

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 1 January 2026, I am married and I feel more in control of my life.

# 2026 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

&lt; DEC 2025 &gt;

## WEEK PLAN - WEEK

«

**1**

»

29 DECEMBER - 04 JANUARY

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

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
	M	T	W	T	F	S		M	T	W	T	F	S

&lt; DEC 2025 &gt;

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

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? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

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

I do rest

Day Plan - Mon, 29 Dec 2025

Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

&lt; DEC 2025 &gt;

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

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

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

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

I speak up

## Day Plan - Tue, 30 Dec 2025

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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?

&lt; DEC 2025 &gt;

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

*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? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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?

*'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 can get my work done today*

Day Plan - Wed, 31 Dec 2025

Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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

December Stay in Energy Env.

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

&lt; JAN 2026 &gt;

# 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

&lt; JAN 2026 &gt;

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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9	Fri	
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24	Sat	
25	Sun	
26	Mon	
27	Tue	
28	Wed	
29	Thu	
30	Fri	
31	Sat	

< JAN 2026 >

# JANUARY « 01 »

## THURSDAY

» New Year!

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 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? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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 can stretch each day*

## Day Plan - Thu, 01 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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?

< 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

*The Lord is close to the brokenhearted and saves those who are crushed in spirit. - Psalm 34:18*

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

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

*I can be proud of something I have done / I am proud of things that I have done*

## Day Plan - Fri, 02 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

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18-19

**Notes**

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## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

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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 « 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

*Cast all your anxiety on him because he cares for you. - 1 Peter 5:7*

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

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

*I can have feelings / I do have feelings*

## Day Plan - Sat, 03 Jan 2026

### Links

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**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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### Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

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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 « 04 »  
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

*The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. - John 10:10*

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

Future vision \_\_\_\_\_

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All you need is love \_\_\_\_\_

*'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 - Sun, 04 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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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Reverse sensor

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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?

< 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 «

# 1

# »

## 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 >

# WEEK PLAN - WEEK

«

# 2

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## 05 JANUARY - 11 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 | 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		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	Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	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	Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S

< JAN 2026 >

# JANUARY « 05 »

## MONDAY

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

*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? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

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

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

## Day Plan - Mon, 05 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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06-07  
07-08  
08-09  
09-10  
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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**

..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 « 06 »

## 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

*and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.' - Matthew 28:20*

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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

*Negative feedback is a growth opportunity and an opportunity to see what is important to others and an opportunity for conversation and to show that I care what others think and want*

## Day Plan - Tue, 06 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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06-07  
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18-19

**Notes**

### 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

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\$10

### 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?

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

< 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 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? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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 \_\_\_\_\_

*'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*

*People like me for who I am*

## Day Plan - Wed, 07 Jan 2026

## 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

January Focus on Business

Reverse sensor

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\$10

## Current Reading

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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 08 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

*For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.' - Mark 10:45*

## What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

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

*I deserve good things*

## Day Plan - Thu, 08 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

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## Monthly Notes

Longer

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**Exciting**

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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 « 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

*All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.* - 2 Timothy 3:16-17

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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?  
\_\_\_\_\_

*Not all those who wander are lost. JRR Tolkien*

*I can do all things through Him who gives me strength*

## Day Plan - Fri, 09 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

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Longer

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**Exciting**

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20%

The Murder of Roger  
Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **10** »  
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

*Keep your lives free from the love of money and be content with what you have, because God has said, 'Never will I leave you; never will I forsake you.' - Hebrews 13:5*

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

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

*I can have feelings / I do have feelings*

## Day Plan - Sat, 10 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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%

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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 « **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

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. - Matthew 11:28-30

What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

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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 am fierce

## Day Plan - Sun, 11 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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**Notes**

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Longer

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Affirmation thpy Fr

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### Bucket List

Dance Class, Sing in choir

Another cooking class

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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

&lt; JAN 2026 &gt;

## WEEK PLAN - WEEK

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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

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		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	Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	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	Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S

< JAN 2026 >

JANUARY « **12** » MONDAY

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 we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. - 1 John 1:9*

**What I'm grateful for:**

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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 am safe*

## Day Plan - Mon, 12 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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06-07  
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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

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

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.* - James 5:16

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

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

*I can be an older brother*

## Day Plan - Tue, 13 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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?

&lt; JAN 2026 &gt;

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

*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? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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 right or happy?' – Fr Emmerich Vogt re the Twelve Steps

I choose where to spend my energy

## Day Plan - Wed, 14 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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

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 « 15 »

## 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

*The Lord is close to the brokenhearted and saves those who are crushed in spirit. - Psalm 34:18*

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

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

*My ideas are important and worthy of attention and respect*

## Day Plan - Thu, 15 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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?

< JAN 2026 >

JANUARY « **16** »  
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

*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? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

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

I can feel love for my brother

## Day Plan - Fri, 16 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

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## 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 « **17** »  
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

*But seek first his kingdom and his righteousness, and all these things will be given to you as well.* - Matthew 6:33

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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 right or happy?' – Fr Emmerich Vogt re the Twelve Steps**

**It's OK for me to be proud of something that I've done**

## Day Plan - Sat, 17 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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### Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

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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?

< 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

*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? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

*Not all those who wander are lost. JRR Tolkien*

*Some women are very attracted to me*

## Day Plan - Sun, 18 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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?

# WEEKLY REVIEW

3

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

# WEEK PLAN - WEEK

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# 4

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## 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

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	Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	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	Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S

< JAN 2026 >

JANUARY « **19** »  
MONDAY

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

*But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. - Isaiah 40:31*

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

*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 lovable*

## Day Plan - Mon, 19 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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06-07  
07-08  
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09-10  
10-11  
11-12  
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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?

< 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

*Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers. - Galatians 6:9-10*

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

*'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 - Tue, 20 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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

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 « **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

*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?

---

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.

Current Emotions?

---

What I'm doing for others this week?

---

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?

---

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

*I am fierce*

## Day Plan - Wed, 21 Jan 2026

## 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

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 « **22** »  
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

*The LORD is my shepherd, I lack nothing. - Psalm 23:1*

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

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

*I can have feelings / I do have feelings*

# Day Plan - Thu, 22 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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 « **23** »  
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

*as far as the east is from the west, so far has he removed our transgressions from us. - Psalm 103:12*

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

Future vision \_\_\_\_\_

e.g 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? \_\_\_\_\_

*'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*

*I choose where to spend my energy*

## Day Plan - Fri, 23 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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?

< JAN 2026 >

JANUARY « **24** »  
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

*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? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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 am allowed to rest*

## Day Plan - Sat, 24 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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 « **25** »  
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

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. - Matthew 5:14-16

What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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?

'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 deserving of happiness

## Day Plan - Sun, 25 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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

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

4

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19 JANUARY - 25 JANUARY

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

&lt; JAN 2026 &gt;

## 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

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		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	Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	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	Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S

< JAN 2026 >

JANUARY « **26** » MONDAY

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

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.* - James 5:16

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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*

*I can relax and let go and cry if necessary at times*

## Day Plan - Mon, 26 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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?

< JAN 2026 >

JANUARY « **27** »  
**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

*Greater love has no one than this: to lay down one's life for one's friends. - John 15:13*

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

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

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

## Day Plan - Tue, 27 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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?

< 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

*When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.* - Isaiah 43:2

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

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

*I am deserving of happiness*

## Day Plan - Wed, 28 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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16-17  
17-18  
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 « **29** »  
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

*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.* - Philippians 2:3-4

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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 am capable of achieving my goals with effort and perseverance

## Day Plan - Thu, 29 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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 « **30** »  
**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

*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? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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

*I am capable of succeeding*

## Day Plan - Fri, 30 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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?

< 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

*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? \_\_\_\_\_

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.

Current Emotions? \_\_\_\_\_

What I'm doing for others this week? \_\_\_\_\_

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? \_\_\_\_\_

*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*

*Women sometimes want for me to go up to them and say hello, especially if they are at a singles event*

## Day Plan - Sat, 31 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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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?

< 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

*But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.*  
- Romans 5:8

**What I'm grateful for:**

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

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.

**Current Emotions?** \_\_\_\_\_

**What I'm doing for others this week?** \_\_\_\_\_

**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** \_\_\_\_\_

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

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

# Day Plan - Sun, 01 Feb 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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17-18  
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

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

&lt; JAN 2026 &gt;

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.
<b>Common Items Across Months:</b>		

## Monthly Notes

### **Longer**

Get Healthy 45%

Affirmation thpy Fr

### **Exciting**

..Build info screen wall