2025 ReCalendar

2025

JANUARY					FEBRUARY								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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APRIL

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15	7	8	9	10	11	12	13	R
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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
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DEC 2024 W# Mo Tu We Th Fr Sa Su Re

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Sunday	05 JAN	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	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	
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Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	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							
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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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							
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december $^{\circ}$ 30 $^{\circ}$

MONDAY

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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 30	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

The unexamined life is not worth living. Aurelius

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#								
48	25	26	27	28	29	30	1	R
49 50 51	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

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

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

- W# Mo Tu We Th Fr Sa Su Re
 - 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
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Habits						6																					-				
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Shoulders																															
workout Oct,																															
Nov, Dec, Jan																															
Self-compassion																															
Celebrate																															

Date	Day	Details
1	Wed	
2	Thu	
3	Fri	
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6	Mon	
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9	Thu	
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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		>	
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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

'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?

 $\mathsf{JANUARY} \ ^{\mathsf{W}} \mathbf{02} \ ^{\mathsf{W}}$

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

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 « 03 »

FRIDAY

	<	JΔ	N	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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

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	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		>	
	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?

JANUARY « 05 »

SUNDAY

	<	JΔ	N	20	25		>	
	Мо							
1	30 6 13	31	1	2	3	4	5	R
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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

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

DAY PLAN	January Monthly Notes			
	Holiday			
	Go away!			
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	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

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> 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

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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	
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							
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JANUARY « 06 »

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	Мо							
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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

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!
	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 « 07 »

TUESDAY	Τl	JE	SD)A	Y
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	<	JΔ	N	20	25		>	
W#								
1	30 6 13 20	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
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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	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 « 08 »

WEDNESDAY

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	Мо							
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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	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 « 09 »

THURSDAY

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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			
	Holiday		
	Go away!		
	Rest for year		
	Buy wardrobe		
	Commant Danding		
	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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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			
	Holiday		
	Go away!		
	Rest for year		
	Buy wardrobe		
	Commant Danding		
	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 « 11 »

SATURDAY

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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

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 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

SUN

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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 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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	Current Deading
	Current Reading
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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?

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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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	
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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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Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
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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							
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JANUARY

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	5	27	28	29	30	31	1	2	R

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

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	Holiday
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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 « 14 »

TUESDAY

	<	JΔ	NΑ	20	25		>	
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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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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 15 »

WEDNESDAY

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

JANUARY « 16 »

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4	20	21	22	23	24	25	26	R
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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
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	Current Reading
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	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
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	Try Amsterdam
	Try England
	Love?

JANUARY

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RIDAY	4	20	21	22	23	24	25	26	R
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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

DAY PLAN	January Monthly Notes
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	Current Reading
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	Love?

JANUARY « 18 »

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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	January Monthly Notes
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	Current Reading
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	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?
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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	Love?

WEEKLY REVIEW «

3 »

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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

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22 JAN

Sunday **26 JAN**

Monday

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
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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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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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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	IDAY
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	<	JΔ	Ν	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

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

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 « 21 »

TUESDAY

	<	JA	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

'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 « 22 »

WEDNESDAY

	<	JΔ	١N	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

	<	JΔ	Ν	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Rε
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 unexamined life is not worth living. Aurelius

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	NΑ	20	25		>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
/ 	1	30	31	1	2	3	4	5	F
	2	30 6	7	8	9	10	11	12	F
	3	13	14	15	16	17	18	19	F
RIDAY	4	20	21	22	23	24	25	26	F
KIDAT	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 unexamined life is not worth living. Aurelius

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

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

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 « 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			
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

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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
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 « 27 »

MON	IDAY
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	<	JΔ	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 « 28 »

TUESDAY

			N				>	
	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

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 « 29 »

WEDNESDAY

	<	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

'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 « 30 »

THURSDAY

	<	JΔ	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 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

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
	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	Ν	20	25		>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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	3	13	14	15	16	17	18	19	F
٧٧	4	20	21	22	23	24	25	26	F
→ 1	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

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!
	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
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17 18 19 20 21 **22 23** R 24 25 26 27 28 1 2 R

all is !!!!Arraymonth is month is 2

Habits		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 others																												

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	

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 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		
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

	<	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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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

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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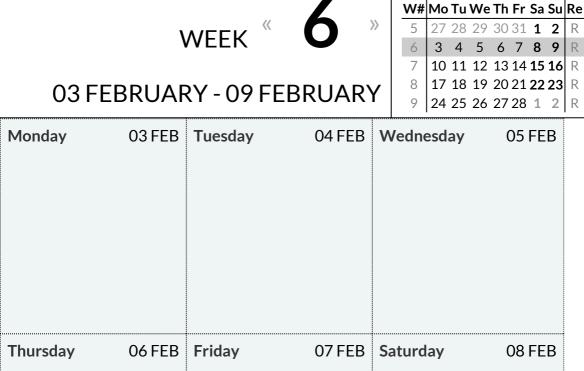
WEEKLY REVIEW «

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	
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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

'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		
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FEBRUARY « 04 »

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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

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

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	

'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
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FEBRUARY « 07 »

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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	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?



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	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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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	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
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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	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Τ	W	Т	F	S	Frozen	М	Т	W	Т	F	
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Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
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FEBRUARY « 10 »

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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	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

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How are tnings?
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 « 12 »

WEDNESDAY

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

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

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:

THURSDAY

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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

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

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
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FEBRUARY « 15 »

SATURDAY

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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

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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FEBRUARY « 16 »

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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

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

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

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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FEBRUARY « 18 »

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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

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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

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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FEBRUARY « 20 »

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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

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					
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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?			

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

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

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?

SATURDAY

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How are tnings?
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	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?

SUN

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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	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 >
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5 27 28 29 30 31 1 2 R
6 3 4 5 6 7 8 9 R
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WEEK REVIEW NOTES	



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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	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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FEBRUARY « 24 »

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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	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

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 Mo Tu We Th Fr Sa Su Re

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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	February Monthly Notes
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	Current Reading
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	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

FEBRUARY « 26 »

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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

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

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 »

THURSDAY	TΗ	U	RS	D	Α	Y	/
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8	17	18	19	20	21	22	23	R
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How are things?
Current Emotions?
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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
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	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

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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

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

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

MONTH REVIEW

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Notes			
Notes for			
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MARCH PLAN

MAR 2025 >
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Shoulders workout																															
Self-compassion																															
Celebrate others																															

Date	Day	Details
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COMING MONTH GOALS

MARCH « 01 »

SATURDAY

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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

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?

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

SUNDAY

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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
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	2x Climbing
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	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

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WEEK REVIEW NOTES		

WEEK « 10 »

03 MARCH - 09 MARCH

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MAR 2025

W# Mo Tu We Th Fr Sa Su Re

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Friday **Saturday** 07 MAR Plan week Send the weekly email

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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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Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	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
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Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
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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							
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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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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	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

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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?



WEDNESDAY

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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?



THURSDAY

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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	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**

FRIDAY

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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

'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?

MARCH « **08** »

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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 N			
	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

'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?

WEEKLY REVIEW « 10 »

03 MARCH - 09 MARCH

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WEEK REVIEW NOTES		

WEEK « 11 »

10 MARCH - 16 MARCH

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Plan week

Send the weekly email

Monday

Sunday

Friday 14 MAR

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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	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	
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Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
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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

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?

$_{\text{MARCH}} \ ^{\text{\tiny $^{\prime}$}} \ \mathbf{11} \ ^{\text{\tiny $^{\prime}$}}$

TUESDAY

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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	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 « **12**

WEDNESDAY

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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

'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?

 $\mathsf{MARCH} \ ^{\mathsf{C}} \mathbf{13} \ ^{\mathsf{D}}$

THURSDAY

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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	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

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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

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

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** »

SUNDAY

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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

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?

WEEKLY REVIEW « 11 %

10 MARCH - 16 MARCH

MAR 2025 >
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WEEK REVIEW NOTES		

week « **12** »

17 MARCH - 23 MARCH

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MAR 2025

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Plan week Send the weekly email

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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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Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	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
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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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$\mathsf{MARCH} \ ^{\mathsf{C}} \mathbf{17} \ ^{\mathsf{D}}$

MONDAY

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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

'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?

иARCH « **18** »

TUESDAY

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13	24	25	26 5 12 19 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?

максн « **19** »

WEDNESDAY

MAR 2025 >
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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 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

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

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

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

'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	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

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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

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	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

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9 10 11 12 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?

 $\mathsf{MARCH} \ ^{\mathsf{C}} \, \mathbf{23} \ ^{\mathsf{N}}$

SUNDAY

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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

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

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

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26 MAR

Friday **Thursday** 27 MAR

Saturday **29 MAR**

Sunday

30 MAR

Plan week

Send the weekly email

28 MAR

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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	
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	
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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							
CON	NFUS	FD					Bitter	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							
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MARCH « **24** »

MONDAY

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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 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 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	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 « 25 »

TUESDAY

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N #	Мо	Tu	We	Th	Fr	Sa	Su	Re
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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

'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 « **26** »

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

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

$\mathsf{MARCH} \ ^{\mathsf{C}} \, \mathbf{27} \ ^{\mathsf{N}}$

THURSDAY

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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

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?

MARCH « **28** »

FRIDAY

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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 « **29**

SATURDAY

 W#
 Mo Tu We Th Fr Sa Su Re

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 24 25 26 27 28 1 2 R

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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	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

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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?

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
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WEEK REVIEW NOTES		

WEEK « 14 »

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MAR 2025

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Monday

05 APR

Sunday 06 APR

Friday 04 APR

Plan week

Send the weekly email

Saturday

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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	
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	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 1	-	V V	1	-	J							

MARCH « **31**

MONDAY	/
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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

'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	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

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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

Day

Date

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
Паріс	Tue	Wed	Thu	Fri	i 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 We	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed																	
Shoulders workout																														
Self-compassion																														
Celebrate others																														

Details

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17	Thu	
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19	Sat	
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26	Sat	
27	Sun	
28	Mon	
29	Tue	
30	Wed	
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COMING MONTH GOALS						

APRIL « **01**

	<	ΑF	PR	20	25		>	
N #	Мо	Tu	We	Th	Fr	Sa	Su	Re
14	31 7	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

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

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:

April Monthly Notes

APRIL " **02** "

WEDNESDAY

			PR					
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
14	31 7 14 21 28	1	2	3	4	5	6	R
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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:

April Monthly Notes

APRIL « 03 »

THURSDAY

	<	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

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

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 Monthly Notes

APRIL « **04** » FRIDAY

			PR					
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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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	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

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

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 « 05 »

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.6	14	15	16	17	18	19	20	R
.7	21	22	23	24	25	26	27	R
.8	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?

APRIL « 06 »

SUNDAY	/
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	<	ΑI	PR	20	25	,	>	
V #	Мо	Tu	We	Th	Fr	Sa	Su	Re
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.6	14	15	16	17	18	19	20	R
.7	21	22	23	24	25	26	27	R
.8	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?

April Monthly Notes

WEEKLY REVIEW « 14 »

31 MARCH - 06 APRIL

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 24 25 26 27 28 1 2 R

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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

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09 APR

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

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Thursday

Monday

10 APR Friday

12 APR

Sunday

13 APR

Plan week

Send the weekly email

11 APR Saturday

08 APR Wednesday

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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	
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		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							
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APRIL « **07** » MONDAY

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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
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	<	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

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V #	Мо	Tu	We	Th	Fr	Sa	Su	Rε
14	31	1	2	3	4	5	6	R
15	7 14	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

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 « 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

		<	ΑΙ	PR	20	25)	>	
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RIDAY	17	21	22	23	24	25	26	27	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	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

	<	ΑF	PR	20	25)	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
14	31 7	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

 $\hbox{'The secret of getting ahead is getting started'-Mark\ Twain}$

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 « 13 »

SUNDAY

	<	ΑI	PR	20	25)	>	
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
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	

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?
	LOVE:

WEEKLY REVIEW « 15 »

07 APRIL - 13 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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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

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 7

15 APR Wednesday

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16 APR

Thursday 17 APR Friday

Monday

18 APR Saturday

Sunday 20 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	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							
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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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APRIL « 14 »

MONDAY

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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	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 « 15 »

TUESDAY

	<	АΙ	PR	20	25)	>	
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

Tomorrow 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 « 16 »

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17	21	22	23	24	25	26	27	R
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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	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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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

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	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

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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	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

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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 « 20 »

SUNDAY

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17	21	22	23	24	25	26	27	R
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

'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?

WEEKLY REVIEW « 16 »

14 APRIL - 20 APRIL

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WEEK " 17 »

21 APRIL - 27 APRIL									
21 APR	Tuesday	22 APR	W	'e					

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24 APR Friday

27 APR

Plan week

Send the weekly email

Monday

Thursday

Sunday

ednesday 23 APR

< APR 2025 >

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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	
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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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							
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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							
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Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
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APRIL « 21 »

MONDAY

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18	31 7 14 21 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:

APRIL " **22**

TUESDAY

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	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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I	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 « 23 »

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16	14	15	16	17	18	19	20	R
17	21	22	23	24	25	26	27	R
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:

APRIL « 24 »

THURSDAY

	<	АΙ	PR	20	25)	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	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

'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 « 25 »

FRIDAY

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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

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	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** "

SATURDAY

			PR					
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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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

'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 « 27 »

SUNDAY

	<	ΑF	PR	20	25		>	
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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

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	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

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WEEK REVIEW NOTES		

week « **18** »

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< APR 2025 >

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Monday

Sunday

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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	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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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							

APRIL « **28** »

MONDAY

	<	ΑI	PR	20	25		>	
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
18	31 7 14 21 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

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

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 " 29 »

TUESDAY

	<	АΙ	PR	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
	31							
	7							
	14							
	21							
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 secret of getting ahead is getting started' - 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 « 30 »

WEDNESDAY

	<						>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
14	31 7 14 21 28	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	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:

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

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

all is !!!!Arraymonth is month is 5

Day

Date

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

Details

Date	Day	Details
1	Thu	
2	Fri	
3	Sat	
4	Sun	
5	Mon	
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8	Thu	
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11	Sun	
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17	Sat	
18	Sun	
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20	Tue	
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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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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	

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

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

Decide upon your major definite purpose in life and then organize all your activities around it." - Brain 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 « **03** »

SATURDA

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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	F
21	19	20	21	22	23	24	25	F
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

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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

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?

WEEKLY REVIEW « 18 »

28 APRIL - 04 MAY

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< APR 2025

WEEK REVIEW NOTES		

WEEK " **19** » 05 MAY - 11 MAY

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Saturday

06 MAY

09 MAY

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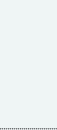
< MAY 2025 > W#|MoTuWeThFrSaSu|Re

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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

	notior	15																		
ST	RON	G					HAPPY						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	T	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 « **05** »

MONDAY

	<	M	ΑΥ	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
	28							
19	5	6	7	8	9	10	11	F
20	12	13	14	15	16	17	18	F
	19							
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

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?



TUESDAY

	<	M	ΑY	20	25	5	>	
W#	Мо	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								
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

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?

MAY (**07**)

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	

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

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 « **08** »

THURSDAY

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

'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 « **09** »

FRIDAY

	,	<	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

'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 « **10** »

SATURDAY

	<	M	ΑΥ	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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	

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	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

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

'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
	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

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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	

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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

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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	
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

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How are tnings?
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 « 13 »

TUESDAY

	<	M	ΑY	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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
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

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	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

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?

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

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?

MAY « **16** »

FRIDAY

	<	M	ΑY	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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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

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?

SATURDAY

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 « **18**

SUNDAY

	<	M	ΑY	20	25)	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	ı
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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?



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

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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
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							
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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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MONDAY

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
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?

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

TUESDAY

	<	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	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?

 $_{\text{MAY}} \ ^{\text{\tiny \prime}} \ \mathbf{21} \ ^{\text{\tiny \prime}}$

WEDNESDAY

	<	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	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

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

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?

THURSDAY

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

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?

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7 1	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
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FRIDAY	22	26	27	28	29	30	31	1	
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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?

 $_{\text{MAY}} < 24 >$

SATURDAY

4	<	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 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	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 « 25 »

SUNDAY

	<	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	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	

'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?

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

Thursday	29 MAY

01 JUN

Monday

Sunday

	notior	15																		
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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	
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	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							
	М	Т	W	T	F	S	Refreshed	1 1 1	-	V V	1	-	J							

MAY « **26** »

MONDAY

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

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?

MAY **27**

TUESDAY

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

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?

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

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

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

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?

MAY « **30**)

FRIDAY

		<	M	ΑY	20	25	5	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
>>		28							
	19	5	6	7	8	9	10	11	F
		12							
/		19							
I	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

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?

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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

'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?

JUNE " **01**

SUNDAY

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

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
	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#								
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
19 20 21 22	26	27	28	29	30	31	1	R

WEEK REVIEW NOTES		