2024 ReCalendar

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

week « **22** » 27 MAY - 02 JUNE

28 MAY

27 MAY Tuesday

Monday

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19

Thursday 30 MAY Friday 31 MAY Saturday 01 JUN 02 JUN Plan week Send the weekly email

Sunday

9 10 **11 12** R 14 15 16 17 **18 19** R

MAY 2024 W# Mo Tu We Th Fr Sa Su Re

> 21 22 23 24 **25 26** R 28 29 30 31 1 2 R

> > **29 MAY**

2 3 4 5

MAY « **27** »

MONDAY

MAY 2024 >
W# Mo Tu We Th Fr Sa Su Re
18 29 30 1 2 3 4 5 R
19 6 7 8 9 10 11 12 R
20 13 14 15 16 17 18 19 R
21 20 21 22 23 24 25 26 R
22 27 28 29 30 31 1 2 R

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « 28 »

TUESDAY

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

What can I ask God for help with, or thank Him for? 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	May Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **29**

WEDNESDAY

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

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

DAY PLAN	May Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « 30

THURSDAY

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	18 19 20 21 22	27	28	29	30	31	1	2	ŀ

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

 $_{\text{MAY}} ~~31~~$

FRIDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	F
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What can I ask God for help with, or thank Him for? 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	May Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JUNE

W# Mo Tu We Th Fr Sa Su Re 23 3 4 5 6 7 8 9

JUN 2024

24 10 11 12 13 14 **15 16** R

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

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Pistol Squat in May, June																														
Celebrate others																														
COMING MONTH GOALS																														

JUNE « **01**

SATURDAY

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

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

UNE " **02** "

SUNDAY

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

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
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	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 22 »

27 MAY - 02 JUNE

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18	29	30	1	2	3	4	5	R
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19 20 21 22	20	21	22	23	24	25	26	R
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WEEK REVIEW NOTES		

WEEK « **23** » 03 JUNE - 09

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esday	05 JUN

08 JUN

JUN 2024 W# Mo Tu We Th Fr Sa Su Re

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Thursday	06 JUN	Friday	07 JUN

09 JUN

Plan week

Send the weekly email

03 JUN Tuesday

Monday

Sunday

07 JUN Saturday

UNE « **03** »

MONDAY

	<	JU	JN	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



TUESDAY

	<	J	JN	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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23	3	4	5	6	7	8	9	R
24	10	11	12	13	14	15	16	R
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26	24	25	26	27	28	29	30	R

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
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	Build Inner Wall
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	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



WEDNESDAY

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What can I ask God for help with, or thank Him for? 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	June Monthly Notes
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	Bucket List
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	Sing in choir
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	Try Amsterdam
	Try England
	Love?



THURSDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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24	10	11	12	13	14	15	16	R
25	17	18	19	20	21	22	23	R
26	24	25	26	27	28	29	30	R

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
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	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
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	Why zebras dont get ulcerss, 10%
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	Dare to Connect, 20%
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JUNE « **07** »

FRIDAY

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

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
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	Measure Weight
	Raise Bed
	Build Inner Wall
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	Current Reading Models - Attract Woment
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	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



SATURDAY

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

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	_
	Current Reading Models - Attract Woment
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	Why zebras dont get ulcerss, 10%
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JUNE « **09** »

SUNDAY

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

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	_
	Current Reading Models - Attract Woment
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 23 »

03 JUNE - 09 JUNE

 W# Mo Tu We Th Fr Sa Su Re

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< JUN 2024 >

WEEK REVIEW NOTES		

WEEK « 24 » 10 JUNE - 16 JUNE

11 JUN

14 JUN

Wednesday

JUN 2024 W# Mo Tu We Th Fr Sa Su Re

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24 10 11 12 13 14 **15 16** R 25 17 18 19 20 21 **22 23** R

26 24 25 26 27 28 **29 30** R

12 JUN

R

Thursday

Monday

13 JUN Friday

10 JUN Tuesday

Plan week

Send the weekly email

Saturday

15 JUN

Sunday **16 JUN** UNE " 10 »

MONDAY

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24	10	11	12	13	14	15	16	R
25	17	18	19	20	21	22	23	R
26	24	25	26	27	20	20	20	D

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

IUNE « **11**

TUESDAY

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

What can I ask God for help with, or thank Him for? 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

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	Big Shoulders
	Pistol Squat
	Measure Weight
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	Build Inner Wall
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

IUNE « **12**

WEDNESDAY

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

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

 $\mathsf{JUNE} \,\,^{\mathsf{W}}\,\, \boldsymbol{13} \,\,^{\mathsf{W}}$

THURSDAY

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24	10	11	12	13	14	15	16	R
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What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

UNE « 14 »

FRIDAY

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What can I ask God for help with, or thank Him for? 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

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	Bucket List
	Dance class
	Sing in choir
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	Try Amsterdam
	Try England
	Love?

UNE « 15 »

SATURDAY

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

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

UNE « 16 »

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24	10	11	12	13	14	15	16	R
25	17	18	19	20	21	22	23	R
26	24	25	26	27	20	20	30	D

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



10 JUNE - 16 JUNE

 W# Mo Tu We Th Fr Sa Su Re

 22
 27 28 29 30 31 1 2 R

 23
 3 4 5 6 7 8 9 R

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 10 11 12 13 14 15 16 R

 25
 17 18 19 20 21 22 23 R

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 24 25 26 27 28 29 30 R

< JUN 2024 >

WEEK REVIEW NOTES		

WEEK " 25 » 17 JUNE - 23 JUNE

17 JUN Tuesday

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

Saturday

18 JUN

21 JUN

Wednesday

19 JUN

JUN 2024

W# Mo Tu We Th Fr Sa Su Re

23 3 4 5 6 7 8 9

Thursday 20 JUN Friday

23 JUN

Plan week

Send the weekly email

Monday

Sunday

22 JUN

UNE « 17

MONDAY

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	24	10	11	12	13	14	15	16	R
/	25	17	18	19	20	21	22	23	R
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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
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	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JUNE « 18 »

TUESDAY

	<	JŲ	JN	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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26	24	25	26	27	28	29	30	R

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JUNE « **19** »

WEDNESDAY

JUN 2024 >
 W# Mo Tu We Th Fr Sa Su Re
 22 27 28 29 30 31 1 2 R
 23 3 4 5 6 7 8 9 R
 24 10 11 12 13 14 15 16 R
 25 17 18 19 20 21 22 23 R
 26 24 25 26 27 28 29 30 R

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
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	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



THURSDAY

	<	JŲ	JN	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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24	10	11	12	13	14	15	16	R
25	17	18	19	20	21	22	23	R
26	24	25	26	27	28	29	30	R

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

 $_{\mathsf{IUNE}}$ $^{\circ}$ $\mathbf{21}$

FRIDAY

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

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

UNE « **22**

SATURDAY

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

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JUNE « 23 »

SUNDAY

JUN 2024 >
 W# Mo Tu We Th Fr Sa Su Re
 22 27 28 29 30 31 1 2 R
 23 3 4 5 6 7 8 9 R
 24 10 11 12 13 14 15 16 R
 25 17 18 19 20 21 22 23 R
 26 24 25 26 27 28 29 30 R

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
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	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
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	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 25 »

17 JUNE - 23 JUNE

JUN 2024 >
W# Mo Tu We Th Fr Sa Su Re
22 27 28 29 30 31 1 2 R
23 3 4 5 6 7 8 9 R
24 10 11 12 13 14 15 16 R
25 17 18 19 20 21 22 23 R
26 24 25 26 27 28 29 30 R

WEEK REVIEW NOTES		

2	24 JUNE	- 30 JUNE	- 25	10 11 17 18 24 25	19 2	20 21	22 23	R
24 JUN	Tuesday	25 JUN	Wedne	esday		26.	JUN	

28 JUN

Saturday

JUN 2024

29 JUN

27 JUN Friday

30 JUN

Plan week

Send the weekly email

Monday

Thursday

Sunday

JUNE « **24** »

MONDAY

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

What can I ask God for help with, or thank Him for? 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

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	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

UNE « 25 »

TUESDAY

JUN 2024 >
 W# Mo Tu We Th Fr Sa Su Re
 22 27 28 29 30 31 1 2 R
 23 3 4 5 6 7 8 9 R
 24 10 11 12 13 14 15 16 R
 25 17 18 19 20 21 22 23 R
 26 24 25 26 27 28 29 30 R

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss,
	10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JUNE « **26** »

WEDNESDAY

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

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
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	Pistol Squat
	Measure Weight
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	Build Inner Wall
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	Through Honesty, 5%
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

June Monthly Notes

THURSDAY

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

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

June Monthly Notes

JUNE $^{\circ}28$

FRIDAY

	<	Jl	JN	20	24		>	
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What can I ask God for help with, or thank Him for? How are things?				
Current Emotions?				
What I'm grateful for (consider emotionally impactful things)?				
Mastery Priorities/To do Today				

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

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	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
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	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

June Monthly Notes

JUNE « **29** »

SATURDAY

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 20 21 22 23
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 27 28 29 30
 R

What can I ask God for help with, or thank Him for? 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	June Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
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	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

June Monthly Notes

IUNE « 30 »

SUNDAY

	<	JŲ	JN	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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24	10	11	12	13	14	15	16	R
25	17	18	19	20	21	22	23	R
26	24	25	26	27	28	29	30	R

What can I ask God for help with, or thank Him for? 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

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	Raise Bed
	Build Inner Wall
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	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

June Monthly Notes

WEEKLY REVIEW « 26 »

24 JUNE - 30 JUNE | 2

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N #	Мо	Tu	We	Th	Fr	Sa	Su	Re
22	27	28	29	30	31	1	2	R
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24	10	11	12	13	14	15	16	R
25	17	18	19	20	21	22	23	R
26	24	25	26	27	28	29	30	R

WEEK REVIEW NOTES		

week « **27** » 01 JULY - 07 JULY

01 JUL Tuesday

29 15 16 17 18 19 **20 21** R 02 JUL

05 JUL Saturday

28

30 22 23 24 25 26 **27 28** R 31 29 30 31 1 2 3 4 R Wednesday **03 JUL**

JUL 2024 W# Mo Tu We Th Fr Sa Su Re

9 10 11 12 **13 14** R

06 JUL

Thursday 04 JUL Friday

07 JUL

Plan week

Send the weekly email

Monday

Sunday



2 3 4 5 6 7 8

COMING MONTH GOALS

Mon Tue Wed Thu Fri Sat Sun Mon Tue Wed Thu Fri Sat Sur

Habits

Pistol Squat in May, June Celebrate others
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JUL 2024

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 $\mathsf{JULY} \ ^{\vee} \ \mathbf{01} \ ^{\vee}$

MONDAY

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

What can I ask God for help with, or thank Him for? 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	July Monthly Notes
	Big Shoulders
	Pistol Squat
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	Build Inner Wall
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

 $\mathsf{JULY} \ ^{(\mathsf{W}} \mathbf{02} \ ^{(\mathsf{W}}$

TUESDAY

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

What can I ask God for help with, or thank Him for? 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	July Monthly Notes
	Big Shoulders
	Pistol Squat
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY « **03** »

WEDNESDAY

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

What can I ask God for help with, or thank Him for? 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	July Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	 Current Reading Models - Attract Woment
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	Why zebras dont get ulcerss, 10%
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.



THURSDAY

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

What can I ask God for help with, or thank Him for? 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	July Monthly Notes
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	Raise Bed
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY « **05** »

FRIDAY

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V #	Мо	Tu	We	Th	Fr	Sa	Su	Re
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30	22	23	24	25	26	27	28	R
31	29	30	31	1	2	3	4	R

What can I ask God for help with, or thank Him for? 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	July Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	 Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.



SATURDAY

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

What can I ask God for help with, or thank Him for? 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	July Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	 Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY " **07** "

SUNDAY

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

What can I ask God for help with, or thank Him for? 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	July Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	 Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

WEEKLY REVIEW « 27 »

01 JULY - 07 JULY

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

WEEK REVIEW NOTES	

week " **28** "

08 JULY -		29 3			
Tuesday	09 JUL	W	/edne	esda	y

Thursday 11 JUL Friday

Monday

Sunday

08 JUL



Plan week Send the weekly email

14 JUL

12 JUL Saturday

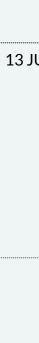
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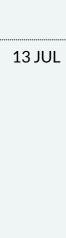
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10 JUL

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MONDAY

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31	29	30	31	1	2	3	4	R

What can I ask God for help with, or thank Him for? 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

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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY " **09** "

TUESDAY

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31	29	30	31	1	2	3	4	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY « **10** »

WEDNESDAY

JUL 2024 >
W# Mo Tu We Th Fr Sa Su Re
27 1 2 3 4 5 6 7 R
28 8 9 10 11 12 13 14 R
29 15 16 17 18 19 20 21 R
30 22 23 24 25 26 27 28 R
31 29 30 31 1 2 3 4 R

What can I ask God for help with, or thank Him for? 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	July Monthly Notes
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	Raise Bed
	Build Inner Wall
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	The Inflamed Mind, 1%
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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY « **11**

THURSDAY

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/	31	29	30	31	1	2	3	4	F

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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	Raise Bed
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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY "

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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	July Monthly Notes
	Big Shoulders
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	The Inflamed Mind, 1%
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	Bucket List
	Dance class
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	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

OULY " 13 »

SATURDAY

What can I ask God for help with, or thank Him for? 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	July Monthly Notes
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	Bucket List
	Dance class
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	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY « 1

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IDAI	31	29	30	31	1	2	3	4	F

What can I ask God for help with, or thank Him for? 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

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	Build Inner Wall
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

WEEKLY REVIEW « 28 »

08 JULY - 14 JULY

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WEEK REVIEW NOTES		

WEEK " **29** »

15 JULY - 21 JULY

15 JUL Tuesday 16 JUL

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Wednesday 17 JUL

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

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19 JUL Saturday

9 10 11 12 **13 14** R

Thursday 18 JUL Friday

21 JUL

Plan week

Send the weekly email

Monday

Sunday

20 JUL

JULY « **15** »

MONDAY

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

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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JUL 2024 W# Mo Tu We Th Fr Sa Su Re 28 8 9 10 11 12 **13 14** R 29 15 16 17 18 19 **20 21** R 30 22 23 24 25 26 **27 28** R **TUESDAY** 31 29 30 31 1 2 3 4 R

What can I ask God for help with, or thank Him for? 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	July Monthly Notes
	Big Shoulders
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	Measure Weight
	Raise Bed
	Build Inner Wall
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

IULY « **17**

WEDNESDAY

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

What can I ask God for help with, or thank Him for? 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	July Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	 Current Reading Models - Attract Woment
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY « **18** »

THURSDAY

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29	15	16	17	18	19	20	21	R
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31	29	30	31	1	2	3	4	R

What can I ask God for help with, or thank Him for? 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

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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY «

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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

ULY « **20**

SATURDAY

JUL 2024 >
W# Mo Tu We Th Fr Sa Su Re
27 1 2 3 4 5 6 7 R
28 8 9 10 11 12 13 14 R
29 15 16 17 18 19 20 21 R
30 22 23 24 25 26 27 28 R
31 29 30 31 1 2 3 4 R

What can I ask God for help with, or thank Him for? 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	July Monthly Notes
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	Raise Bed
	Build Inner Wall
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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY « **21** »

SUNDAY

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30	22	23	24	25	26	27	28	R
31	29	30	31	1	2	3	4	R

What can I ask God for help with, or thank Him for? 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

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	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

WEEKLY REVIEW « 29 »

15 JULY - 21 JULY

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W# Mo Tu We Th Fr Sa Su Re

WEEK REVIEW NOTES		

week $^{\circ}$ 30 $^{\circ}$

22 JULY -	28 JULY	′	29 30 31	22	23	24	25	26	27	28
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JUL 2024

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26 JUL Saturday 25 JUL Friday

Plan week

Send the weekly email

JULY « **22** »

MONDAY

JUL 2024 >
W# Mo Tu We Th Fr Sa Su Re
27 1 2 3 4 5 6 7 R
28 8 9 10 11 12 13 14 R
29 15 16 17 18 19 20 21 R
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	Sing in choir
	Another cooking class
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	Try England
	Love?
	25.5.

ULY « **23**

TUESDAY

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What can I ask God for help with, or thank Him for? How are things?				
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Mastery Priorities/To do Today				

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	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY « **24** »

WEDNESDAY

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What can I ask God for help with, or thank Him for? 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	July Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	 Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY « **25** »

THURSDAY

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

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	23.3.

JULY « **26** »

FRIDAY

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

What can I ask God for help with, or thank Him for? How are things?
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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

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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	23.3.

10LY « **27**

SATURDAY

What can I ask God for help with, or thank Him for? 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

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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY « **28** »

SUNDAY

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 Sa Su Re

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What can I ask God for help with, or thank Him for? 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	July Monthly Notes
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	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	 Current Reading Models - Attract Woment
	Through Honesty, 5%
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	The Inflamed Mind, 1%
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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.



22 JULY - 28 JULY

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

WEEK « 31 »

29 JULY - 04 A	AUGUST	29 30 31	22	23	24	25	26		28	R
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JUL 2024 W# Mo Tu We Th Fr Sa Su Re

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Monday



JULY « **29** »

MONDAY

V# Mo Tu We Th Fr Sa Su Re
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29 15 16 17 18 19 20 21 R
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31 29 30 31 1 2 3 4 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
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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

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	The Inflamed Mind, 1%
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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

IULY « 30 »

TUESDAY

			JL					
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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28	8	9	10	11	12	13	14	R
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30	22	23	24	25	26	27	28	R
27 28 29 30 31	29	30	31	1	2	3	4	R

What can I ask God for help with, or thank Him for? 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

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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

JULY « **31** »

WEDNESDAY

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

What can I ask God for help with, or thank Him for? How are things?						
Current Emotions?						
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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

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	25.5.

AUGUST « 01 »

THURSDAY

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33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
25	26	27	20	20	30	21	1	D

What can I ask God for help with, or thank Him for? How are 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	August Monthly Notes
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	Love?

 $\mathsf{AUGUST}~^{\textit{``}}\mathbf{02}~^{\textit{``}}$

FRIDAY

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
31 32 33 34	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 03 »

SATURDAY

	<							
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
31	29 5 12	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

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AUGUST « **04** »

SUNDAY

AUG 2024 >
W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

What can I ask God for help with, or thank Him for? 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

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WEEKLY REVIEW « 31 »

29 JULY - 04 AUGUST

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

WEEK REVIEW NOTES	