

It is now **December 2025** and I am standing on a Kuta beach in **Bali** with my amazing girlfriend and I feel I feel amazing, dreams do come true.



It is now 4th **November 2025** and I have removed permissions for Delta to edit my calendar, maybe even to read the titles and I feel empowered.

It is now **November 2025**, asap after 3 November and I have spoken to Fr Michael that I believe that the current office I am in is the best one for the Director of Counselling services for three reasons, and I feel like I've done something difficult, I may feel tired but I'm growing in this skill.

It is now **December 2025** and I've reflected and written down **my learnings and how I've grown over the time both in this job and outside the job.**

It is now Dec 2025, or Jan 2026, and I am doing episode 1 of a podcast



It is now January 2026 and I have **made an awesome wooden chess board from timber**



It is now **February 2026**, and I am at a **chess event**, maybe one where I can play but something in person and I feel like this is nice to check out my goals especially in person stuff.



It is now **March 2026**, and I have been **jogging for 100 metres for two months, twice a week**



It is now **Dec 2026**, and I have **bought a van and fixed it up to live in**, and I have tried living in it and I feel amazed. I have accomplished a dream.



It is now **January 2030**. I am married and feel more than

is a
nufi2026
debug
ReCalendar

2026 Planner ATKPlanner

[Insert link here to weekly plan and review and monthly planner document](#)

[Insert link here to Work todo document](#)

Use the highlight function in book to link

January	February	March
April	May	June
July	August	September
October	November	December

< DEC 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	1	2	3	4	5	6	7	R
50	8	9	10	11	12	13	14	R
51	15	16	17	18	19	20	21	R
52	22	23	24	25	26	27	28	R
1	29	30	31	1	2	3	4	R

WEEK PLAN - WEEK

«

1

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29 DECEMBER - 04 JANUARY

What I'm doing for others this week?

Monday | 29 Dec

Tuesday | 30 Dec

Wednesday | 31 Dec

Thursday | 01 Jan

» New Year!

Friday | 02 Jan

Saturday | 03 Jan

Sunday | 04 Jan

Emotions													
STRONG		HAPPY											
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S
Determined	M	T	W	T	F	S		M	T	W	T	F	S
SAD		ANGER											
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S
CONFUSED		BETRAYED											
Uncertain	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
Tense	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
HURT		PANIC											
Mixed up	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S	Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S	Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S	Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S	Stunned	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
ENERGIZED													
Determined	M	T	W	T	F	S		M	T	W	T	F	S
Inspired	M	T	W	T	F	S		M	T	W	T	F	S
Creative	M	T	W	T	F	S		M	T	W	T	F	S
Healthy	M	T	W	T	F	S		M	T	W	T	F	S
Renewed	M	T	W	T	F	S		M	T	W	T	F	S
Vibrant	M	T	W	T	F	S		M	T	W	T	F	S
Strengthened	M	T	W	T	F	S		M	T	W	T	F	S
Motivated	M	T	W	T	F	S		M	T	W	T	F	S
Focused	M	T	W	T	F	S		M	T	W	T	F	S
Invigorated	M	T	W	T	F	S		M	T	W	T	F	S
Refreshed	M	T	W	T	F	S		M	T	W	T	F	S

< DEC 2025 >

DECEMBER « **29** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	1	2	3	4	5	6	7	R
50	8	9	10	11	12	13	14	R
51	15	16	17	18	19	20	21	R
52	22	23	24	25	26	27	28	R
1	29	30	31	1	2	3	4	R

The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction. - Proverbs 1:7

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How to be optimistic today?

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

I can dream / I dream

Day Plan - Mon, 29 Dec 2025

Links

URGENT

DO NOW

NOT URGENT

PLAN

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17-18
18-19

Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< DEC 2025 >

DECEMBER **30** TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	1	2	3	4	5	6	7	R
50	8	9	10	11	12	13	14	R
51	15	16	17	18	19	20	21	R
52	22	23	24	25	26	27	28	R
1	29	30	31	1	2	3	4	R

For I know the plans I have for you' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future. - Jeremiah 29:11

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How do I want to feel at the end of this day? _____

'A smooth sea never made a skilled sailor' - Franklin D. Roosevelt'

I can be an older brother

Day Plan - Tue, 30 Dec 2025

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< DEC 2025 >

DECEMBER « **31** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	1	2	3	4	5	6	7	R
50	8	9	10	11	12	13	14	R
51	15	16	17	18	19	20	21	R
52	22	23	24	25	26	27	28	R
1	29	30	31	1	2	3	4	R

A song of ascents. I lift up my eyes to the mountains where does my help come from? My help comes from the Lord, the Maker of heaven and earth. - Psalm 121:1-2

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

All you need is love

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

I am allowed to rest

Day Plan - Wed, 31 Dec 2025

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

MONTH REVIEW

DECEMBER

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

[Link to Update Month Goals/Review Document](#)

MONTH REVIEW

Notes for
Review of
Month
December
Monthly Notes
Longer
Get Healthy
45%
Affirmation thpy
Fr
Exciting
.Build info
screen wall
January Monthly
Notes

**Current
Reading**
No Bad Parts,
Schwarz
Why zebras dont
get ulcerss, 10%
The explosive
child, 20%
Dare to Connect,
20%
The Healing
Power of Vagus,
20%
The Murder of
Roger Ackroyd

< JAN 2026 >

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

JANUARY PLAN

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

Date	Day	Details
1	Thu	
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4	Sun	
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9	Fri	
10	Sat	
11	Sun	
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13	Tue	
14	Wed	
15	Thu	
16	Fri	
17	Sat	
18	Sun	
19	Mon	
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22	Thu	
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24	Sat	
25	Sun	
26	Mon	
27	Tue	
28	Wed	
29	Thu	
30	Fri	
31	Sat	

< JAN 2026 >

JANUARY « 01 »

» New Year!

THURSDAY

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

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. - James 1:5

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How do I want to feel at the end of this day?

'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

I can have fun with other people

Day Plan - Thu, 01 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « 02 »
FRIDAY

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

A song of ascents. I lift up my eyes to the mountains where does my help come from? My help comes from the Lord, the Maker of heaven and earth. - Psalm 121:1-2

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How to be optimistic today?

Not all those who wander are lost. JRR Tolkien

I can have close relationships / I do have close relationships

Day Plan - Fri, 02 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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Monthly Notes

Longer

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10%

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The Healing Power of Vagus,
20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « 03 »

SATURDAY

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

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. - John 16:33

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How do I want to feel at the end of this day?

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

Women want to find happiness and love and appreciate being treated with respect and

Day Plan - Sat, 03 Jan 2026

Links

URGENT

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Notes

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Monthly Notes

Longer

Get Healthy 45%

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January Focus on Business

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Current Reading

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The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **04** » SUNDAY

< JAN 2026 >

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

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. - Ephesians 6:10-11

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

All you need is love _____

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

I'm allowed to be moody

Day Plan - Sun, 04 Jan 2026

Links

URGENT

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

Book Holidays x2!

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Current Reading

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The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< DEC 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	1	2	3	4	5	6	7	R
50	8	9	10	11	12	13	14	R
51	15	16	17	18	19	20	21	R
52	22	23	24	25	26	27	28	R
1	29	30	31	1	2	3	4	R

WEEKLY REVIEW «

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29 DECEMBER - 04 JANUARY

Monday | 29 Dec

Tuesday | 30 Dec

Wednesday | 31 Dec

Thursday | 01 Jan

» New Year!

Friday | 02 Jan

Saturday | 03 Jan

Sunday | 04 Jan

Notes on Week

Recent Successes

Next Success/Dreams

< JAN 2026 >

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

WEEK PLAN - WEEK

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05 JANUARY - 11 JANUARY

What I'm doing for others this week?

Monday | 05 Jan

Tuesday | 06 Jan

Wednesday | 07 Jan

Thursday | 08 Jan

Friday | 09 Jan

Saturday | 10 Jan

Sunday | 11 Jan

Emotions								
STRONG		HAPPY						
Sure	M T W T F S	Amused	M	T	W	T	F	S
Certain	M T W T F S	Delighted	M	T	W	T	F	S
Unique	M T W T F S	Glad	M	T	W	T	F	S
Dynamic	M T W T F S	Pleased	M	T	W	T	F	S
Tenacious	M T W T F S	Charmed	M	T	W	T	F	S
Hardy	M T W T F S	Grateful	M	T	W	T	F	S
Secure	M T W T F S	Optimistic	M	T	W	T	F	S
Empowered	M T W T F S	Content	M	T	W	T	F	S
Ambitious	M T W T F S	Joyful	M	T	W	T	F	S
Powerful	M T W T F S	Enthusiastic	M	T	W	T	F	S
Confident	M T W T F S	Loving	M	T	W	T	F	S
Bold	M T W T F S	Marvelous	M	T	W	T	F	S
Determined	M T W T F S		M	T	W	T	F	S
SAD		ANGER						
Depressed	M T W T F S	Annoyed	M	T	W	T	F	S
Desperate	M T W T F S	Agitated	M	T	W	T	F	S
Dejected	M T W T F S	Fed up	M	T	W	T	F	S
Heavy	M T W T F S	Irritated	M	T	W	T	F	S
Crushed	M T W T F S	Mad	M	T	W	T	F	S
Disgusted	M T W T F S	Critical	M	T	W	T	F	S
Upset	M T W T F S	Resentful	M	T	W	T	F	S
Hateful	M T W T F S	Disgusted	M	T	W	T	F	S
Sorrowful	M T W T F S	Outraged	M	T	W	T	F	S
Mournful	M T W T F S	Raging	M	T	W	T	F	S
Weepy	M T W T F S	Furious	M	T	W	T	F	S
Frustrated	M T W T F S	Livid	M	T	W	T	F	S
CONFUSED		Bitter						
Uncertain	M T W T F S		M	T	W	T	F	S
Upset	M T W T F S		M	T	W	T	F	S
Doubtful	M T W T F S		M	T	W	T	F	S
Indecisive	M T W T F S		M	T	W	T	F	S
Perplexed	M T W T F S		M	T	W	T	F	S
Embarrassed	M T W T F S		M	T	W	T	F	S
Hesitant	M T W T F S		M	T	W	T	F	S
Shy	M T W T F S		M	T	W	T	F	S
Lost	M T W T F S		M	T	W	T	F	S
Unsure	M T W T F S		M	T	W	T	F	S
Pessimistic	M T W T F S		M	T	W	T	F	S
Tense	M T W T F S		M	T	W	T	F	S
	M T W T F S		M	T	W	T	F	S
HURT		ENERGIZED						
Mixed up	M T W T F S	Determined	M	T	W	T	F	S
Unsure	M T W T F S	Inspired	M	T	W	T	F	S
Stuck	M T W T F S	Creative	M	T	W	T	F	S
Hurt	M T W T F S	Healthy	M	T	W	T	F	S
Frozen	M T W T F S	Renewed	M	T	W	T	F	S
Desperate	M T W T F S	Vibrant	M	T	W	T	F	S
Anxious	M T W T F S	Strengthened	M	T	W	T	F	S
Troubled	M T W T F S	Motivated	M	T	W	T	F	S
Uncomfortable	M T W T F S	Focused	M	T	W	T	F	S
Stunned	M T W T F S	Invigorated	M	T	W	T	F	S
	M T W T F S	Refreshed	M	T	W	T	F	S

JANUARY 05 MONDAY

< JAN 2026 >

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

If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved. - Romans 10:9

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What to be optimistic about today?

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

I can do 20 minutes of breathing exercises a day, it is helpful to me to do 20 min breathing a day

Day Plan - Mon, 05 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **06** » TUESDAY

< JAN 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa Su
1	29	30	31	1	2	3 4 R
2	5	6	7	8	9	10 11 R
3	12	13	14	15	16	17 18 R
4	19	20	21	22	23	24 25 R
5	26	27	28	29	30	31 1 R

Be joyful in hope, patient in affliction, faithful in prayer. - Romans 12:12

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What healthy habits (like movement, hydration, or nutrition) do I want to prioritize today? _____

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

Losing a chess game is a growth opportunity and evidence that I've tried

Day Plan - Tue, 06 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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06-07
07-08
08-09
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18-19

Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **07** »
WEDNESDAY

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

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. - Romans 8:38-39

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What to be optimistic about today? _____

Not all those who wander are lost. JRR Tolkien

I can have close relationships / I do have close relationships

Day Plan - Wed, 07 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **08** »
THURSDAY

< JAN 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa Su
1	29	30	31	1	2	3 4 R
2	5	6	7	8	9	10 11 R
3	12	13	14	15	16	17 18 R
4	19	20	21	22	23	24 25 R
5	26	27	28	29	30	31 1 R

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.' - Isaiah 30:21

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What tasks will bring me the most energy and joy? _____

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

I am lovable

Day Plan - Thu, 08 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « 09 »
FRIDAY

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

Give thanks to the Lord, for he is good. His love endures forever. - Psalm 136:1

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What to be optimistic about today?

Not all those who wander are lost. JRR Tolkien

I can stretch each day

Day Plan - Fri, 09 Jan 2026

Links

URGENT

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NOT URGENT

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17-18
18-19

Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **10** » SATURDAY

< JAN 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa Su
1	29	30	31	1	2	3 4 R
2	5	6	7	8	9	10 11 R
3	12	13	14	15	16	17 18 R
4	19	20	21	22	23	24 25 R
5	26	27	28	29	30	31 1 R

Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. - Lamentations 3:22-23

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

If today was perfect, what would it look like? _____

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

I do rest

Day Plan - Sat, 10 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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16-17
17-18
18-19

Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **11** »
SUNDAY

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

God is not human, that he should lie, not a human being, that he should change his mind. Does he speak and then not act? Does he promise and not fulfill? - Numbers 23:19

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What to be optimistic about today?

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

My resources are enough to handle today's tasks

Day Plan - Sun, 11 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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14-15
15-16
16-17
17-18
18-19

Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

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

WEEKLY REVIEW «

2

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05 JANUARY - 11 JANUARY

Monday | 05 Jan

Tuesday | 06 Jan

Wednesday | 07 Jan

Thursday | 08 Jan

Friday | 09 Jan

Saturday | 10 Jan

Sunday | 11 Jan

Notes on Week

Recent Successes

Next Success/Dreams

< JAN 2026 >

WEEK PLAN - WEEK

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3

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12 JANUARY - 18 JANUARY

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

What I'm doing for others this week?

Monday | 12 Jan

Tuesday | 13 Jan

Wednesday | 14 Jan

Thursday | 15 Jan

Friday | 16 Jan

Saturday | 17 Jan

Sunday | 18 Jan

Emotions								
STRONG		HAPPY						
Sure	M T W T F S	Amused	M	T	W	T	F	S
Certain	M T W T F S	Delighted	M	T	W	T	F	S
Unique	M T W T F S	Glad	M	T	W	T	F	S
Dynamic	M T W T F S	Pleased	M	T	W	T	F	S
Tenacious	M T W T F S	Charmed	M	T	W	T	F	S
Hardy	M T W T F S	Grateful	M	T	W	T	F	S
Secure	M T W T F S	Optimistic	M	T	W	T	F	S
Empowered	M T W T F S	Content	M	T	W	T	F	S
Ambitious	M T W T F S	Joyful	M	T	W	T	F	S
Powerful	M T W T F S	Enthusiastic	M	T	W	T	F	S
Confident	M T W T F S	Loving	M	T	W	T	F	S
Bold	M T W T F S	Marvelous	M	T	W	T	F	S
Determined	M T W T F S		M	T	W	T	F	S
SAD		ANGER						
Depressed	M T W T F S	Annoyed	M	T	W	T	F	S
Desperate	M T W T F S	Agitated	M	T	W	T	F	S
Dejected	M T W T F S	Fed up	M	T	W	T	F	S
Heavy	M T W T F S	Irritated	M	T	W	T	F	S
Crushed	M T W T F S	Mad	M	T	W	T	F	S
Disgusted	M T W T F S	Critical	M	T	W	T	F	S
Upset	M T W T F S	Resentful	M	T	W	T	F	S
Hateful	M T W T F S	Disgusted	M	T	W	T	F	S
Sorrowful	M T W T F S	Outraged	M	T	W	T	F	S
Mournful	M T W T F S	Raging	M	T	W	T	F	S
Weepy	M T W T F S	Furious	M	T	W	T	F	S
Frustrated	M T W T F S	Livid	M	T	W	T	F	S
CONFUSED		Bitter						
Uncertain	M T W T F S		M	T	W	T	F	S
Upset	M T W T F S		M	T	W	T	F	S
Doubtful	M T W T F S		M	T	W	T	F	S
Indecisive	M T W T F S		M	T	W	T	F	S
Perplexed	M T W T F S		M	T	W	T	F	S
Embarrassed	M T W T F S		M	T	W	T	F	S
Hesitant	M T W T F S		M	T	W	T	F	S
Shy	M T W T F S		M	T	W	T	F	S
Lost	M T W T F S		M	T	W	T	F	S
Unsure	M T W T F S		M	T	W	T	F	S
Pessimistic	M T W T F S		M	T	W	T	F	S
Tense	M T W T F S		M	T	W	T	F	S
	M T W T F S		M	T	W	T	F	S
HURT		ENERGIZED						
Mixed up	M T W T F S	Determined	M	T	W	T	F	S
Unsure	M T W T F S	Inspired	M	T	W	T	F	S
Stuck	M T W T F S	Creative	M	T	W	T	F	S
Hurt	M T W T F S	Healthy	M	T	W	T	F	S
Frozen	M T W T F S	Renewed	M	T	W	T	F	S
Desperate	M T W T F S	Vibrant	M	T	W	T	F	S
Anxious	M T W T F S	Strengthened	M	T	W	T	F	S
Troubled	M T W T F S	Motivated	M	T	W	T	F	S
Uncomfortable	M T W T F S	Focused	M	T	W	T	F	S
Stunned	M T W T F S	Invigorated	M	T	W	T	F	S
	M T W T F S	Refreshed	M	T	W	T	F	S

JANUARY « **12** » MONDAY

	< JAN 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	29	30	31	1	2	3	4	R
2	5	6	7	8	9	10	11	R
3	12	13	14	15	16	17	18	R
4	19	20	21	22	23	24	25	R
5	26	27	28	29	30	31	1	R

For the director of music. Of the Sons of Korah. According to alamoth. A song. God is our refuge and strength, an ever-present help in trouble. - Psalm 46:1

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What healthy habits (like movement, hydration, or nutrition) do I want to prioritize today? _____

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

I speak up

Day Plan - Mon, 12 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **13** »
TUESDAY

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

I can do all this through him who gives me strength. - Philippians 4:13

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What one thing can I do today to move closer to my bigger goals?

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

I can have adult relationships / I do have adult relationships (adult to adult, not inner child to adult)

Day Plan - Tue, 13 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **14** »
WEDNESDAY

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

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.' - Isaiah 30:21

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How to be optimistic today?

'Get off the cross, we need the wood' – Fr Emmerich Vogt re the Twelve Steps

My ideas are important and worthy of attention and respect

Day Plan - Wed, 14 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **15** »
THURSDAY

< JAN 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa Su
1	29	30	31	1	2	3 4 R
2	5	6	7	8	9	10 11 R
3	12	13	14	15	16	17 18 R
4	19	20	21	22	23	24 25 R
5	26	27	28	29	30	31 1 R

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. - Philippians 4:6

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What healthy habits (like movement, hydration, or nutrition) do I want to prioritize today?

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

Resting is a great and necessary activity

Day Plan - Thu, 15 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

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Book Music and Theatre

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\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY

16

FRIDAY

< JAN 2026 >

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

A song of ascents. I lift up my eyes to the mountains where does my help come from? My help comes from the Lord, the Maker of heaven and earth. - Psalm 121:1-2

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What boundaries do I need to set today to protect my energy and time?

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

I am capable of achieving my goals with effort and perseverance

Day Plan - Fri, 16 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

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Book Holidays x2!

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10%

The explosive child, 20%

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The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY

17

SATURDAY

< JAN 2026 >

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

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. - Hebrews 4:12

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What healthy habits (like movement, hydration, or nutrition) do I want to prioritize 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

I am lovable

Day Plan - Sat, 17 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **18** »
SUNDAY

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

Doxology To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen. - Jude 1:24-25

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What one thing can I do today to move closer to my bigger goals? _____

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

I can have fun with other people

Day Plan - Sun, 18 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW

3

JAN 2026						
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12 JANUARY - 18 JANUARY

Monday | 12 Jan

Tuesday | 13 Jan

Wednesday | 14 Jan

Thursday | 15 Jan

Friday | 16 Jan

Saturday | 17 Jan

Sunday | 18 Jan

Notes on Week

Recent Successes

Next Success/Dreams

< JAN 2026 >

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

WEEK PLAN - WEEK

«

4

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19 JANUARY - 25 JANUARY

What I'm doing for others this week?

Monday | 19 Jan

Tuesday | 20 Jan

Wednesday | 21 Jan

Thursday | 22 Jan

Friday | 23 Jan

Saturday | 24 Jan

Sunday | 25 Jan

Emotions								
STRONG		HAPPY						
Sure	M T W T F S	Amused	M	T	W	T	F	S
Certain	M T W T F S	Delighted	M	T	W	T	F	S
Unique	M T W T F S	Glad	M	T	W	T	F	S
Dynamic	M T W T F S	Pleased	M	T	W	T	F	S
Tenacious	M T W T F S	Charmed	M	T	W	T	F	S
Hardy	M T W T F S	Grateful	M	T	W	T	F	S
Secure	M T W T F S	Optimistic	M	T	W	T	F	S
Empowered	M T W T F S	Content	M	T	W	T	F	S
Ambitious	M T W T F S	Joyful	M	T	W	T	F	S
Powerful	M T W T F S	Enthusiastic	M	T	W	T	F	S
Confident	M T W T F S	Loving	M	T	W	T	F	S
Bold	M T W T F S	Marvelous	M	T	W	T	F	S
Determined	M T W T F S		M	T	W	T	F	S
SAD		ANGER						
Depressed	M T W T F S	Annoyed	M	T	W	T	F	S
Desperate	M T W T F S	Agitated	M	T	W	T	F	S
Dejected	M T W T F S	Fed up	M	T	W	T	F	S
Heavy	M T W T F S	Irritated	M	T	W	T	F	S
Crushed	M T W T F S	Mad	M	T	W	T	F	S
Disgusted	M T W T F S	Critical	M	T	W	T	F	S
Upset	M T W T F S	Resentful	M	T	W	T	F	S
Hateful	M T W T F S	Disgusted	M	T	W	T	F	S
Sorrowful	M T W T F S	Outraged	M	T	W	T	F	S
Mournful	M T W T F S	Raging	M	T	W	T	F	S
Weepy	M T W T F S	Furious	M	T	W	T	F	S
Frustrated	M T W T F S	Livid	M	T	W	T	F	S
CONFUSED		Bitter						
Uncertain	M T W T F S		M	T	W	T	F	S
Upset	M T W T F S		M	T	W	T	F	S
Doubtful	M T W T F S		M	T	W	T	F	S
Indecisive	M T W T F S		M	T	W	T	F	S
Perplexed	M T W T F S		M	T	W	T	F	S
Embarrassed	M T W T F S		M	T	W	T	F	S
Hesitant	M T W T F S		M	T	W	T	F	S
Shy	M T W T F S		M	T	W	T	F	S
Lost	M T W T F S		M	T	W	T	F	S
Unsure	M T W T F S		M	T	W	T	F	S
Pessimistic	M T W T F S		M	T	W	T	F	S
Tense	M T W T F S		M	T	W	T	F	S
	M T W T F S		M	T	W	T	F	S
HURT		ENERGIZED						
Mixed up	M T W T F S	Determined	M	T	W	T	F	S
Unsure	M T W T F S	Inspired	M	T	W	T	F	S
Stuck	M T W T F S	Creative	M	T	W	T	F	S
Hurt	M T W T F S	Healthy	M	T	W	T	F	S
Frozen	M T W T F S	Renewed	M	T	W	T	F	S
Desperate	M T W T F S	Vibrant	M	T	W	T	F	S
Anxious	M T W T F S	Strengthened	M	T	W	T	F	S
Troubled	M T W T F S	Motivated	M	T	W	T	F	S
Uncomfortable	M T W T F S	Focused	M	T	W	T	F	S
Stunned	M T W T F S	Invigorated	M	T	W	T	F	S
	M T W T F S	Refreshed	M	T	W	T	F	S

JANUARY

19

MONDAY

< JAN 2026 >

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

Your word is a lamp for my feet, a light on my path. - Psalm 119:105

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

All you need is love

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

I can be happy in losing a chess game that I'm learning

Day Plan - Mon, 19 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **20** »
TUESDAY

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

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. - James 1:5

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How to be optimistic 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

A woman I'm attracted to might also be attracted to me

Day Plan - Tue, 20 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

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Reverse sensor

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10%

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The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **21** »
WEDNESDAY

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

For since the creation of the world God's invisible qualities his eternal power and divine nature have been clearly seen, being understood from what has been made, so that people are without excuse. - Romans 1:20

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What tasks will bring me the most energy and joy? _____

There is no try

I speak up

Day Plan - Wed, 21 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

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\$10

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Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **22** » THURSDAY

< JAN 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa Su
1	29	30	31	1	2	3 4 R
2	5	6	7	8	9	10 11 R
3	12	13	14	15	16	17 18 R
4	19	20	21	22	23	24 25 R
5	26	27	28	29	30	31 1 R

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. - John 3:16

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How can I incorporate moments of rest or joy into my schedule today? _____

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

I stand up for others

Day Plan - Thu, 22 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **23** » FRIDAY

< JAN 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa Su
1	29	30	31	1	2	3 4 R
2	5	6	7	8	9	10 11 R
3	12	13	14	15	16	17 18 R
4	19	20	21	22	23	24 25 R
5	26	27	28	29	30	31 1 R

God is not human, that he should lie, not a human being, that he should change his mind. Does he speak and then not act? Does he promise and not fulfill? - Numbers 23:19

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How do I want to feel at the end of this day?

'A smooth sea never made a skilled sailor' - Franklin D. Roosevelt'

I'm allowed to be moody

Day Plan - Fri, 23 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **24** » SATURDAY

< JAN 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa Su	Re
1	29	30	31	1	2	3	4 R
2	5	6	7	8	9	10	11 R
3	12	13	14	15	16	17	18 R
4	19	20	21	22	23	24	25 R
5	26	27	28	29	30	31	1 R

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. - Proverbs 3:5-6

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

If today was perfect, what would it look like? _____

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

I can dream / I dream

Day Plan - Sat, 24 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **25** » SUNDAY

< JAN 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa Su
1	29	30	31	1	2	3 4 R
2	5	6	7	8	9	10 11 R
3	12	13	14	15	16	17 18 R
4	19	20	21	22	23	24 25 R
5	26	27	28	29	30	31 1 R

'For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.' - Jeremiah 29:11

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What one thing can I do today to move closer to my bigger goals? _____

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

If necessary I will rest when needed

Day Plan - Sun, 25 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

WEEKLY REVIEW «

4

»

19 JANUARY - 25 JANUARY

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

Monday | 19 Jan

Tuesday | 20 Jan

Wednesday | 21 Jan

Thursday | 22 Jan

Friday | 23 Jan

Saturday | 24 Jan

Sunday | 25 Jan

Notes on Week

Recent Successes

Next Success/Dreams

< JAN 2026 >

WEEK PLAN - WEEK

5

«

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26 JANUARY - 01 FEBRUARY

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

What I'm doing for others this week?

Monday | 26 Jan

Tuesday | 27 Jan

Wednesday | 28 Jan

Thursday | 29 Jan

Friday | 30 Jan

Saturday | 31 Jan

Sunday | 01 Feb

Emotions								
STRONG		HAPPY						
Sure	M T W T F S	Amused	M	T	W	T	F	S
Certain	M T W T F S	Delighted	M	T	W	T	F	S
Unique	M T W T F S	Glad	M	T	W	T	F	S
Dynamic	M T W T F S	Pleased	M	T	W	T	F	S
Tenacious	M T W T F S	Charmed	M	T	W	T	F	S
Hardy	M T W T F S	Grateful	M	T	W	T	F	S
Secure	M T W T F S	Optimistic	M	T	W	T	F	S
Empowered	M T W T F S	Content	M	T	W	T	F	S
Ambitious	M T W T F S	Joyful	M	T	W	T	F	S
Powerful	M T W T F S	Enthusiastic	M	T	W	T	F	S
Confident	M T W T F S	Loving	M	T	W	T	F	S
Bold	M T W T F S	Marvelous	M	T	W	T	F	S
Determined	M T W T F S		M	T	W	T	F	S
SAD		ANGER						
Depressed	M T W T F S	Annoyed	M	T	W	T	F	S
Desperate	M T W T F S	Agitated	M	T	W	T	F	S
Dejected	M T W T F S	Fed up	M	T	W	T	F	S
Heavy	M T W T F S	Irritated	M	T	W	T	F	S
Crushed	M T W T F S	Mad	M	T	W	T	F	S
Disgusted	M T W T F S	Critical	M	T	W	T	F	S
Upset	M T W T F S	Resentful	M	T	W	T	F	S
Hateful	M T W T F S	Disgusted	M	T	W	T	F	S
Sorrowful	M T W T F S	Outraged	M	T	W	T	F	S
Mournful	M T W T F S	Raging	M	T	W	T	F	S
Weepy	M T W T F S	Furious	M	T	W	T	F	S
Frustrated	M T W T F S	Livid	M	T	W	T	F	S
CONFUSED		Bitter						
Uncertain	M T W T F S		M	T	W	T	F	S
Upset	M T W T F S		M	T	W	T	F	S
Doubtful	M T W T F S		M	T	W	T	F	S
Indecisive	M T W T F S		M	T	W	T	F	S
Perplexed	M T W T F S		M	T	W	T	F	S
Embarrassed	M T W T F S		M	T	W	T	F	S
Hesitant	M T W T F S		M	T	W	T	F	S
Shy	M T W T F S		M	T	W	T	F	S
Lost	M T W T F S		M	T	W	T	F	S
Unsure	M T W T F S		M	T	W	T	F	S
Pessimistic	M T W T F S		M	T	W	T	F	S
Tense	M T W T F S		M	T	W	T	F	S
	M T W T F S		M	T	W	T	F	S
HURT		ENERGIZED						
Mixed up	M T W T F S	Determined	M	T	W	T	F	S
Unsure	M T W T F S	Inspired	M	T	W	T	F	S
Stuck	M T W T F S	Creative	M	T	W	T	F	S
Hurt	M T W T F S	Healthy	M	T	W	T	F	S
Frozen	M T W T F S	Renewed	M	T	W	T	F	S
Desperate	M T W T F S	Vibrant	M	T	W	T	F	S
Anxious	M T W T F S	Strengthened	M	T	W	T	F	S
Troubled	M T W T F S	Motivated	M	T	W	T	F	S
Uncomfortable	M T W T F S	Focused	M	T	W	T	F	S
Stunned	M T W T F S	Invigorated	M	T	W	T	F	S
	M T W T F S	Refreshed	M	T	W	T	F	S

JANUARY « **26** » MONDAY

< JAN 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa Su
1	29	30	31	1	2	3 4 R
2	5	6	7	8	9	10 11 R
3	12	13	14	15	16	17 18 R
4	19	20	21	22	23	24 25 R
5	26	27	28	29	30	31 1 R

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. - Romans 8:28

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How can I incorporate moments of rest or joy into my schedule today? _____

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

I'm allowed to have fun

Day Plan - Mon, 26 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY

27

TUESDAY

< JAN 2026 >

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

In their hearts humans plan their course, but the Lord establishes their steps. - Proverbs 16:9

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

At the end of the day, what will make me feel proud of how I spent my time?

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

I speak up

Day Plan - Tue, 27 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **28** »
WEDNESDAY

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

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.
- Matthew 7:7

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How to be optimistic today?

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

I can be an older brother

Day Plan - Wed, 28 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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09-10
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18-19

Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **29** »

THURSDAY

< JAN 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa Su
1	29	30	31	1	2	3 4 R
2	5	6	7	8	9	10 11 R
3	12	13	14	15	16	17 18 R
4	19	20	21	22	23	24 25 R
5	26	27	28	29	30	31 1 R

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. - Galatians 5:22-23

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How do I want to feel at the end of this day? _____

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

I can love my brother

Day Plan - Thu, 29 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY

30

FRIDAY

< JAN 2026 >

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

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.' - Isaiah 30:21

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

At the end of the day, what will make me feel proud of how I spent my time?

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

I deserve good things

Day Plan - Fri, 30 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

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The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **31** »

SATURDAY

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

Faith in Action Now faith is confidence in what we hope for and assurance about what we do not see. - Hebrews 11:1

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What healthy habits (like movement, hydration, or nutrition) do I want to prioritize 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

I am allowed to rest

Day Plan - Sat, 31 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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06-07
07-08
08-09
09-10
10-11
11-12
12-13
13-14
14-15
15-16
16-17
17-18
18-19

Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY

01

SUNDAY

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

I can do all this through him who gives me strength. - Philippians 4:13

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What healthy habits (like movement, hydration, or nutrition) do I want to prioritize 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

I can and do represent others at times, when I feel the need

Day Plan - Sun, 01 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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06-07
07-08
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14-15
15-16
16-17
17-18
18-19

Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

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

WEEKLY REVIEW «

5 »

26 JANUARY - 01 FEBRUARY

Monday | 26 Jan

Tuesday | 27 Jan

Wednesday | 28 Jan

Thursday | 29 Jan

Friday | 30 Jan

Saturday | 31 Jan

Sunday | 01 Feb

Notes on Week

Recent Successes

Next Success/Dreams

< JAN 2026 >

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

YEARLY REVIEW «

5 »

26 JANUARY - 01 FEBRUARY

January Focus on Business Reverse sensor Book Holidays x2! Book Music and Theatre Sell personal diary service \$10	February Self Compassion 2x clients Cholesterol	March Be More social 2x Climbing
April Pacing ME 30% Couns Business 10% Get Healthy 15% House Deposit 15%	May Jog	June
July	August	September Big shoulders
October	November Plan something different for new years or stay home.	December Stay in Energy Env.
Common Items Across Months:		

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall