on cardinal v					
	Compassion re teaching					
	2x clients					
	Get chest of drawers					
	Current Reading					
	End of the Affair?					
	Watership Down					
	Bucket List					
	Dance class					
	Sing in choir					
	Another cooking class					
	Try Amsterdam					
	Try England					
	Love?					
	LOVE:					

FEBRUARY « 28 »

**FRIDAY** 

	<	FE	В	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
5	27	28	29	30	31	1	2	R
6	3 10	4	5	6	7	8	9	R
7	10	11	12	13	14	15	16	R
8	17	18	19	20	21	22	23	R
9	24	25	26	27	28	1	2	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'It is only when we take chances, when our lives improve. The initial and the most difficult risk that we need to take is to become honest. —Walter Anderson

Current Reading End of the Affair? Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes  Hard work on cardinal v
2x clients  Get chest of drawers  Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Current Reading End of the Affair?  Watership Down  Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		Get chest of drawers
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		Current Reading
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		End of the Affair?
Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		Watership Down
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		
Dance class  Sing in choir  Another cooking class  Try Amsterdam  Try England		Pucket List
Sing in choir  Another cooking class  Try Amsterdam  Try England		
Another cooking class  Try Amsterdam  Try England		
Try Amsterdam  Try England		
Try England		
		Try Amsterdam
Love?		Try England
		Love?

# MONTH REVIEW

MAR 2025 >
W# Mo Tu We Th Fr Sa Su Re
9 24 25 26 27 28 1 2 R
10 3 4 5 6 7 8 9 R
11 10 11 12 13 14 15 16 R
12 17 18 19 20 21 22 23 R
13 24 25 26 27 28 29 30 R

Notes			
Notes for			
Review			
of			
Month			

## MARCH PLAN

Date

Day

< MAR 2025 > V#|Mo Tu We Th Fr Sa Su|Re

9 24 25 26 27 28 **1 2** R

10 3 4 5 6 / **8 9** R 11 10 11 12 13 14 **15 16** R

12 17 18 19 20 21 **22 23** F

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Habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Tiabits	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon
Shoulders workout																															
Self-compassion																															
Celebrate																															

**Details** 

	Day	Details
1	Sat	
2	Sun	
3	Mon	
4	Tue	
5	Wed	
6	Thu	
7	Fri	
8	Sat	
9	Sun	
10	Mon	
11	Tue	
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17	Mon	
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23	Sun	
24	Mon	
25	Tue	
26	Wed	
27	Thu	
28	Fri	
29	Sat	
30	Sun	
31	Mon	

COMING MONTH GOALS

MARCH « **01** 

### SATURDAY

	<	M	٩R	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
9	24	25	26	27	28	1	2	F
10	3 10	4	5	6	7	8	9	F
11	10	11	12	13	14	15	16	F
12	17	18	19	20	21	22	23	F
13	24	25	26	27	28	29	30	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Success is not final; failure is not fatal: It is the courage to continue that counts. — Winston S. Churchill

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# $\mathsf{MARCH} \ ^{\mathsf{C}}\mathbf{02}\ ^{\mathsf{D}}$

### SUNDAY

	<	M	AΚ	20	125	)	>	
٧#	Мо	Tu	We	Th	Fr	Sa	Su	R
	24							
10	3	4	5	6	7	8	9	R
11	10	11	12	13	14	15	16	R
	17							
13	24	25	26	27	28	29	30	ΙR

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'The secret of getting ahead is getting started' – Mark Twain

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW «

9

#### 24 FEBRUARY - 02 MARCH

 W# Mo Tu We Th Fr Sa Su Re

 5
 27 28 29 30 31 1 2 R

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 8
 17 18 19 20 21 22 23 R

 9
 24 25 26 27 28 1 2 R

< FEB 2025 >

WEEK REVIEW NOTES		

WEEK « 10 »

03 MARCH - 09 MARCH

11 10 11 12 13 14 **15 16** R 12 17 18 19 20 21 **22 23** R 13 24 25 26 27 28 **29 30** R Wednesday 05 MAR

MAR 2025

W# Mo Tu We Th Fr Sa Su Re

3 4 5 6 7 **8 9** R

		•••••	
Monday	03 MAR	Tuesday	04 MAR

**Saturday 08 MAR** 

Sunday 09 MAR

**Thursday** 

Friday 06 MAR 07 MAR

Plan week

Send the weekly email

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ST	RON	G					IAPPY					P.A	NIC						
Sure	М	Τ	W	Т	FS	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Τ	W	Т	FS	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	FS	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	
Dynamic	М	Т	W	Т	FS	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	FS	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	1
Hardy	М	Т	W	Т	FS	Grateful	M	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	9
Secure	М	Т	W	Т	FS	Optimistic	М	Т	W	Т	F	S	Anxious	М	Т	W	Т	F	9
Empowered	М	Т	W	Т	FS	Content	М	Т	W	Т	F	S	Troubled	М	Т	W	Т	F	9
Ambitious	М	Т	W		FS	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	T	W	T	F	
Powerful	М	Ť	W		FS	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ť	W	T	F	
Confident	М	T	VV		FS	Loving	М	Т	W	Т	F	S	- Ctailliea	М	Ť	W	Т	F	
Bold	М	Ť	W		FS	Marvelous	М	Т	W	Т	F	S	Н	JRT	<u> </u>				i
Determined	М	Ť	W		FS		М	Т	W	Т	F	S	Let down	lΜ	Т	W	Ιπ	F	9
	_	Ľ	v V	-	1 1 3	Al	NGEF						Tender	M	H	VV	T	F	1
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Depressed	М	Τ	W		FS	Agitated	М	Т	W	T	F	S		M		W	T	F	-
Desperate	М	Τ	W		F S	Fed up	М	T	W	T	F	S	Impaired	-	T	W	-	F	
Dejected	М	Т	VV		F S	Irritated	М	T	W	Ť	F	S	Damaged	M	T		T	· ·	1
Heavy	М	Т	W		F S	Mad	M	T	W	T	F	S	Criticized	M	T	W	T	F	
Crushed	М	Т	W		FS	Critical	М	Ť	W	Ť	F	S	Abused	М	T	W	T	F	
Disgusted	М	Т	W		FS	Resentful	M	T	W	<u> </u>	F	S	Crushed	М	T	W	T	F	
Upset	M	Τ	W		FS	-	M	T	W	T	F	S	Punished	М	Т	W	Т	F	
Hateful	M	Τ	$\bigvee$	Т	FS	Disgusted	M	T	W	T	F	S	Rejected	М	Т	W	Т	F	
Sorrowful	M	Τ	$\bigvee$	Т	FS	Outraged	_			Т	F								
Mournful	M	Τ	$\bigvee$	Т	FS	Raging	M	Т	W		-	S							
Weepy	M	Т	W	Т	FS	Furious	M	T	W	T	F	S							
Frustrated	M	Т	W	Т	FS	Livid	М	Т	W	Т	F	S							
CON	NFUS	ED				Bitter	М	Т	W	Т	F	S							
Uncertain	М	Т	W	Т	FS		М	Т	W	Т	F	S							
Upset	М	Т	W	Т	FS	ENE	RGIZ	ED											
Doubtful	М	Т	W	Т	FS	Determined	М	Т	W	Т	F	S							
Indecisive	М	T	W		FS	Inspired	М	Т	W	Т	F	S							
Perplexed	М	T	W		FS	Creative	М	Т	W	Т	F	S							
Embarrassed	М	T	W		FS	Healthy	М	Т	W	Т	F	S							
Hesitant	M	Ť	W		FS	Renewed	М	Т	W	Т	F	S							
Shy	M	T	W	-	F S	Vibrant	М	Т	W	Т	F	S							
Lost	M	÷	VV		FS	Strengthened	М	Т	W	Т	F	S							
Unsure	M	÷	W		FS	Motivated	М	Т	W	Т	F	S							
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Pessimistic	M	T	W V	-	_	Invigorated	М	Т	W	Т	F	S							
Tense	M	T	W		F S	Refreshed	М	Т	W	Т	F	S							
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 $\mathsf{MARCH} \ ^{\mathsf{C}} \mathbf{03} \ ^{\mathsf{N}}$ 

MON	1DAY
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١	<b>W</b> #	Мо	Tu	We	Th	Fr	Sa	Su	R
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	10	3	4	5	6	7	8	9	R
	11	10	11	12	13	14	15	16	R
	12	17	18	19	20	21	22	23	R
	13	24 3 10 17 24	25	26	27	28	29	30	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

 $\label{eq:members} \textit{Men fall in love with their eyes and women fall in love with their ears}$ 

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « **04** »

## **TUESDAY**

	<	M	AR	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
9	24	25	26	27	28	1	2	R
10	3 10	4	5	6	7	8	9	R
11	10	11	12	13	14	15	16	R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'When we strive to become better than we are, everything around us becomes better too.' — Paulo Coelho

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



WEDNESDAY	/ V 🗀 L	ЛIC	ヒン	U,	А	Y
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



### **THURSDAY**

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « **07** »

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Decide upon your major definite purpose in life and then organize all your activities around it." – Brain Tracy

DAY PLAN	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		



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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Either you run the day or the day runs you.' – Jim Rohn

DAY PLAN	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

MARCH « **09** »

### SUNDAY

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'The secret of getting ahead is getting started' – Mark Twain

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### WEEKLY REVIEW « 10 »

03 MARCH - 09 MARCH

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WEEK REVIEW NOTES		

# WEEK « 11 »

### 10 MARCH - 16 MARCH

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MAR 2025 W# Mo Tu We Th Fr Sa Su Re

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10 MAR Tuesday

**Saturday 15 MAR** 

13 MAR **Thursday** 

16 MAR

Plan week

Send the weekly email

Monday

Sunday

**Friday** 14 MAR

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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
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Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Τ	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
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Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
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Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
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Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
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Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
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# MARCH « **10** »

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « 11

**TUESDAY** 

	<	M	ΑR	20	25	5	>	
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13	24	25	26	27	28	29	30	

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' — Thomas Jefferson

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### $\mathsf{MARCH} \ ^{\mathsf{C}} \, \boldsymbol{12} \ ^{\mathsf{D}}$

### **WEDNESDAY**

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W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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13	24 3 10 17 24	25	26	27	28	29	30	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus.' — Alexander Graham Bell

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « **13** »

#### **THURSDAY**

	<	M	AR	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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12	17	18	19	20	21	22	23	F
13	24 3 10 17 24	25	26	27	28	29	30	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus.' — Alexander Graham Bell

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

иARCH « **14** »

FRIDAY

	<	M	٩R	20	25	5	>	
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12	17	18	19	20	21	22	23	F
13	24	25	26	27	28	29	30	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

## $\mathsf{MARCH} \ ^{\mathsf{C}} \mathbf{15} \ ^{\mathsf{D}}$

#### **SATURDAY**

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

We generate fears while we sit. We overcome them by action" – Dr. Henry Link

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# MARCH « **16** »

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	12	17	18	19	20	21	22	23	F
	13	24 3 10 17 24	25	26	27	28	29	30	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

We generate fears while we sit. We overcome them by action" – Dr. Henry Link

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### WEEKLY REVIEW « 11 %

#### 10 MARCH - 16 MARCH

MAR 2025 >
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13 24 25 26 27 28 29 30 R

WEEK REVIEW NOTES		

week « **12** »

17 MARCH - 23 MARCH

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MAR 2025

W# Mo Tu We Th Fr Sa Su Re

17 MAR Tuesday

**Monday** 18 MAR Wednesday

21 MAR

**19 MAR** 

**Thursday** 20 MAR **Friday** 

**Saturday** 

**22 MAR** 

Sunday 23 MAR

Plan week Send the weekly email

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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Τ	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
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Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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# MARCH « **17** »

MONDAY

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Go confidently in the direction of your dreams. Live the life you have imagined – Henry David Thoreau

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « **18** 

Т	U	ES	D	Α	Y
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<	M	ΑR	20	25	5	>	
Мо	Tu	We	Th	Fr	Sa	Su	F
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10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
	Мо	Mo Tu	Mo Tu We	Mo Tu We Th	Mo Tu We Th Fr	MAR 2025  Mo Tu We Th Fr Sa  24 25 26 27 28 1  3 4 5 6 7 8  10 11 12 13 14 15  17 18 19 20 21 22  24 25 26 27 28 29	MAR 2025 >  Mo Tu We Th Fr Sa Su  24 25 26 27 28 1 2  3 4 5 6 7 8 9  10 11 12 13 14 15 16  17 18 19 20 21 22 23  24 25 26 27 28 29 30

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

We generate fears while we sit. We overcome them by action" – Dr. Henry Link

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « **19** »

### **WEDNESDAY**

MAR 2025 >
W# Mo Tu We Th Fr Sa Su Re
9 24 25 26 27 28 1 2 R
10 3 4 5 6 7 8 9 R
11 10 11 12 13 14 15 16 R
12 17 18 19 20 21 22 23 R
13 24 25 26 27 28 29 30 R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Opportunity is missed by most people because it is dressed in overalls and looks like work.' — Thomas Edison

DAY PLAN	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

MARCH « **20** »

### **THURSDAY**

	<	M	٩R	20	25	5	>	
<b>N</b> #	Мо	Tu	We	Th	Fr	Sa	Su	Re
9	24	25	26	27	28	1	2	R
10	3	4	5	6	7	8	9	R
11	10	11	12	13	14	15	16	R
12	3 10 17 24	18	19	20	21	22	23	R
13	24	25	26	27	28	29	30	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Either you run the day or the day runs you.' — Jim Rohn

DAY PLAN	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

MARCH « 21 »

**FRIDAY** 

			AR					
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
9	24	25	26	27	28	1	2	F
10 11 12	3	4	5	6	7	8	9	F
11	10	11	12	13	14	15	16	F
12	17	18	19	20	21	22	23	F
13	24	25	26	27	28	29	30	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Success is not final; failure is not fatal: It is the courage to continue that counts. — Winston S. Churchill

DAY PLAN	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

## $\mathsf{MARCH} \ ^{\mathsf{C}} \mathbf{22} \ ^{\mathsf{D}}$

### **SATURDAY**

	<	M	AR	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
9	24 3 10 17	25	26	27	28	1	2	F
10	3	4	5	6	7	8	9	F
11	10	11	12	13	14	15	16	F
12	17	18	19	20	21	22	23	F
13	24	25	26	27	28	29	30	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Either you run the day or the day runs you.' — Jim Rohn

DAY PLAN	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

MARCH « **23** »

SUNDAY

		<	M	ΑR	20	25	5	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
,	9	24	25	26	27	28	1	2	F
	10	3	4	5	6	7	8	9	F
	11	10	11	12	13	14	15	16	F
	12	17	18	19	20	21	22	23	F
	13	24 3 10 17 24	25	26	27	28	29	30	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Do you want to be a slave to your whims? Jordan Peterson. Compare this with an idea of freedom which means to do whatever we feel. Different to whatever we choose. Implying choice might not be always what we feel like. It struck me at the time Dec 7, 2023

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### WEEKLY REVIEW « 12 »

17 MARCH - 23 MARCH

MAR 2025 >
W# Mo Tu We Th Fr Sa Su Re
9 24 25 26 27 28 1 2 R
10 3 4 5 6 7 8 9 R
11 10 11 12 13 14 15 16 R
12 17 18 19 20 21 22 23 R
13 24 25 26 27 28 29 30 R

WEEK REVIEW NOTES	

week « **13** »

24 MARCH - 30 MARCH

10 3 4 5 6 7 8 9 11 10 11 12 13 14 **15 16** R 12 17 18 19 20 21 **22 23** R 13 24 25 26 27 28 **29 30** R Wednesday

MAR 2025

W# Mo Tu We Th Fr Sa Su Re

Monday	24 MAR	Tuesday	25 MAR

26 MAR

Friday **Thursday** 27 MAR

Saturday **29 MAR** 

Sunday

30 MAR

Plan week

Send the weekly email

28 MAR

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ST	RON	G						\PP\	1					P.A	NIC					
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
		Ш	VV	Ш	Г	2	AA A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

## $\mathsf{MARCH} \ ^{\mathsf{C}} \mathbf{24} \ ^{\mathsf{D}}$

MON	IDAY
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9	24	25	26	27	28	1	2	R
10	3	4	5	6	7	8	9	R
11	10	11	12	13	14	15	16	R
12	17	18	19	20	21	22	23	R
13	3 10 17 24	25	26	27	28	29	30	R

How are things?	
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	

'Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus.' — Alexander Graham Bell

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# $\mathsf{MARCH} \ ^{\mathsf{C}} \mathbf{25} \ ^{\mathsf{D}}$

### **TUESDAY**

	<	M	AR	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
9	24	25	26	27	28	1	2	F
10	3	4	5	6	7	8	9	F
11	10	11	12	13	14	15	16	F
12	17	18	19	20	21	22	23	F
13	24 3 10 17 24	25	26	27	28	29	30	F

How are things?	
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	

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DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# $\mathsf{MARCH}~^{\texttt{\tiny $4$}}\mathbf{26}~^{\texttt{\tiny $8$}}$

### **WEDNESDAY**

	<	M	AR	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
9	24	25	26	27	28	1	2	R
10	3 10	4	5	6	7	8	9	R
11	10	11	12	13	14	15	16	R
12	17	18	19	20	21	22	23	R
13	24	25	26	27	28	29	30	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Success is not final; failure is not fatal: It is the courage to continue that counts. — Winston S. Churchill

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

 $\mathsf{MARCH} \ ^{\mathsf{C}} \mathbf{27} \ ^{\mathsf{D}}$ 

### **THURSDAY**

	<	М	AR	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
9	24	25	26	27	28	1	2	R
10	3	4	5	6	7	8	9	R
11	10	11	12	13	14	15	16	R
12	17	18	19	20	21	22	23	R
13	3 10 17 24	25	26	27	28	29	30	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'It is only when we take chances, when our lives improve. The initial and the most difficult risk that we need to take is to become honest. —Walter Anderson

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « **28** »

**FRIDAY** 

	<	M	٩R	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
9 10 11 12 13	24	25	26	27	28	1	2	R
10	3	4	5	6	7	8	9	R
11	10	11	12	13	14	15	16	R
12	17	18	19	20	21	22	23	R
13	24	25	26	27	28	29	30	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' — Thomas Jefferson

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

 $\mathsf{MARCH} \ ^{\mathsf{C}} \, \mathbf{29} \ ^{\mathsf{D}}$ 

#### **SATURDAY**

			AR					
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
9	24	25	26	27	28	1	2	F
10	3	4	5	6	7	8	9	F
11	10	11	12	13	14	15	16	F
12	17	18	19	20	21	22	23	F
13	24 3 10 17 24	25	26	27	28	29	30	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'It is only when we take chances, when our lives improve. The initial and the most difficult risk that we need to take is to become honest. —Walter Anderson

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

иARCH « **30** 

**SUNDAY** 

			٩R					
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
9	24	25	26	27	28	1	2	R
10	3 10	4	5	6	7	8	9	R
11	10	11	12	13	14	15	16	R
12	17	18	19	20	21	22	23	R
13	24	25	26	27	28	29	30	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'It is only when we take chances, when our lives improve. The initial and the most difficult risk that we need to take is to become honest. —Walter Anderson

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# WEEKLY REVIEW « 13 »

24 MARCH - 30 MARCH

MAR 2025 >
W# Mo Tu We Th Fr Sa Su Re
9 24 25 26 27 28 1 2 R
10 3 4 5 6 7 8 9 R
11 10 11 12 13 14 15 16 R
12 17 18 19 20 21 22 23 R
13 24 25 26 27 28 29 30 R

WEEK REVIEW NOTES		

WEEK « 14 »

VVEEK	_	
31 MARCH	- 06 A	PRIL

3 4 5 6 7 **8 9** 11 10 11 12 13 14 **15 16** R

12 17 18 19 20 21 **22 23** R 13 24 25 26 27 28 **29 30** R 02 APR

MAR 2025

W# Mo Tu We Th Fr Sa Su Re

31 MAR Tuesday 01 APR

Wednesday

**Thursday** 03 APR

**Monday** 

05 APR

Sunday 06 APR

**Friday** 04 APR

Plan week

Send the weekly email

**Saturday** 

Emotions																				
ST	RON	G						\PP\	1					P.A	NIC					
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
		Ш	VV	Ш	Г	2	AA A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

# $\mathsf{MARCH} \ ^{\mathsf{G}} \mathbf{1} \ ^{\mathsf{N}}$

MONDAY

	<	M	AR	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
9	24	25	26	27	28	1	2	F
10	3	4	5	6	7	8	9	F
11	10	11	12	13	14	15	16	F
12	17	18	19	20	21	22	23	F
13	24 3 10 17 24	25	26	27	28	29	30	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

There is no try

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### MONTH REVIEW

 W#
 Mo Tu We Th Fr Sa Su Re

 14
 31
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Notes		
for		
for Review		
of		
Month		

### APRIL PLAN

W# Mo Tu We Th Fr Sa Su Re

14 31 1 2 3 4 5 6 R

15 7 8 9 10 11 12 13 R

16 14 15 16 17 18 19 20 R

17 21 22 23 24 25 26 27 R

18 28 29 30 1 2 3 4 R

l labita	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Habits		Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Shoulders workout																														
Self-compassion																														
Celebrate others																														

1         Tue           2         Wed           3         Thu           4         Fri           5         Sat           6         Sun           7         Mon           8         Tue           9         Wed           10         Thu           11         Fri           12         Sat           13         Sun           14         Mon           15         Tue           16         Wed           17         Thu           18         Fri           19         Sat           20         Sun           21         Mon           22         Tue           23         Wed           24         Thu           25         Fri           26         Sat	
3         Thu           4         Fri           5         Sat           6         Sun           7         Mon           8         Tue           9         Wed           10         Thu           11         Fri           12         Sat           13         Sun           14         Mon           15         Tue           16         Wed           17         Thu           18         Fri           19         Sat           20         Sun           21         Mon           22         Tue           23         Wed           24         Thu           25         Fri	
4         Fri           5         Sat           6         Sun           7         Mon           8         Tue           9         Wed           10         Thu           11         Fri           12         Sat           13         Sun           14         Mon           15         Tue           16         Wed           17         Thu           18         Fri           19         Sat           20         Sun           21         Mon           22         Tue           23         Wed           24         Thu           25         Fri	
5         Sat           6         Sun           7         Mon           8         Tue           9         Wed           10         Thu           11         Fri           12         Sat           13         Sun           14         Mon           15         Tue           16         Wed           17         Thu           18         Fri           19         Sat           20         Sun           21         Mon           22         Tue           23         Wed           24         Thu           25         Fri	
6         Sun           7         Mon           8         Tue           9         Wed           10         Thu           11         Fri           12         Sat           13         Sun           14         Mon           15         Tue           16         Wed           17         Thu           18         Fri           19         Sat           20         Sun           21         Mon           22         Tue           23         Wed           24         Thu           25         Fri	
7         Mon           8         Tue           9         Wed           10         Thu           11         Fri           12         Sat           13         Sun           14         Mon           15         Tue           16         Wed           17         Thu           18         Fri           19         Sat           20         Sun           21         Mon           22         Tue           23         Wed           24         Thu           25         Fri	
8         Tue           9         Wed           10         Thu           11         Fri           12         Sat           13         Sun           14         Mon           15         Tue           16         Wed           17         Thu           18         Fri           19         Sat           20         Sun           21         Mon           22         Tue           23         Wed           24         Thu           25         Fri	
9         Wed           10         Thu           11         Fri           12         Sat           13         Sun           14         Mon           15         Tue           16         Wed           17         Thu           18         Fri           19         Sat           20         Sun           21         Mon           22         Tue           23         Wed           24         Thu           25         Fri	
10       Thu         11       Fri         12       Sat         13       Sun         14       Mon         15       Tue         16       Wed         17       Thu         18       Fri         19       Sat         20       Sun         21       Mon         22       Tue         23       Wed         24       Thu         25       Fri	
11       Fri         12       Sat         13       Sun         14       Mon         15       Tue         16       Wed         17       Thu         18       Fri         19       Sat         20       Sun         21       Mon         22       Tue         23       Wed         24       Thu         25       Fri	
12     Sat       13     Sun       14     Mon       15     Tue       16     Wed       17     Thu       18     Fri       19     Sat       20     Sun       21     Mon       22     Tue       23     Wed       24     Thu       25     Fri	
13         Sun           14         Mon           15         Tue           16         Wed           17         Thu           18         Fri           19         Sat           20         Sun           21         Mon           22         Tue           23         Wed           24         Thu           25         Fri	
14       Mon         15       Tue         16       Wed         17       Thu         18       Fri         19       Sat         20       Sun         21       Mon         22       Tue         23       Wed         24       Thu         25       Fri	
15     Tue       16     Wed       17     Thu       18     Fri       19     Sat       20     Sun       21     Mon       22     Tue       23     Wed       24     Thu       25     Fri	
16     Wed       17     Thu       18     Fri       19     Sat       20     Sun       21     Mon       22     Tue       23     Wed       24     Thu       25     Fri	
17     Thu       18     Fri       19     Sat       20     Sun       21     Mon       22     Tue       23     Wed       24     Thu       25     Fri	
18     Fri       19     Sat       20     Sun       21     Mon       22     Tue       23     Wed       24     Thu       25     Fri	
19     Sat       20     Sun       21     Mon       22     Tue       23     Wed       24     Thu       25     Fri	
20     Sun       21     Mon       22     Tue       23     Wed       24     Thu       25     Fri	
21     Mon       22     Tue       23     Wed       24     Thu       25     Fri	
22     Tue       23     Wed       24     Thu       25     Fri	
23     Wed       24     Thu       25     Fri	
24     Thu       25     Fri	
25 Fri	
26 Sat	
27 Sun	
28 Mon	
29 Tue	
30 Wed	

COMING MONTH GOALS

# APRIL « **01**

	<							
<b>W</b> #	Мо	Tu	We	Th	Fr	Sa	Su	Re
14	31 7 14	1	2	3	4	5	6	R
15	7	8	9	10	11	12	13	R
16	14	15	16	17	18	19	20	R
17	21 28	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

 $To morrow\ is\ a\ new\ day\ with\ no\ mistakes\ in\ it\ yet\ -\ Anne\ Shirley$ 

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

# APRIL « 02 »

### **WEDNESDAY**

	<	АΙ	PR	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
14	31	1	2 9 16 23 30	3	4	5	6	R
15	7	8	9	10	11	12	13	R
16	14	15	16	17	18	19	20	R
17	21	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' — Thomas Jefferson

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL " 03"

Т	Н	U	IR	SI	D	<b>Υ</b>	/
			'   \	$\mathbf{U}$ L	<b>–</b> 1	<b>\</b> I	

	<	ΑF	PR	20	25		>	
<b>W</b> #	Мо	Tu	We	Th	Fr	Sa	Su	Rε
14	31 7 14	1	2	3	4	5	6	R
15	7	8	9	10	11	12	13	R
16	14	15	16	17	18	19	20	R
17	21 28	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
There is no try

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « **04** »

FRIDAY

	<	ΑI	PR	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
14	31	1	2 9 16 23 30	3	4	5	6	R
15	7	8	9	10	11	12	13	R
16	14	15	16	17	18	19	20	R
17	21	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Opportunity is missed by most people because it is dressed in overalls and looks like work.' — Thomas Edison

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

# APRIL « 05 »

### **SATURDAY**

	<							
<b>W</b> #	Мо	Tu	We	Th	Fr	Sa	Su	Re
14	31 7 14 21 28	1	2	3	4	5	6	R
15	7	8	9	10	11	12	13	R
16	14	15	16	17	18	19	20	R
17	21	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

APRIL " **06** »

SUNDAY
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	<						>	
<b>V</b> #	Мо	Tu	We	Th	Fr	Sa	Su	Re
14	31	1	2	3	4	5	6	R
15	7	8	9	10	11	12	13	R
16	14	15	16	17	18	19	20	R
17	21	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Decide upon your major definite purpose in life and then organize all your activities around it." – Brain Tracy

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	·
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

## WEEKLY REVIEW « 14 »

31 MARCH - 06 APRIL

 W# | Mo Tu We Th Fr Sa Su | Re

 9
 24 25 26 27 28 1 2 R

 10
 3 4 5 6 7 8 9 R

 11
 10 11 12 13 14 15 16 R

 12
 17 18 19 20 21 22 23 R

 13
 24 25 26 27 28 29 30 R

< MAR 2025 >

WEEK REVIEW NOTES	

07 APRIL - 13 APRIL

07 APR Tuesday

16 14 15 16 17 18 **19 20** R 17 21 22 23 24 25 **26 27** R 18 28 29 30 1 2 3 4 R

15

09 APR

< APR 2025 W# Mo Tu We Th Fr Sa Su Re 31 1 2 3 4 5 6

8 9 10 11 **12 13** R

Thursday

Monday

10 APR Friday

12 APR

Sunday

13 APR

Plan week

Send the weekly email

11 APR Saturday

08 APR Wednesday

Emotions																				
ST	RON	G						\PP\	1					P.A	NIC					
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
		Ш	VV	Ш	Г	2	A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

APRIL « **07** » MONDAY

			PR				>	
			We					
14	31	1	2 9	3	4	5	6	R
15	7	8	9	10	11	12	13	R
16	14	15	16	17	18	19	20	R
17	21	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Decide upon your major definite purpose in life and then organize all your activities around it." - Brain Tracy

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 08 »

TU	ESD	)AY
	'LJL	/ <b>/</b> I

	<	ΑF	PR	20	25	)	>	
	Мо							
14	31 7 14	1	2	3	4	5	6	R
15	7	8	9	10	11	12	13	R
16	14	15	16	17	18	19	20	R
17	21	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The slower you go, the further you get (re counselling session). Nigel Polak  $\,$ 

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 09 »

### **WEDNESDAY**

APR 2025 >
W# Mo Tu We Th Fr Sa Su Re
14 31 1 2 3 4 5 6 R
15 7 8 9 10 11 12 13 R
16 14 15 16 17 18 19 20 R
17 21 22 23 24 25 26 27 R
18 28 29 30 1 2 3 4 R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Either you run the day or the day runs you.' — Jim Rohn

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 10 »
THURSDAY

	<	ΑF	PR	20	25		>	
٧#	Мо	Tu	We	Th	Fr	Sa	Su	R
14	31	1	2	3	4	5	6	F
15	7	8	9	10	11	12	13	F
16	14	15	16	17	18	19	20	F
	21							
18	28	29	30	1	2	3	4	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Imagine your life is perfect in every respect; what would it look like?" – Brian Tracy

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 11

FRIDAY

	<	ΑI	PR	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	F
14	31	1	2	3	4	5	6	
18	28	29	30	1	2	3	4	
	14 15 16 17	W# Mo 14 31 15 7 16 14 17 21	W#     Mo Tu       14     31     1       15     7     8       16     14     15       17     21     22	W#     Mo Tu We       14     31     1     2       15     7     8     9       16     14     15     16       17     21     22     23	W#     Mo Tu We Th       14     31     1     2     3       15     7     8     9     10       16     14     15     16     17       17     21     22     23     24	W#     Mo Tu We Th Fr       14     31     1     2     3     4       15     7     8     9     10     11       16     14     15     16     17     18       17     21     22     23     24     25	W#     Mo Tu We Th Fr Sa       14     31     1     2     3     4     5       15     7     8     9     10     11     12       16     14     15     16     17     18     19       17     21     22     23     24     25     26	<ul> <li>APR 2025 &gt;</li> <li>W# Mo Tu We Th Fr Sa Su</li> <li>14 31 1 2 3 4 5 6</li> <li>15 7 8 9 10 11 12 13</li> <li>16 14 15 16 17 18 19 20</li> <li>17 21 22 23 24 25 26 27</li> <li>18 28 29 30 1 2 3 4</li> </ul>

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Men fall in love with their eyes and women fall in love with their ears

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 12 »

**SATURDAY** 

			PR					
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
14	31	1	2	3	4	5	6	F
15	7	8	9	10	11	12	13	F
16	14	15	16	17	18	19	20	F
17	21	22	23	24	25	26	27	F
14 15 16 17 18	28	29	30	1	2	3	4	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Either you run the day or the day runs you.' — Jim Rohn

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 13 »

**SUNDAY** 

			PR					
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
14	31	1	2	3	4	5	6	R
15	7	8	9	10	11	12	13	R
16	14	15	16	17	18	19	20	R
17	21	22	23	24	25	26	27	R
14 15 16 17 18	28	29	30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.' —Dale Carnegie

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

# WEEKLY REVIEW « 15 »

07 APRIL - 13 APRIL

	<	ΑF	PR	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
14	31	1	2	3	4	5	6	R
15	7	8	9	10	11	12	13	R
16	14	15	16	17	18	19	20	R
17	21	22	23	24	25	26	27	R
18	31 7 14 21 28	29	30	1	2	3	4	R

WEEK REVIEW NOTES		

week « **16** » 14 APRIL - 20 APRIL

14 APR Tuesday

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15 APR Wednesday

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W# Mo Tu We Th Fr Sa Su Re 14 31 1 2 3 4 5 6

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**19 APR** 

16 APR

Thursday 17 APR Friday

Monday

18 APR Saturday

Sunday 20 APR

Plan week Send the weekly email

	notior	15																		
STRONG					HAPPY					PANIC										
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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APRIL « 14 »

MONDAY

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			23					
18	28	29	30	1	2	3	4	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

 $Imagine\ your\ life\ is\ perfect\ in\ every\ respect;\ what\ would\ it\ look\ like?"-Brian\ Tracy$ 

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

## APRIL « 15 »

**TUESDAY** 

			PR					
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
14	31	1	2	3	4	5	6	R
15	7	8	9	10	11	12	13	R
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17	21	22	23	24	25	26	27	R
18	28	29	2 9 16 23 30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus. '— Alexander Graham Bell

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# APRIL « **16** »

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17	7 14 21	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'It is only when we take chances, when our lives improve. The initial and the most difficult risk that we need to take is to become honest. —Walter Anderson

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 17

### **THURSDAY**

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	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Take action. An inch of movement will bring you closer to your goals than a mile of intention" – Steve Maraboli

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 18 » FRIDAY

	<	ΑI	PR	20	25	)	>	
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	31							
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Either you run the day or the day runs you.' – Jim Rohn

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 19

#### **SATURDAY**

			PR					
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
14	31	1	2	3	4	5	6	R
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16	14	15	16	17	18	19	20	R
17	21	22	23	24	25	26	27	R
18	28	29	2 9 16 23 30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena... Theodore Roosevelt

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 20 »

SUNDAY

			PR					
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
14	31	1	2	3	4	5	6	R
15	7	8	9	10	11	12	13	R
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17	21	22	23	24	25	26	27	R
14 15 16 17 18	28	29	30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

## WEEKLY REVIEW « 16 »

14 APRIL - 20 APRIL

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
14	31	1	2	3	4	5	6	R
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18	28	29	2 9 16 23 30	1	2	3	4	R

WEEK REVIEW NOTES		

WEEK " **17** "

21 APRIL - 27 APRIL								
21 APR	Tuesday	22 APR	٧					

		тJ	10	1/	18	19	20	R
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Thursday

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26 APR

Sunday 27 APR

Plan week Send the weekly email

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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Τ	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
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APRIL « **21** »

MONDAY

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17	21	22	23	24	25	26	27	F
14 15 16 17 18	28	29	30	1	2	3	4	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The slower you go, the further you get (re counselling session). Nigel Polak  $\,$ 

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 22 »

**TUESDAY** 

			PR					
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
14	31	1	2	3	4	5	6	F
15	7	8	9	10	11	12	13	F
16	14	15	16	17	18	19	20	F
17	21	22	23	24	25	26	27	F
14 15 16 17 18	28	29	30	1	2	3	4	F

How are things?	
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Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
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Mastery Priorities/To do Today	

'Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too.' — Mark Twain

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 23

#### **WEDNESDAY**

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'It is only when we take chances, when our lives improve. The initial and the most difficult risk that we need to take is to become honest. —Walter Anderson

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 24 »

### **THURSDAY**

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W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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17	21	22	23	24	25	26	27	R
14 15 16 17 18	28	29	30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'It is only when we take chances, when our lives improve. The initial and the most difficult risk that we need to take is to become honest. —Walter Anderson

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL

FR

		<	ΑI	PR	20	25		>	
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	16	14	15	16	17	18	19	20	F
IDAY	17	21	22	23	24	25	26	27	F
	18	28	29	30	1	2	3	4	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The slower you go, the further you get (re counselling session). Nigel Polak

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

# APRIL " **26** "

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16	14	15	16	17	18	19	20	R
17	21	22	23	24	25	26	27	R
14 15 16 17 18	28	29	30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Opportunity is missed by most people because it is dressed in overalls and looks like work.' — Thomas Edison

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

 $\mathsf{APRIL}~^{\mathsf{C}}~\mathbf{27}~^{\mathsf{N}}$ 

**SUNDAY** 

	<	ΑІ	PR	20	25	)	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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16	14	15	16	17	18	19	20	F
17	21	22	23	24	25	26	27	F
18	28	29	2 9 16 23 30	1	2	3	4	F

How are things?	
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	

Not all those who wander are lost. JRR Tolkien

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

WEEKLY REVIEW « 17 »

21 APRIL - 27 APRIL

14 31 1 2 3 4 5 6 R 15 7 8 9 10 11 12 13 R 16 14 15 16 17 18 19 20 R 17 21 22 23 24 25 26 27 R 18 28 29 30 1 2 3 4 R

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WEEK REVIEW NOTES		

week « **18** »

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1	NFFK <sup>«</sup>	18	>	14	31	1	2	3	4	5	6	R
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28 APRIL - 04 MAY			,	17	21	22	23	24	25	26	27	R
4	20 APRIL -			18	28	29	30	1	2	3	4	R
28 APR	Tuesday	29 APR	W	edne	esda	ay		3	30 /	ΑP	R	

< APR 2025 >

W# Mo Tu We Th Fr Sa Su Re

**03 MAY** 

Thursday 01 MAY Friday	02 MAY	Satı

Monday

Sunday

You

» May The Fourth Be With

04 MAY

Plan week

Send the weekly email



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ST	RON	G						\PP\	1					P.A	NIC					
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
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Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
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Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
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Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

APRIL " **28** »

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18	3	28	29	2 9 16 23 30	1	2	3	4	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Don't let yesterday take up too much of today.' — Will Rogers

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

**APRIL** 

TU

		<	ΑF	PR	20	25	)	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
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LSDAT	18	28	29	30	1	2	3	4	

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Opportunity is missed by most people because it is dressed in overalls and looks like work.' -Thomas Edison

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 30 »

### WEDNESDAY

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16	14	15	16	17	18	19	20	R
17	21 28	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

 $\label{eq:members} \textit{Men fall in love with their eyes and women fall in love with their ears}$ 

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

### MONTH REVIEW

MAY 2025 >
W# Mo Tu We Th Fr Sa Su Re
18 28 29 30 1 2 3 4 R
19 5 6 7 8 9 10 11 R
20 12 13 14 15 16 17 18 R
21 19 20 21 22 23 24 25 R
22 26 27 28 29 30 31 1 R

Notes for Review			
Review of			
Month			

### MAY PLAN

Date

Day

MAY 2025 W# Mo Tu We Th Fr Sa Su Re

19 5 6 7 8 9 **10 11** R 20 | 12 13 14 15 16 **17 18** | R 21 | 19 20 21 22 23 **24 25** | R 22 | 26 27 28 29 30 **31** 1 | R

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Shoulders workout																															
Self-compassion																															
Celebrate others																															

**Details** 

Date	Day	Details
1	Thu	
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8	Thu	
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23	Fri	
24	Sat	
25	Sun	
26	Mon	
27	Tue	
28	Wed	
29	Thu	
30	Fri	
31	Sat	

COMING MONTH GOALS

MAY « **01** 

#### **THURSDAY**

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20	12	13	14	15	16	17	18	R
21	19	20	21	22	23	24	25	R
22	26	27	28	29	30	31	1	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'It is only when we take chances, when our lives improve. The initial and the most difficult risk that we need to take is to become honest. —Walter Anderson

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

		<	M	ΑY	20	25	5	>	
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

We generate fears while we sit. We overcome them by action" – Dr. Henry Link

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **03** »

SATURDA
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22	26	27	30 7 14 21 28	29	30	31	1	F
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'The secret of getting ahead is getting started' – Mark Twain

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **04** »

» May The Fourth Be With You

SUNDAY

			ΑY				>	
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20	12	13	14	15	16	17	18	R
21	19	20	21	22	23	24	25	R
22	26	27	28	29	30	31	1	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

## WEEKLY REVIEW « 18 »

28 APRIL - 04 MAY

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< APR 2025

WEEK REVIEW NOTES				

WEEK " **19** » 05 MAY - 11 MAY

05 MAY Tuesday

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Saturday

06 MAY

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nesday

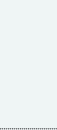
< MAY 2025 > W#|MoTuWeThFrSaSu|Re

12 13 14 15 16 **17 18** R 19 20 21 22 23 **24 25** R

26 27 28 29 30 **31 1** R

8 9 **10 11** R

**07 MAY** 



10 MAY

08 MAY Friday

11 MAY

Monday

**Thursday** 

Sunday

day

Send the weekly email

Plan week

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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
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Depressed	М	Т	W	Т	_	S	Agitated	М	Ť	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

MAY « **05** »

**MONDAY** 

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			14					
21	19	20	21	22	23	24	25	F
22	26	27	28	29	30	31	1	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too.' — Mark Twain

DAY PLAN	May Monthly Notes			
	Be Good			
	Current Reading			
	End of the Affair?			
	Watership Down			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			



TUESDAY
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	<	M	ΑΥ	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
	28							
19	5	6	7	8	9	10	11	F
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22	26	27	28	29	30	31	1	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

 $Imagine\ your\ life\ is\ perfect\ in\ every\ respect;\ what\ would\ it\ look\ like?"-Brian\ Tracy$ 

DAY PLAN	May Monthly Notes			
	Be Good			
	Current Reading			
	End of the Affair?			
	Watership Down			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

MAY « **07** »

# **WEDNESDAY**

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W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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20	12	13	14	15	16	17	18	R
21	19	20	21	22	23	24	25	R
22	26	27	28	29	30	31	1	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Tomorrow is a new day with no mistakes in it yet - Anne Shirley

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

« **80** » YAN

THURSDA	Д	Y
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	<	M	ΑΥ	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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19	5	6	7	8	9	10	11	F
20	12	13	14	15	16	17	18	F
21	19	20	21	22	23	24	25	F
22	26	27	28	29	30	31	1	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

 $Imagine\ your\ life\ is\ perfect\ in\ every\ respect;\ what\ would\ it\ look\ like?"-Brian\ Tracy$ 

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **09** »

**FRIDAY** 

•	<	M	ΑY	20	25	5	>	
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22	26	27	28	29	30	31	1	I

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The slower you go, the further you get (re counselling session). Nigel Polak

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **10** )

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	<	M	ΑY	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
18	28	29	30	1	2	3	4	F
19	5	6	7	8	9	10	11	F
20	12	13	14	15	16	17	18	F
			21					
22	26	27	28	29	30	31	1	F

How are tnings?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

 $Imagine\ your\ life\ is\ perfect\ in\ every\ respect;\ what\ would\ it\ look\ like?"-Brian\ Tracy$ 

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **11** 

**SUNDAY** 

	<	M	ΑY	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
18	28	29	30	1	2	3	4	R
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20	12	13	14	15	16	17	18	R
21	19	20	21	22	23	24	25	R
22	26	27	28	29	30	31	1	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Opportunity is missed by most people because it is dressed in overalls and looks like work.' — Thomas Edison

DAY PLAN	May Monthly Notes						
	Be Good						
	Current Reading						
	End of the Affair?						
	Watership Down						
	Bucket List						
	Dance class						
	Sing in choir						
	Another cooking class						
	Try Amsterdam						
	Try England						
	Love?						

WEEKLY REVIEW « 19 »

05 MAY - 11 MAY

W#	Мо	Ιu	We	Ιh	Fr	Sa	Su	Re
18	28	29	30	1	2	3	4	R
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20	12	13	14	15	16	17	18	R
21	19	20	21	22	23	24	25	R
22	26	27	7 14 21 28	29	30	31	1	R

WEEK REVIEW NOTES		

12 MAY -	18 MAY	Y
Tuesday	13 MAY	

,	21 22	19 26	20 27	21 28	22 29	23 30	24 31	25 1	R R
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nesday

MAY 2025 W# Mo Tu We Th Fr Sa Su Re 18 28 29 30 1 2 **3** 4 19 5 6 7 8 9 **10 11** R 20 12 13 14 15 16 **17 18** R

**Thursday** 15 MAY Friday

Monday

12 MAY

16 MAY

Saturday

**17 MAY** 

Sunday **18 MAY** 

Plan week Send the weekly email

	notior	15																		
ST	RON	G						\PP\	1					P.A	NIC					
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
		Ш	VV	Ш	Г	2	AA A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

MAY « **12** 

MONDAY

	<	M	ΑΥ	Y 2025 >				
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18	28	29	30	1	2	3	4	F
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20	12	13	14	15	16	17	18	F
21	19	20	21	22	23	24	25	F
18 19 20 21 22	26	27	28	29	30	31	1	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Tomorrow is a new day with no mistakes in it yet - Anne Shirley

DAY PLAN	May Monthly Notes						
	Be Good						
	Current Reading						
	End of the Affair?						
	Watership Down						
	Bucket List						
	Dance class						
	Sing in choir						
	Another cooking class						
	Try Amsterdam						
	Try England						
	Love?						

MAY « **13** »

**TUESDAY** 

	<	M	ΑY	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	F
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20	12	13	14	15	16	17	18	
21	19	20	21	22	23	24	25	
22	26	27	28	29	30	31	1	

How are tnings?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Either you run the day or the day runs you.' – Jim Rohn

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# **WEDNESDAY**

MAY 2025 W# Mo Tu We Th Fr Sa Su Re 19 5 6 7 8 9 **10 11** R 20 12 13 14 15 16 **17 18** R 21 19 20 21 22 23 **24 25** R 22 26 27 28 29 30 **31** 1 R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Go confidently in the direction of your dreams. Live the life you have imagined - Henry David Thoreau

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **15** »

### **THURSDAY**

MAY 2025 >
W# Mo Tu We Th Fr Sa Su Re
18 28 29 30 1 2 3 4 R
19 5 6 7 8 9 10 11 R
20 12 13 14 15 16 17 18 R
21 19 20 21 22 23 24 25 R
22 26 27 28 29 30 31 1 R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **16** »

**FRIDAY** 

	<	M	ΑY	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	F
18	28	29	30	1	2	3	4	I
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20	12	13	14	15	16	17	18	
21	19	20	21	22	23	24	25	
22	26	27	28	29	30	31	1	

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'When we strive to become better than we are, everything around us becomes better too.' — Paulo Coelho

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY «

		<	M	ΑΥ	20	25	5	>	
17	W#	Мо	Tu	We	Th	Fr	Sa	Su	ı
<b>&gt;&gt;</b>	18	28	29	30	1	2	3	4	
	19	5	6	7	8	9	10	11	
	20	12	13	14	15	16	17	18	
JRDAY	21	19	20	21	22	23	24	25	
	22	26	27	28	29	30	31	1	

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' — Thomas Jefferson

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **18** »

**SUNDAY** 

MAY 2025 >
W# Mo Tu We Th Fr Sa Su Re
18 28 29 30 1 2 3 4 R
19 5 6 7 8 9 10 11 R
20 12 13 14 15 16 17 18 R
21 19 20 21 22 23 24 25 R
22 26 27 28 29 30 31 1 R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
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There is no try

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



12 MAY - 18 MAY

18 28 29 30 1 2 3 4 R 19 5 6 7 8 9 10 11 R 20 12 13 14 15 16 17 18 R 21 19 20 21 22 23 24 25 R 22 26 27 28 29 30 31 1 R

< MAY 2025 > W# Mo Tu We Th Fr Sa Su Re

WEEK REVIEW NOTES		

# WEEK " 21 » 19 MAY - 25 MAY

5 6 7 8 9 **10 11** R 19

20 MAY

23 MAY

20 12 13 14 15 16 **17 18** R 21 19 20 21 22 23 **24 25** R 22 26 27 28 29 30 **31** 1 R Wednesday

MAY 2025 W# Mo Tu We Th Fr Sa Su Re

**21 MAY** 

18 28 29 30 **1 2 3 4** 

**Thursday** 

Monday

Plan week

Send the weekly email

22 MAY Friday

19 MAY Tuesday

Saturday

**24 MAY** 

Sunday

25 MAY

	Emotions																			
ST	RON	G						\PP\	1		PANIC									
Sure	М	Τ	VV	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	VV	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	VV	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	VV	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	VV	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	VV	T		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	VV	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	VV	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ť	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	<u> </u>		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	i i		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	i i		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
			VV	<u> </u>	Г	2	1A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	VV	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	$\vee\vee$	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Τ	$\vee\vee$	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	$\vee\vee$	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	$\bigvee$	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	F	S	Crushed	М	Т	W	Т	F	Ŀ
Upset	M	Τ	$\vee\!\vee$	Т	F.	S	Resentful	М	T		-	-		Punished	М	Т	W	Т	F	ŀ
Hateful	M	Τ	$\vee\!\vee$	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	M	Т	W	Т	F	
Sorrowful	М	Τ	$\bigvee\!$	Т	F	S	Outraged	М	Т	W		F	S							
Mournful	М	Τ	$\vee\vee$	Т	F	S	Raging	М	Т	W	Т	F	S							
Weepy	М	Т	VV	Т	F	S	Furious	М	Τ	W	Т	F	S							
Frustrated	М	Τ	VV	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	Т	VV	Т	F	S		М	Τ	W	Т	F	S							
Upset	М	T	VV	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	VV	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	М	Ť	W	T		S	Inspired	М	Т	W	Т	F	S							
Perplexed	М	Ť	VV	Ť		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	W	T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	H	_	S	Renewed	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Vibrant	М	Т	W	Т	F	S							
· · · · · · · · · · · · · · · · · · ·	M	+ T	VV	T		S	Strengthened	М	Т	W	Т	F	S							
Lost		÷		T		5	Motivated	М	Т	W	Т	F	S							
Unsure	M		W	1	1		Focused	М	Т	W	Т	F	S							
Pessimistic	M	T	W	1		S	Invigorated	М	Т	W	Т	F	S							
Tense	М	T	VV	T		S	Refreshed	М	Т	W	Т	F	S							
	М	Т	$\bigvee$	Т	F	S		1			<u> </u>	-								

MAY « **19** »

**MONDAY** 

	<	M	ΑY	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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			7					
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22	26	27	28	29	30	31	1	ı

How are tnings?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Men fall in love with their eyes and women fall in love with their ears

DAY PLAN	May Monthly Notes				
	Be Good				
	Current Reading				
	End of the Affair?				
	Watership Down				
	Bucket List				
	Dance class				
	Sing in choir				
	Another cooking class				
	Try Amsterdam				
	Try England				
	Love?				

 $_{\text{MAY}} \ ^{\text{\tiny $^{\prime}$}} 20 \ ^{\text{\tiny $^{\prime}$}}$ 

**TUESDAY** 

	<	M	ΑΥ	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
18 19 20 21	28	29	30	1	2	3	4	F
19	5	6	7	8	9	10	11	F
20	12	13	14	15	16	17	18	F
21	19	20	21	22	23	24	25	F
22	26	27	28	29	30	31	1	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.' —Dale Carnegie

DAY PLAN	May Monthly Notes				
	Be Good				
	Current Reading				
	End of the Affair?				
	Watership Down				
	Bucket List				
	Dance class				
	Sing in choir				
	Another cooking class				
	Try Amsterdam				
	Try England				
	Love?				

**WEDNESDAY** 

W# Mo Tu We Th Fr Sa Su Re
18 28 29 30 1 2 3 4 R
19 5 6 7 8 9 10 11 R
20 12 13 14 15 16 17 18 R
21 19 20 21 22 23 24 25 R
22 26 27 28 29 30 31 1 R

How are things?	
	_
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	

'Either you run the day or the day runs you.' — Jim Rohn

DAY PLAN	May Monthly Notes				
	Be Good				
	Current Reading				
	End of the Affair?				
	Watership Down				
	Bucket List				
	Dance class				
	Sing in choir				
	Another cooking class				
	Try Amsterdam				
	Try England				
	Love?				

MAY « **22** »

**THURSDAY** 

	<	M	ΑY	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
18	28	29	30	1	2	3	4	F
19	5	6	7	8	9	10	11	F
20	12	13	14	15	16	<b>17</b>	18	F
			21					
22	26	27	28	29	30	31	1	F

Men fall in love with their eyes and women fall in love with their ears

DAY PLAN	May Monthly Notes				
	Be Good				
	Current Reading				
	End of the Affair?				
	Watership Down				
	Bucket List				
	Dance class				
	Sing in choir				
	Another cooking class				
	Try Amsterdam				
	Try England				
	Love?				

		<	M	ΑY	20	25	5	>	
<b>7</b>	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
/.5 »	18	28	29	30	1	2	3	4	
	19	5	6	7	8	9	10	11	
	20	12	13	14	15	16	17	18	
FRIDAY	21	19	20	21	22	23	24	25	
FRIDAT	22	26	27	28	29	30	31	1	

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Go confidently in the direction of your dreams. Live the life you have imagined – Henry David Thoreau

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **24** »

## **SATURDAY**

		<	M	ΑY	20	25	5	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
<b>&gt;&gt;</b>	18	28	29	30	1	2	3	4	Г
	19	5	6	7	8	9	10	11	
	20	12	13	14	15	16	17	18	
V	21	19	20	21	22	23	24	25	
. I	19 20 21 22	26	27	28	29	30	31	1	

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Take action. An inch of movement will bring you closer to your goals than a mile of intention" – Steve Maraboli

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

**SUNDAY** 

				ΑY				>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
	18	28	29	30	1	2	3	4	F
	19	5	6	7	8	9	10	11	F
	20	12	13	14	15	16	17	18	F
	21	19	20	21	22	23	24	25	F
	22	28 5 12 19 26	27	28	29	30	31	1	F
_									

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Opportunity is missed by most people because it is dressed in overalls and looks like work.' — Thomas Edison

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# WEEKLY REVIEW « 21 »

19 MAY - 25 MAY

18 28 29 30 1 2 3 4 R 19 5 6 7 8 9 10 11 R 20 12 13 14 15 16 17 18 R 21 19 20 21 22 23 24 25 R 22 26 27 28 29 30 31 1 R

< MAY 2025 >

W# Mo Tu We Th Fr Sa Su Re

WEEK REVIEW NOTES		

WEEK \* **22** \* 26 MAY - 01 JUNE

**27 MAY** 

30 MAY

26 MAY Tuesday

**Friday** 

Plan week

Send the weekly email

20	12 19	13	14	15	16	17	18	R
21	19	20	21	22	23	24	25	R
22	26	27	28	29	30	31	1	R
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Saturday

**28 MAY** 

**31 MAY** 

MAY 2025 W# Mo Tu We Th Fr Sa Su Re

28 29 30 **1 2 3 4** 19 5 6 7 8 9 **10 11** R

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01 JUN

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Sunday

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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
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Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
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Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
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Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Т	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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MAY « **26** »

MONDAY

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20	12	13	14	15	16	17	18	F
21	19	20	21	22	23	24	25	F
22	26	27	28	29	30	31	1	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Imagine your life is perfect in every respect; what would it look like?" – Brian Tracy

DAY PLAN	May Monthly Notes			
	Be Good			
	Current Reading			
	End of the Affair?			
	Watership Down			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

**TUESDAY** 

		<	M	ΑY	20	25	5	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Opportunity is missed by most people because it is dressed in overalls and looks like work.' — Thomas Edison

DAY PLAN	May Monthly Notes			
	Be Good			
	Current Reading			
	End of the Affair?			
	Watership Down			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

MAY « 28 »

### **WEDNESDAY**

MAY 2025 >
W# Mo Tu We Th Fr Sa Su Re
18 28 29 30 1 2 3 4 R
19 5 6 7 8 9 10 11 R
20 12 13 14 15 16 17 18 R
21 19 20 21 22 23 24 25 R
22 26 27 28 29 30 31 1 R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.' —Dale Carnegie

DAY PLAN	May Monthly Notes			
	Be Good			
	Current Reading			
	End of the Affair?			
	Watership Down			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

#### **THURSDAY**

\*\*MAY 2025 > W# Mo Tu We Th Fr Sa Su Re 18 28 29 30 1 2 3 4 R 19 5 6 7 8 9 10 11 R 20 12 13 14 15 16 17 18 R 21 19 20 21 22 23 24 25 R 22 26 27 28 29 30 31 1 R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' — Thomas Jefferson

DAY PLAN	May Monthly Notes			
	Be Good			
	Current Reading			
	End of the Affair?			
	Watership Down			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Success is not final; failure is not fatal: It is the courage to continue that counts. - Winston S. Churchill

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

 $_{\text{MAY}} < 31 >$ 

#### **SATURDAY**

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2	1	19	20	21	22	23	24	25	R
2	2	26	27	28	29	30	31	1	R

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena... Theodore Roosevelt

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JUNE " **01** 

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

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' — Thomas Jefferson

DAY PLAN	June Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# WEEKLY REVIEW « 22 »

26 MAY - 01 JUNE

 W# Mo Tu We Th Fr Sa Su Re

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< MAY 2025 >

WEEK REVIEW NOTES		