

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

< DEC 2025 >

WEEK PLAN - WEEK

«

1

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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

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	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

< 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

'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.

All you need is love _____

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

I can love

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?

< 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

But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. - John 16:13

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? _____

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

I can have fun with other people

Day Plan - Tue, 30 Dec 2025

Links

URGENT

DO NOW

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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?

< 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

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.

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

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

I am proud of my efforts

Day Plan - Wed, 31 Dec 2025

Links

URGENT

DO NOW

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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
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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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3	Sat	
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16	Fri	
17	Sat	
18	Sun	
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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 »

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

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.

All you need is love

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

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

Day Plan - Thu, 01 Jan 2026

Links

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 02 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

Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' - Matthew 22:37-39

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

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

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

Day Plan - Fri, 02 Jan 2026

Links

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

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January Focus on Business

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Current Reading

No Bad Parts, Schwarz

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10%

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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

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.

How to be optimistic today?

Not all those who wander are lost. JRR Tolkien

I can stand up for myself / I do stand up for myself

Day Plan - Sat, 03 Jan 2026

Links

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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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Sell personal diary service
\$10

Current Reading

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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?

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

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me. - Revelation 3:20

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

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

My ideas are important and worthy of attention and respect

Day Plan - Sun, 04 Jan 2026

Links

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

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The Murder of Roger
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Another cooking class

Try Amsterdam, England

Love?

< DEC 2025 >

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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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2

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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		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

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

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. - Luke 6:38

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?

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

I can plan / I do plan eg life plans, 10 years from now plans

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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11-12
12-13
13-14
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 >

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

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. - 1 Corinthians 10:13

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.

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

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

I deserve good things

Day Plan - Tue, 06 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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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

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January Focus on Business

Reverse sensor

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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 « **07** »

WEDNESDAY

< 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

Do not be afraid of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer persecution for ten days. Be faithful, even to the point of death, and I will give you life as your victor's crown. - Revelation 2:10

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? _____

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

I can plan / I do plan eg life plans, 10 years from now plans

Day Plan - Wed, 07 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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17-18
18-19

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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 « 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

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:6-7

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

Day Plan - Thu, 08 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

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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 « 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

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? _____

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? _____

'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 relaxed in the presence of others

Day Plan - Fri, 09 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

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January Focus on Business

Reverse sensor

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Current Reading

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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?

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

For we live by faith, not by sight. - 2 Corinthians 5:7

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

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

I'm allowed to be moody

Day Plan - Sat, 10 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

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Longer

Get Healthy 45%

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Exciting

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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 « **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
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What I'm grateful for:

generally? _____

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about myself? _____

yesterday? _____

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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? _____

There is no try

I can be a good friend

Day Plan - Sun, 11 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

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20%

The Murder of Roger
Ackroyd

Bucket List

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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 «

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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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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		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		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

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 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.

How to be optimistic today?

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

My resources are enough to handle today's tasks

Day Plan - Mon, 12 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?

JANUARY

13

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

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. - Isaiah 41:10

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?

The unexamined life is not worth living. Aurelius

I am fierce

Day Plan - Tue, 13 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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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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Book Music and Theatre

Sell personal diary service
\$10

Current Reading

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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 « **14** » WEDNESDAY

< 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

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? _____

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? _____

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

I am deserving of happiness

Day Plan - Wed, 14 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?

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

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

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

I can be a good friend

Day Plan - Thu, 15 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

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\$10

Current Reading

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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?

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

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?

'Do you want to be right or happy?' – Fr Emmerich Vogt re the Twelve Steps

Some women are very attracted to me

Day Plan - Fri, 16 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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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

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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 « **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

'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away.' - Revelation 21:4

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?

'Get off the cross, we need the wood' – 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

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16-17
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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 « **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

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. - John 14:27

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 unexamined life is not worth living. Aurelius

I am proud of my efforts

Day Plan - Sun, 18 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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16-17
17-18
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

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

12 JANUARY - 18 JANUARY

< 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

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 »

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		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

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

For the entire law is fulfilled in keeping this one command: 'Love your neighbor as yourself.' - Galatians 5:14

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 unexamined life is not worth living. Aurelius

I can get my work done today

Day Plan - Mon, 19 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?

JANUARY

20

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

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

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

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

Day Plan - Tue, 20 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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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 « **21** » WEDNESDAY

< 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 the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. - Romans 6:23

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.

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

'Do you want to be right or happy?' – Fr Emmerich Vogt re the Twelve Steps

I am worthy of love and respect

Day Plan - Wed, 21 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?

< 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

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. - 1 Corinthians 10:13

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.

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

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

I can have close relationships / I do have close relationships

Day Plan - Thu, 22 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

23

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

Matthew 5:9 - Blessed are the peacemakers, for they will be called children of God.

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?

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

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

Day Plan - Fri, 23 Jan 2026

Links

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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?

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

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.

How to be optimistic today? _____

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

I deserve good things

Day Plan - Sat, 24 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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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 « **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 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.

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

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

I am fierce

Day Plan - Sun, 25 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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17-18
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

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?

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 >

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

< 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		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
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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

JANUARY

26

MONDAY

< JAN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	29	30	31	1	2	3	4	R
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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 we live by faith, not by sight. - 2 Corinthians 5:7

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.

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

Not all those who wander are lost. JRR Tolkien

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

Day Plan - Mon, 26 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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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 « **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

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

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

I can love

Day Plan - Tue, 27 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 « **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

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 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 28:19-20

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.

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

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

I am lovable

Day Plan - Wed, 28 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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<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 « **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

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? _____

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?

'Do you want to be right or happy?' – Fr Emmerich Vogt re the Twelve Steps

I can be an older brother

Day Plan - Thu, 29 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?

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

'If you can?' said Jesus. 'Everything is possible for one who believes.' - Mark 9:23

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?

'Do you want to be right or happy?' – Fr Emmerich Vogt re the Twelve Steps

I can heal so much / I am healing so much

Day Plan - Fri, 30 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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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

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.

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 have permission to be me

Day Plan - Sat, 31 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?

< FEB 2026 >

MONTH REVIEW

JANUARY

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

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

MONTH REVIEW

Notes for
Review of
Month
January
Monthly
Notes

Longer
Get
Healthy
45%
Affirmation
thpy Fr

Exciting
..Build info
screen wall
February
Monthly
Notes

Current
Reading

< FEB 2026 >

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

FEBRUARY 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
	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	Sun	
2	Mon	
3	Tue	
4	Wed	
5	Thu	
6	Fri	
7	Sat	
8	Sun	
9	Mon	
10	Tue	
11	Wed	
12	Thu	
13	Fri	
14	Sat	
15	Sun	
16	Mon	
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22	Sun	
23	Mon	
24	Tue	
25	Wed	
26	Thu	
27	Fri	
28	Sat	

< FEB 2026 >

FEBRUARY

01

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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

Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' - Matthew 22:37-39

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.

How to be optimistic today?

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

It's good to ask for help when needed.

Day Plan - Sun, 01 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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?

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 >

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

< FEB 2026 >

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

WEEK PLAN - WEEK

«

6

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02 FEBRUARY - 08 FEBRUARY

What I'm doing for others this week?

Monday | 02 Feb

Tuesday | 03 Feb

Wednesday | 04 Feb

Thursday | 05 Feb

Friday | 06 Feb

Saturday | 07 Feb

Sunday | 08 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

< FEB 2026 >

FEBRUARY « 02 »
MONDAY

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

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:6-7

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.

If today was perfect, what would it look like?

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

I can be a good friend

Day Plan - Mon, 02 Feb 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

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « 03 »
TUESDAY

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

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. - Galatians 6:9

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.

How to be optimistic today?

The unexamined life is not worth living. Aurelius

I can speak my ideas loud enough with emphasis and force

Day Plan - Tue, 03 Feb 2026

Links

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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

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **04** »
WEDNESDAY

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

Trust in the LORD with all your heart and lean not on your own understanding; - Proverbs 3:5

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.

If today was perfect, what would it look like?

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'm allowed to be moody

Day Plan - Wed, 04 Feb 2026

Links

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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

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « 05 »

THURSDAY

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

Do not be afraid of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer persecution for ten days. Be faithful, even to the point of death, and I will give you life as your victor's crown. - Revelation 2:10

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?

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

Day Plan - Thu, 05 Feb 2026

Links

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Notes

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Monthly Notes

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Get Healthy 45%

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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?

< FEB 2026 >

FEBRUARY « 06 »
FRIDAY

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

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.

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 stretch each day

Day Plan - Fri, 06 Feb 2026

Links

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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

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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?

< FEB 2026 >

FEBRUARY « **07** »
SATURDAY

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

And over all these virtues put on love, which binds them all together in perfect unity. - Colossians 3:14

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?

There is no try

Some women are very attracted to me

Day Plan - Sat, 07 Feb 2026

Links

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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?

< FEB 2026 >

FEBRUARY

08

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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

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. - 1 Corinthians 10:13

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

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All you need is love

'Do you want to be right or happy?' – Fr Emmerich Vogt re the Twelve Steps

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 - Sun, 08 Feb 2026

Links

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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?

WEEKLY REVIEW

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02 FEBRUARY - 08 FEBRUARY

< FEB 2026 >

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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

Monday | 02 Feb

Tuesday | 03 Feb

Wednesday | 04 Feb

Thursday | 05 Feb

Friday | 06 Feb

Saturday | 07 Feb

Sunday | 08 Feb

Notes on Week

Recent Successes

Next Success/Dreams

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W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
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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

WEEK PLAN - WEEK

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09 FEBRUARY - 15 FEBRUARY

What I'm doing for others this week?

Monday | 09 Feb

Tuesday | 10 Feb

Wednesday | 11 Feb

Thursday | 12 Feb

Friday | 13 Feb

Saturday | 14 Feb

Sunday | 15 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	Unsure	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		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
	M	T	W	T	F	S		M	T	W	T	F	S

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FEBRUARY

09

MONDAY

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9	23	24	25	26	27	28	1	R

But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. - 2 Corinthians 12:9-10

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

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

I can get my work done today

Day Plan - Mon, 09 Feb 2026

Links

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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%

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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?

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FEBRUARY

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TUESDAY

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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

Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea. - Micah 7:18-19

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?

Not all those who wander are lost. JRR Tolkien

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

Day Plan - Tue, 10 Feb 2026

Links

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Get Healthy 45%

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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?

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

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FEBRUARY « **11** »
WEDNESDAY

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5	26	27	28	29	30	31	1	R
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7	9	10	11	12	13	14	15	R
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9	23	24	25	26	27	28	1	R

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. -
2 Timothy 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.

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

People like me for who I am

Day Plan - Wed, 11 Feb 2026

Links

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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

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Get Healthy 45%

Affirmation thpy Fr

Exciting

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February Self Compassion

2x clients

Cholesterol

Current Reading

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Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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FEBRUARY « **12** »
THURSDAY

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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

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.' - Joshua 1:9

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

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

I speak up

Day Plan - Thu, 12 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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Monthly Notes

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February Self Compassion

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Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

FEBRUARY

13

FRIDAY

< FEB 2026 >

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.

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

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

I have permission to be me

Day Plan - Fri, 13 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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?

< FEB 2026 >

FEBRUARY « **14** » SATURDAY

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

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.

How to be optimistic today?

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

I am worthy of love and respect

Day Plan - Sat, 14 Feb 2026

Links

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DO NOW

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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

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **15** »
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

Jesus said to her, 'I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?' - John 11:25-26

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? _____

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

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

Day Plan - Sun, 15 Feb 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

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

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Love?

< FEB 2026 >

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

WEEKLY REVIEW «

7

»

09 FEBRUARY - 15 FEBRUARY

Monday | 09 Feb

Tuesday | 10 Feb

Wednesday | 11 Feb

Thursday | 12 Feb

Friday | 13 Feb

Saturday | 14 Feb

Sunday | 15 Feb

Notes on Week

Recent Successes

Next Success/Dreams

< FEB 2026 >

WEEK PLAN - WEEK

«

8

»

16 FEBRUARY - 22 FEBRUARY

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

What I'm doing for others this week?

Monday | 16 Feb

Tuesday | 17 Feb

Wednesday | 18 Feb

Thursday | 19 Feb

Friday | 20 Feb

Saturday | 21 Feb

Sunday | 22 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	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

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FEBRUARY

16

MONDAY

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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 will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. - Psalm 32:8

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?

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

I'm allowed to be loud

Day Plan - Mon, 16 Feb 2026

Links

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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

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **17** »

TUESDAY

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

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? _____

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? _____

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

I can have fun with other people

Day Plan - Tue, 17 Feb 2026

Links

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Notes

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?

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

< FEB 2026 >

FEBRUARY « **18** »
WEDNESDAY

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

We love because he first loved us. - 1 John 4:19

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

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

I can get my work done today

Day Plan - Wed, 18 Feb 2026

Links

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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

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

FEBRUARY « **19** »
THURSDAY

< FEB 2026 >							
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? _____

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

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

Day Plan - Thu, 19 Feb 2026

Links

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DO NOW

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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?

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

< FEB 2026 >

FEBRUARY « **20** »
FRIDAY

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

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.

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

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

My resources are enough to handle today's tasks

Day Plan - Fri, 20 Feb 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

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **21** » SATURDAY

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

The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding. - Proverbs 4:7

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.

If today was perfect, what would it look like?

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

I can be the adult / I am an adult

Day Plan - Sat, 21 Feb 2026

Links

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Longer

Get Healthy 45%

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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?

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

< FEB 2026 >

FEBRUARY « **22** »
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

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

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

People like me for who I am

Day Plan - Sun, 22 Feb 2026

Links

URGENT

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

Notes

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?

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

< FEB 2026 >

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

WEEKLY REVIEW «

8

»

16 FEBRUARY - 22 FEBRUARY

Monday | 16 Feb

Tuesday | 17 Feb

Wednesday | 18 Feb

Thursday | 19 Feb

Friday | 20 Feb

Saturday | 21 Feb

Sunday | 22 Feb

Notes on Week

Recent Successes

Next Success/Dreams

< FEB 2026 >

WEEK PLAN - WEEK

«

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»

23 FEBRUARY - 01 MARCH

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

What I'm doing for others this week?

Monday | 23 Feb

Tuesday | 24 Feb

Wednesday | 25 Feb

Thursday | 26 Feb

Friday | 27 Feb

Saturday | 28 Feb

Sunday | 01 Mar

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

< FEB 2026 >

FEBRUARY « **23** »
MONDAY

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?

'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'm allowed to be moody

Day Plan - Mon, 23 Feb 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

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **24** »
TUESDAY

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

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. - Joshua 1:9

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?

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

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

Day Plan - Tue, 24 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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?

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

FEBRUARY « **25** » WEDNESDAY

< FEB 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa Su
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

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 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 28:19-20

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 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 am deserving of happiness

Day Plan - Wed, 25 Feb 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

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **26** »

THURSDAY

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 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.

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

I am deserving of happiness

Day Plan - Thu, 26 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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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

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **27** »
FRIDAY

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

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. - John 14:27

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?

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

I am fierce

Day Plan - Fri, 27 Feb 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

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY

28

SATURDAY

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

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. - 1 Corinthians 13:4-7

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.

All you need is love

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

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

Day Plan - Sat, 28 Feb 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

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

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

MONTH REVIEW

FEBRUARY

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

MONTH REVIEW

Notes for
Review of
Month
February

Monthly
Notes
Longer

Get
Healthy
45%

Affirmation
thpy Fr

Exciting

..Build info
screen wall

March
Monthly
Notes

Current
Reading

< MAR 2026 >

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

MARCH 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							
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Shoulders workout																																						
Self-compassion																																						
Celebrate others																																						

Date	Day	Details
1	Sun	
2	Mon	
3	Tue	
4	Wed	
5	Thu	
6	Fri	
7	Sat	
8	Sun	
9	Mon	
10	Tue	
11	Wed	
12	Thu	
13	Fri	
14	Sat	
15	Sun	
16	Mon	
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18	Wed	
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27	Fri	
28	Sat	
29	Sun	
30	Mon	
31	Tue	

< MAR 2026 >

MARCH « 01 »
SUNDAY

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

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 be the adult / I am an adult

Day Plan - Sun, 01 Mar 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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW

9

»

23 FEBRUARY - 01 MARCH

< FEB 2026 >

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

Monday | 23 Feb

Tuesday | 24 Feb

Wednesday | 25 Feb

Thursday | 26 Feb

Friday | 27 Feb

Saturday | 28 Feb

Sunday | 01 Mar

Notes on Week

Recent Successes

Next Success/Dreams

< MAR 2026 >

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

WEEK PLAN - WEEK

« 10 »

02 MARCH - 08 MARCH

What I'm doing for others this week?

Monday | 02 Mar

Tuesday | 03 Mar

Wednesday | 04 Mar

Thursday | 05 Mar

Friday | 06 Mar

Saturday | 07 Mar

Sunday | 08 Mar

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

< MAR 2026 >

MARCH « 02 »
MONDAY

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

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. - Romans 15:13

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

I am deserving of happiness

Day Plan - Mon, 02 Mar 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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « 03 »
TUESDAY

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

*For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. -
Romans 6:23*

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.

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

There is no try

I can feel love for my brother

Day Plan - Tue, 03 Mar 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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.

< MAR 2026 >

MARCH « 04 »

WEDNESDAY

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

Do not be afraid of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer persecution for ten days. Be faithful, even to the point of death, and I will give you life as your victor's crown. - Revelation 2:10

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?

'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 have permission to be me

Day Plan - Wed, 04 Mar 2026

Links

URGENT

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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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « 05 »
THURSDAY

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

We love because he first loved us. - 1 John 4:19

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

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

I can have fun with other people

Day Plan - Thu, 05 Mar 2026

Links

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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « 06 »
FRIDAY

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

All you need is love

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

My resources are enough to handle today's tasks

Day Plan - Fri, 06 Mar 2026

Links

URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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.

< MAR 2026 >

MARCH « 07 »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	23	24	25	26	27	28	1	R
10	2	3	4	5	6	7	8	R
11	9	10	11	12	13	14	15	R
12	16	17	18	19	20	21	22	R
13	23	24	25	26	27	28	29	R
14	30	31	1	2	3	4	5	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 boundaries do I need to set today to protect my energy and time?

There is no try

I can feel love for my brother

Day Plan - Sat, 07 Mar 2026

Links

URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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.

< MAR 2026 >

MARCH « 08 »
SUNDAY

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

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 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 28:19-20

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.

How to be optimistic today?

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

Some women are very attracted to me

Day Plan - Sun, 08 Mar 2026

Links

URGENT

DO NOW

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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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

WEEKLY REVIEW « **10** »

02 MARCH - 08 MARCH

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

Monday | 02 Mar

Tuesday | 03 Mar

Wednesday | 04 Mar

Thursday | 05 Mar

Friday | 06 Mar

Saturday | 07 Mar

Sunday | 08 Mar

Notes on Week

Recent Successes

Next Success/Dreams

< MAR 2026 >

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

WEEK PLAN - WEEK

« **11** »

09 MARCH - 15 MARCH

What I'm doing for others this week?

Monday | 09 Mar

Tuesday | 10 Mar

Wednesday | 11 Mar

Thursday | 12 Mar

Friday | 13 Mar

Saturday | 14 Mar

Sunday | 15 Mar

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

< MAR 2026 >

MARCH « 09 »
MONDAY

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

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.' - Deuteronomy 31:6

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.

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

Not all those who wander are lost. JRR Tolkien

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

Day Plan - Mon, 09 Mar 2026

Links

URGENT

DO NOW

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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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH **10**

TUESDAY

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

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?

'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 can stand up for myself / I do stand up for myself

Day Plan - Tue, 10 Mar 2026

Links

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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.

< MAR 2026 >

MARCH « **11** »

WEDNESDAY

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

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

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

I can do all things through Him who gives me strength

Day Plan - Wed, 11 Mar 2026

Links

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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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MARCH « **12** »

THURSDAY

< MAR 2026 >

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

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. - 1 Timothy 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 one thing can I do today to move closer to my bigger goals?

The unexamined life is not worth living. Aurelius

I can be the adult / I am an adult

Day Plan - Thu, 12 Mar 2026

Links

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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **13** »
FRIDAY

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

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

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

Day Plan - Fri, 13 Mar 2026

Links

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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **14** »

SATURDAY

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

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

I can speak my ideas loud enough with emphasis and force

Day Plan - Sat, 14 Mar 2026

Links

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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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **15** »
SUNDAY

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

And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. - 1 John 5:11-12

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.

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

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

I can plan / I do plan eg life plans, 10 years from now plans

Day Plan - Sun, 15 Mar 2026

Links

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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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

WEEKLY REVIEW « **11** »

09 MARCH - 15 MARCH

Monday | 09 Mar

Tuesday | 10 Mar

Wednesday | 11 Mar

Thursday | 12 Mar

Friday | 13 Mar

Saturday | 14 Mar

Sunday | 15 Mar

Notes on Week

Recent Successes

Next Success/Dreams

< MAR 2026 >

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

WEEK PLAN - WEEK

« **12** »

16 MARCH - 22 MARCH

What I'm doing for others this week?

Monday | 16 Mar

Tuesday | 17 Mar

Wednesday | 18 Mar

Thursday | 19 Mar

Friday | 20 Mar

Saturday | 21 Mar

Sunday | 22 Mar

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

< MAR 2026 >

MARCH « **16** »
MONDAY

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

'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.', - Matthew 22:37-39

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

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

I can feel love for my brother

Day Plan - Mon, 16 Mar 2026

Links

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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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **17** »

TUESDAY

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

he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, - Titus 3:5

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.

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

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

I can love my brother

Day Plan - Tue, 17 Mar 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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.

< MAR 2026 >

MARCH « **18** »

WEDNESDAY

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

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. -
2 Timothy 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.

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

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

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

Day Plan - Wed, 18 Mar 2026

Links

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DO NOW

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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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **19** »

THURSDAY

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

For we live by faith, not by sight. - 2 Corinthians 5:7

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.

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 a person

Day Plan - Thu, 19 Mar 2026

Links

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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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MARCH **20** FRIDAY

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

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?

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

I can stand up for myself / I do stand up for myself

Day Plan - Fri, 20 Mar 2026

Links

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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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **21** »
SATURDAY

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

But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.' - 1 Peter 1:15-16

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.

What tasks will bring me the most energy and joy?

'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 stand up for myself / I do stand up for myself

Day Plan - Sat, 21 Mar 2026

Links

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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MARCH « **22** »
SUNDAY

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

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?

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

I am allowed to rest

Day Plan - Sun, 22 Mar 2026

Links

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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW «

12 »**16 MARCH - 22 MARCH**

< MAR 2026 >

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

Monday | 16 Mar

Tuesday | 17 Mar

Wednesday | 18 Mar

Thursday | 19 Mar

Friday | 20 Mar

Saturday | 21 Mar

Sunday | 22 Mar

Notes on Week

Recent Successes

Next Success/Dreams

< MAR 2026 >

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

WEEK PLAN - WEEK

« 13 »

23 MARCH - 29 MARCH

What I'm doing for others this week?

Monday | 23 Mar

Tuesday | 24 Mar

Wednesday | 25 Mar

Thursday | 26 Mar

Friday | 27 Mar

Saturday | 28 Mar

Sunday | 29 Mar

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

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MARCH « **23** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	23	24	25	26	27	28	1	R
10	2	3	4	5	6	7	8	R
11	9	10	11	12	13	14	15	R
12	16	17	18	19	20	21	22	R
13	23	24	25	26	27	28	29	R
14	30	31	1	2	3	4	5	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 healthy habits (like movement, hydration, or nutrition) do I want to prioritize today?

The unexamined life is not worth living. Aurelius

I am proud of my efforts

Day Plan - Mon, 23 Mar 2026

Links

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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.

MARCH « **24** »

TUESDAY

< MAR 2026 >

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

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. - 1 Corinthians 13:4-7

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.

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

There is no try

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

Day Plan - Tue, 24 Mar 2026

Links

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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March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **25** »

WEDNESDAY

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

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?

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

I'm allowed to relax

Day Plan - Wed, 25 Mar 2026

Links

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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

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March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **26** »

THURSDAY

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

so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. - Isaiah 55:11

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

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

I do rest

Day Plan - Thu, 26 Mar 2026

Links

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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

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March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MARCH « **27** »
FRIDAY

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

Jesus said to her, 'I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?' - John 11:25-26

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?

There is no try

I do rest

Day Plan - Fri, 27 Mar 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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.

< MAR 2026 >

MARCH « **28** »
SATURDAY

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

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. - Romans 6:23

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

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

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

Day Plan - Sat, 28 Mar 2026

Links

URGENT

DO NOW

NOT URGENT

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06-07
07-08
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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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **29** »
SUNDAY

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

But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. - 2 Corinthians 12:9-10

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

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

Day Plan - Sun, 29 Mar 2026

Links

URGENT

DO NOW

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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

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

WEEKLY REVIEW « **13** »

23 MARCH - 29 MARCH

Monday | 23 Mar

Tuesday | 24 Mar

Wednesday | 25 Mar

Thursday | 26 Mar

Friday | 27 Mar

Saturday | 28 Mar

Sunday | 29 Mar

Notes on Week

Recent Successes

Next Success/Dreams

< MAR 2026 >

WEEK PLAN - WEEK 14

« »

30 MARCH - 05 APRIL

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

What I'm doing for others this week?

Monday | 30 Mar

Tuesday | 31 Mar

Wednesday | 01 Apr

» April Fools Day

Thursday | 02 Apr

Friday | 03 Apr

Saturday | 04 Apr

Sunday | 05 Apr

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

< MAR 2026 >

MARCH « **30** »
MONDAY

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

And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. - 1 John 5:11-12

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.

How to be optimistic today?

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

I can stretch each day

Day Plan - Mon, 30 Mar 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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **31** »

TUESDAY

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

We love because he first loved us. - 1 John 4:19

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

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

I am capable of succeeding

Day Plan - Tue, 31 Mar 2026

Links

URGENT

DO NOW

NOT URGENT

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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

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< APR 2026 >

MONTH REVIEW

MARCH

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

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

MONTH REVIEW

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

Current
Reading

< APR 2026 >

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

APRIL 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
	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
Shoulders workout																														
Self-compassion																														
Celebrate others																														

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

< APR 2026 >

APRIL « **01** »

» April Fools Day

WEDNESDAY

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

'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.', - Matthew 22:37-39

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.

If today was perfect, what would it look like?

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 have permission to be me

Day Plan - Wed, 01 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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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

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **02** »
THURSDAY

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

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? _____

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

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

Day Plan - Thu, 02 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

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?

< APR 2026 >

APRIL « 03 »
FRIDAY

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

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?

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

I'm allowed to relax

Day Plan - Fri, 03 Apr 2026

Links

URGENT

DO NOW

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

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?

APRIL « **04** »

SATURDAY

< APR 2026 >

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

Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved.' - Acts 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 boundaries do I need to set today to protect my energy and time?

The unexamined life is not worth living. Aurelius

I can speak my ideas loud enough with emphasis and force

Day Plan - Sat, 04 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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10-11
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13-14
14-15
15-16
16-17
17-18
18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

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?

APRIL « **05** »
SUNDAY

< APR 2026 >

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

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

I have permission to be me

Day Plan - Sun, 05 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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09-10
10-11
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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

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

WEEKLY REVIEW « 14 »

14

30 MARCH - 05 APRIL

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

Monday | 30 Mar

Tuesday | 31 Mar

Wednesday | 01 Apr

» April Fools Day

Thursday | 02 Apr

Friday | 03 Apr

Saturday | 04 Apr

Sunday | 05 Apr

Notes on Week

Recent Successes

Next Success/Dreams

< APR 2026 >

WEEK PLAN - WEEK 15

« »

06 APRIL - 12 APRIL

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

What I'm doing for others this week?

Monday | 06 Apr

Tuesday | 07 Apr

Wednesday | 08 Apr

Thursday | 09 Apr

Friday | 10 Apr

Saturday | 11 Apr

Sunday | 12 Apr

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

APRIL « **06** » MONDAY

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

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. - 1 Corinthians 13:4-7

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.

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

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

I can be relaxed in the presence of others

Day Plan - Mon, 06 Apr 2026

Links

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

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?

APRIL « **07** »
TUESDAY

< APR 2026 >

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

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. - Psalm 32:8

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?

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 - Tue, 07 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **08** »

WEDNESDAY

< APR 2026 >

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

And over all these virtues put on love, which binds them all together in perfect unity. - Colossians 3:14

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?

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

I am an older brother

Day Plan - Wed, 08 Apr 2026

Links

URGENT

DO NOW

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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

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **09** »

THURSDAY

< APR 2026 >

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

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

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

I speak up

Day Plan - Thu, 09 Apr 2026

Links

URGENT

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NOT URGENT

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

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?

APRIL « **10** »
FRIDAY

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

Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea. - Micah 7:18-19

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.

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

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

I stand up for others

Day Plan - Fri, 10 Apr 2026

Links

URGENT

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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

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< APR 2026 >

APRIL « **11** »
SATURDAY

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

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. - Matthew 6:14-15

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? _____

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'm allowed to be moody

Day Plan - Sat, 11 Apr 2026

Links

URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

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?

APRIL « **12** »
SUNDAY

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

The Lord is near to all who call on him, to all who call on him in truth. - Psalm 145:18

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? _____

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

I choose where to spend my energy

Day Plan - Sun, 12 Apr 2026

Links

URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< APR 2026 >

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

WEEKLY REVIEW « **15** »

06 APRIL - 12 APRIL

Monday | 06 Apr

Tuesday | 07 Apr

Wednesday | 08 Apr

Thursday | 09 Apr

Friday | 10 Apr

Saturday | 11 Apr

Sunday | 12 Apr

Notes on Week

Recent Successes

Next Success/Dreams

< APR 2026 >

WEEK PLAN - WEEK 16

« »

13 APRIL - 19 APRIL

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

What I'm doing for others this week?

Monday | 13 Apr

Tuesday | 14 Apr

Wednesday | 15 Apr

Thursday | 16 Apr

Friday | 17 Apr

Saturday | 18 Apr

Sunday | 19 Apr

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

APRIL **13** MONDAY

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

But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. - James 1:6

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?

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

I choose where to spend my energy

Day Plan - Mon, 13 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL **14**

TUESDAY

< APR 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
14	30	31	1	2	3	4	5	R
15	6	7	8	9	10	11	12	R
16	13	14	15	16	17	18	19	R
17	20	21	22	23	24	25	26	R
18	27	28	29	30	1	2	3	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 boundaries do I need to set today to protect my energy and time?

There is no try

I can stand up for myself / I do stand up for myself

Day Plan - Tue, 14 Apr 2026

Links

URGENT

DO NOW

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

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?

APRIL **15**

WEDNESDAY

< APR 2026 >

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

Matthew 5:9 - Blessed are the peacemakers, for they will be called children of God.

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? _____

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

I can feel love for my brother

Day Plan - Wed, 15 Apr 2026

Links

URGENT

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **16** »

THURSDAY

< APR 2026 >

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

A Time for Everything There is a time for everything, and a season for every activity under the heavens: - Ecclesiastes 3:1

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

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

I can ask for help when needed

Day Plan - Thu, 16 Apr 2026

Links

URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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Couns Business 10%

Get Healthy 15%

House Deposit 15%

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?

APRIL « **17** »
FRIDAY

< APR 2026 >

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

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters. - Colossians 3:23

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?

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

I can be the adult / I am an adult

Day Plan - Fri, 17 Apr 2026

Links

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **18** »

SATURDAY

< APR 2026 >

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

for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus. - Romans 3:23-24

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?

Not all those who wander are lost. JRR Tolkien

I can feel love for my brother

Day Plan - Sat, 18 Apr 2026

Links

URGENT

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17-18
18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

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?

APRIL « **19** »
SUNDAY

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

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

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

I am worthy of love and respect

Day Plan - Sun, 19 Apr 2026

Links

URGENT

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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

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< APR 2026 >

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

WEEKLY REVIEW « 16 »

13 APRIL - 19 APRIL

Monday | 13 Apr

Tuesday | 14 Apr

Wednesday | 15 Apr

Thursday | 16 Apr

Friday | 17 Apr

Saturday | 18 Apr

Sunday | 19 Apr

Notes on Week

Recent Successes

Next Success/Dreams

< APR 2026 >

WEEK PLAN - WEEK 17

« »

20 APRIL - 26 APRIL

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

What I'm doing for others this week?

Monday | 20 Apr

Tuesday | 21 Apr

Wednesday | 22 Apr

Thursday | 23 Apr

Friday | 24 Apr

Saturday | 25 Apr

Sunday | 26 Apr

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		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

APRIL **20** MONDAY

< APR 2026 >

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

If today was perfect, what would it look like?

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

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

Day Plan - Mon, 20 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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17-18
18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL **21**

TUESDAY

< APR 2026 >

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

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. - 1 Timothy 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.

If today was perfect, what would it look like?

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

I can heal so much / I am healing so much

Day Plan - Tue, 21 Apr 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

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **22** »

WEDNESDAY

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

All you need is love

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 love

Day Plan - Wed, 22 Apr 2026

Links

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

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?

APRIL « **23** »
THURSDAY

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

The Beginning In the beginning God created the heavens and the earth. - Genesis 1:1

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.

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

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

I can ask for help when needed

Day Plan - Thu, 23 Apr 2026

Links

URGENT

DO NOW

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

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?

APRIL « **24** »
FRIDAY

< APR 2026 >

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

Do not be afraid of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer persecution for ten days. Be faithful, even to the point of death, and I will give you life as your victor's crown. - Revelation 2:10

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?

'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'm allowed to have fun

Day Plan - Fri, 24 Apr 2026

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

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?

APRIL « **25** »

SATURDAY

< APR 2026 >

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

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 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 achieving my goals with effort and perseverance

Day Plan - Sat, 25 Apr 2026

Links

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

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **26** »
SUNDAY

< APR 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa Su
14	30	31	1	2	3	4 5 R
15	6	7	8	9	10	11 12 R
16	13	14	15	16	17	18 19 R
17	20	21	22	23	24	25 26 R
18	27	28	29	30	1	2 3 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 do I want to feel at the end of this day? _____

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

I speak up

Day Plan - Sun, 26 Apr 2026

Links

URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< APR 2026 >

WEEKLY REVIEW « **17** »

20 APRIL - 26 APRIL

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

Monday | 20 Apr

Tuesday | 21 Apr

Wednesday | 22 Apr

Thursday | 23 Apr

Friday | 24 Apr

Saturday | 25 Apr

Sunday | 26 Apr

Notes on Week

Recent Successes

Next Success/Dreams

< APR 2026 >

WEEK PLAN - WEEK 18

« »

27 APRIL - 03 MAY

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

What I'm doing for others this week?

Monday | 27 Apr

Tuesday | 28 Apr

Wednesday | 29 Apr

Thursday | 30 Apr

Friday | 01 May

Saturday | 02 May

Sunday | 03 May

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
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		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

APRIL « **27** »
MONDAY

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

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 plan / I do plan eg life plans, 10 years from now plans

Day Plan - Mon, 27 Apr 2026

Links

URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

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?

APRIL **28**

TUESDAY

< APR 2026 >

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

The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand. - Psalm 37:23-24

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?

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

I can be relaxed in the presence of others

Day Plan - Tue, 28 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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17-18
18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL **29**

WEDNESDAY

< APR 2026 >

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

so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. - Isaiah 55:11

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 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 choose where to spend my energy

Day Plan - Wed, 29 Apr 2026

Links

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

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **30** »
THURSDAY

< APR 2026 >

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

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

I can do all things through Him who gives me strength

Day Plan - Thu, 30 Apr 2026

Links

URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

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?

< MAY 2026 >

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

MONTH REVIEW

APRIL

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

MONTH REVIEW

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

Current
Reading

< MAY 2026 >

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

MAY 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
	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	Sun
Shoulders workout																															
Self-compassion																															
Celebrate others																															

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

MAY « **01** »
FRIDAY

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

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'm allowed to be loud

Day Plan - Fri, 01 May 2026

Links

URGENT

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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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « 02 »
SATURDAY

< MAY 2026 >

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

'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.', - Matthew 22:37-39

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.

All you need is love _____

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

If necessary I will rest when needed

Day Plan - Sat, 02 May 2026

Links

URGENT

DO NOW

NOT URGENT

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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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **03** »
SUNDAY

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

Trust in the LORD with all your heart and lean not on your own understanding; - Proverbs 3:5

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.

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

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

Day Plan - Sun, 03 May 2026

Links

URGENT

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17-18
18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

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?

< APR 2026 >

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

WEEKLY REVIEW « 18 »

27 APRIL - 03 MAY

Monday | 27 Apr

Tuesday | 28 Apr

Wednesday | 29 Apr

Thursday | 30 Apr

Friday | 01 May

Saturday | 02 May

Sunday | 03 May

Notes on Week

Recent Successes

Next Success/Dreams

< MAY 2026 >

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

WEEK PLAN - WEEK

« **19** »

04 MAY - 10 MAY

What I'm doing for others this week?

Monday | 04 May

Tuesday | 05 May

Wednesday | 06 May

Thursday | 07 May

Friday | 08 May

Saturday | 09 May

Sunday | 10 May

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		ANGRY											
Determined	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Inspired	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Creative	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Healthy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Renewed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Motivated	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Focused	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S	Furious	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
CONFUSED		FRAUDULENT											
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

MAY « **04** »
MONDAY

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

Trust in the LORD with all your heart and lean not on your own understanding; - Proverbs 3:5

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? _____

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

I speak up

Day Plan - Mon, 04 May 2026

Links

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

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?

MAY « **05** »
TUESDAY

	< MAY 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	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 can I incorporate moments of rest or joy into my schedule today? _____

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

I can have feelings / I do have feelings

Day Plan - Tue, 05 May 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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **06** »
WEDNESDAY

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

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. -
2 Timothy 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?

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

I can be a good friend

Day Plan - Wed, 06 May 2026

Links

URGENT

DO NOW

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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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **07** »
THURSDAY

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

And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. - 1 John 5:11-12

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.

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 can speak my ideas loud enough with emphasis and force

Day Plan - Thu, 07 May 2026

Links

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

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?

MAY « **08** »
FRIDAY

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

How to be optimistic today?

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

I can have feelings / I do have feelings

Day Plan - Fri, 08 May 2026

Links

URGENT

DO NOW

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

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?

MAY « **09** »
SATURDAY

< MAY 2026 >

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

You alone are the Lord . You made the heavens, even the highest heavens, and all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything, and the multitudes of heaven worship you. - Nehemiah 9:6

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.

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

Some women are very attracted to me

Day Plan - Sat, 09 May 2026

Links

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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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **10** »
SUNDAY

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

Do not be afraid of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer persecution for ten days. Be faithful, even to the point of death, and I will give you life as your victor's crown. - Revelation 2:10

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? _____

'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 get my work done today

Day Plan - Sun, 10 May 2026

Links

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

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?

WEEKLY REVIEW

19

04 MAY - 10 MAY

< MAY 2026 >

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

Monday | 04 May

Tuesday | 05 May

Wednesday | 06 May

Thursday | 07 May

Friday | 08 May

Saturday | 09 May

Sunday | 10 May

Notes on Week

Recent Successes

Next Success/Dreams

< MAY 2026 >

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

WEEK PLAN - WEEK

« **20** »

11 MAY - 17 MAY

What I'm doing for others this week?

Monday | 11 May

Tuesday | 12 May

Wednesday | 13 May

Thursday | 14 May

Friday | 15 May

Saturday | 16 May

Sunday | 17 May

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

MAY « **11** »
MONDAY

< MAY 2026 >								
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18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. - John 14:27

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?

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

I can feel love for my brother

Day Plan - Mon, 11 May 2026

Links

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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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **12** »
TUESDAY

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

But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. - John 16:13

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.

How to be optimistic today?

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

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

Day Plan - Tue, 12 May 2026

Links

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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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **13** »
WEDNESDAY

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

What tasks will bring me the most energy and joy?

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

I can have fun with other people

Day Plan - Wed, 13 May 2026

Links

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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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **14** »
THURSDAY

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

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. - 1 Timothy 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 to be optimistic about today? _____

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

I'm allowed to be moody

Day Plan - Thu, 14 May 2026

Links

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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **15** »
FRIDAY

< MAY 2026 >

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

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?

There is no try

I can stretch each day

Day Plan - Fri, 15 May 2026

Links

URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

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?

MAY « **16** »
SATURDAY

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

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

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

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

Day Plan - Sat, 16 May 2026

Links

URGENT

DO NOW

NOT URGENT

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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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **17** »
SUNDAY

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

But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. - John 16:13

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? _____

There is no try

I can love

Day Plan - Sun, 17 May 2026

Links

URGENT

DO NOW

NOT URGENT

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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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW « **20** »

11 MAY - 17 MAY

< MAY 2026 >

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

Monday | 11 May

Tuesday | 12 May

Wednesday | 13 May

Thursday | 14 May

Friday | 15 May

Saturday | 16 May

Sunday | 17 May

Notes on Week

Recent Successes

Next Success/Dreams

< MAY 2026 >

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

WEEK PLAN - WEEK

« **21** »

18 MAY - 24 MAY

What I'm doing for others this week?

Monday | 18 May

Tuesday | 19 May

Wednesday | 20 May

Thursday | 21 May

Friday | 22 May

Saturday | 23 May

Sunday | 24 May

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

MAY « **18** »
MONDAY

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

In all your ways submit to him, and he will make your paths straight. - Proverbs 3:6

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 to be optimistic about today?

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

I can do all things through Him who gives me strength

Day Plan - Mon, 18 May 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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **19** »
TUESDAY

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

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. - Isaiah 41:10

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

I can have fun with other people

Day Plan - Tue, 19 May 2026

Links

URGENT

DO NOW

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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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAY 2026 >

MAY « **20** »
WEDNESDAY

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

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. - Romans 5:3-4

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? _____

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

I can have feelings / I do have feelings

Day Plan - Wed, 20 May 2026

Links

URGENT

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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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **21** »
THURSDAY

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

'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away.' - Revelation 21:4

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?

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

I can feel love for my brother

Day Plan - Thu, 21 May 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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **22** »
FRIDAY

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

'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.', - Matthew 22:37-39

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 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

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

Day Plan - Fri, 22 May 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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **23** »
SATURDAY

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

Do not be afraid of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer persecution for ten days. Be faithful, even to the point of death, and I will give you life as your victor's crown. - Revelation 2:10

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? _____

Not all those who wander are lost. JRR Tolkien

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

Day Plan - Sat, 23 May 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

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?

MAY « **24** »
SUNDAY

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

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations. - Psalm 100:4-5

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? _____

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

I can love my brother

Day Plan - Sun, 24 May 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW « **21** »

18 MAY - 24 MAY

< MAY 2026 >

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

Monday | 18 May

Tuesday | 19 May

Wednesday | 20 May

Thursday | 21 May

Friday | 22 May

Saturday | 23 May

Sunday | 24 May

Notes on Week

Recent Successes

Next Success/Dreams

< MAY 2026 >

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

WEEK PLAN - WEEK

« **22** »

25 MAY - 31 MAY

What I'm doing for others this week?

Monday | 25 May

Tuesday | 26 May

Wednesday | 27 May

Thursday | 28 May

Friday | 29 May

Saturday | 30 May

Sunday | 31 May

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

MAY « **25** »
MONDAY

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

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?

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

I am allowed to rest

Day Plan - Mon, 25 May 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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **26** »
TUESDAY

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

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?

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

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

Day Plan - Tue, 26 May 2026

Links

URGENT

DO NOW

NOT URGENT

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06-07
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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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **27** »
WEDNESDAY

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

And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. - 1 John 5:11-12

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.

How to be optimistic today?

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

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

Day Plan - Wed, 27 May 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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAY 2026 >

MAY « **28** »
THURSDAY

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

What tasks will bring me the most energy and joy?

'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 can get my work done today

Day Plan - Thu, 28 May 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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **29** »
FRIDAY

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

Give thanks to the Lord, for he is good; his love endures forever. - 1 Chronicles 16:34

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?

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

I'm allowed to have fun

Day Plan - Fri, 29 May 2026

Links

URGENT

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

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?

MAY « **30** »
SATURDAY

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

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

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 - Sat, 30 May 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

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?

MAY « **31** »
SUNDAY

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

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

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

My ideas are important and worthy of attention and respect

Day Plan - Sun, 31 May 2026

Links

URGENT

DO NOW

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16-17
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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

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW « **22** »

25 MAY - 31 MAY

< MAY 2026 >

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

Monday | 25 May

Tuesday | 26 May

Wednesday | 27 May

Thursday | 28 May

Friday | 29 May

Saturday | 30 May

Sunday | 31 May

Notes on Week

Recent Successes

Next Success/Dreams

< JUN 2026 >

WEEK PLAN - WEEK 『 23 』

01 JUNE - 07 JUNE

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

What I'm doing for others this week?

Monday | 01 Jun

Tuesday | 02 Jun

Wednesday | 03 Jun

Thursday | 04 Jun

Friday | 05 Jun

Saturday | 06 Jun

» AKs Bday!

Sunday | 07 Jun

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

< JUN 2026 >

MONTH REVIEW

MAY

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

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

MONTH REVIEW

Notes for
Review of
Month May

Monthly
Notes

Longer

Get
Healthy
45%

Affirmation
thpy Fr

Exciting

..Build info
screen wall

June
Monthly
Notes

Current
Reading

< JUN 2026 >

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

JUNE 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
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Shoulders workout																														
Self-compassion																														
Celebrate others																														

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

< JUN 2026 >

JUNE « 01 »
MONDAY

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

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

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

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 - Mon, 01 Jun 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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **02** »

TUESDAY

< JUN 2026 >

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

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

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

I can be an older brother

Day Plan - Tue, 02 Jun 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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **03** »
WEDNESDAY

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

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. - Psalm 32:8

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? _____

The unexamined life is not worth living. Aurelius

I can have feelings / I do have feelings

Day Plan - Wed, 03 Jun 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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **04** »

THURSDAY

< JUN 2026 >

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

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 can relax and let go and cry if necessary at times

Day Plan - Thu, 04 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

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.

JUNE « **05** »
FRIDAY

< JUN 2026 >

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

'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 am lovable

Day Plan - Fri, 05 Jun 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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « 06 »

» AKs Bday!

SATURDAY

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

for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus. - Romans 3:23-24

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?

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

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

Day Plan - Sat, 06 Jun 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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **07** »
SUNDAY

< JUN 2026 >

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

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

I am deserving of happiness

Day Plan - Sun, 07 Jun 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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW « **23** »

01 JUNE - 07 JUNE

< JUN 2026 >

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

Monday | 01 Jun

Tuesday | 02 Jun

Wednesday | 03 Jun

Thursday | 04 Jun

Friday | 05 Jun

Saturday | 06 Jun

» AKs Bday!

Sunday | 07 Jun

Notes on Week

Recent Successes

Next Sucess/Dreams

< JUN 2026 >

WEEK PLAN - WEEK « **24** »

08 JUNE - 14 JUNE

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

What I'm doing for others this week?

Monday | 08 Jun

Tuesday | 09 Jun

Wednesday | 10 Jun

Thursday | 11 Jun

Friday | 12 Jun

Saturday | 13 Jun

Sunday | 14 Jun

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

JUNE « **08** » MONDAY

< JUN 2026 >

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

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. - 1 Corinthians 13:4-7

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.

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

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

I can love my brother

Day Plan - Mon, 08 Jun 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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « 09 »
TUESDAY

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

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. - Psalm 23:4

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

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

I can love my brother

Day Plan - Tue, 09 Jun 2026

Links

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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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **10** »

WEDNESDAY

< JUN 2026 >

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

What tasks will bring me the most energy and joy?

'Do you want to be right or happy?' – Fr Emmerich Vogt re the Twelve Steps

I can plan / I do plan eg life plans, 10 years from now plans

Day Plan - Wed, 10 Jun 2026

Links

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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June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **11** »

THURSDAY

< JUN 2026 >

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

And over all these virtues put on love, which binds them all together in perfect unity. -
Colossians 3:14

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'm allowed to be moody

Day Plan - Thu, 11 Jun 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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **12** »
FRIDAY

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

If today was perfect, what would it look like?

'Do you want to be right or happy?' – Fr Emmerich Vogt re the Twelve Steps

I am a force

Day Plan - Fri, 12 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

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.

JUNE « **13** »

SATURDAY

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

'If you can?' said Jesus. 'Everything is possible for one who believes.' - Mark 9:23

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.

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

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

I can be an older brother

Day Plan - Sat, 13 Jun 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

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June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **14** »
SUNDAY

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

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?

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

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

Day Plan - Sun, 14 Jun 2026

Links

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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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June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

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

WEEKLY REVIEW « **24** »

08 JUNE - 14 JUNE

Monday | 08 Jun

Tuesday | 09 Jun

Wednesday | 10 Jun

Thursday | 11 Jun

Friday | 12 Jun

Saturday | 13 Jun

Sunday | 14 Jun

Notes on Week

Recent Successes

Next Success/Dreams

< JUN 2026 >

WEEK PLAN - WEEK « **25** »

15 JUNE - 21 JUNE

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

What I'm doing for others this week?

Monday | 15 Jun

Tuesday | 16 Jun

Wednesday | 17 Jun

Thursday | 18 Jun

Friday | 19 Jun

Saturday | 20 Jun

Sunday | 21 Jun

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	ENERGIZED						
Doubtful	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Tense	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
HURT		PANIC											
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
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

JUNE **15** MONDAY

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

For it is by grace you have been saved, through faith and this is not from yourselves, it is the gift of God not by works, so that no one can boast. - Ephesians 2:8-9

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.

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

There is no try

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

Day Plan - Mon, 15 Jun 2026

Links

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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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **16** »
TUESDAY

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

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

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

Day Plan - Tue, 16 Jun 2026

Links

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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%

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Exciting

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June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **17** »
WEDNESDAY

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

For the director of music. A psalm of David. The heavens declare the glory of God; the skies proclaim the work of his hands. - Psalm 19:1

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.

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

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

I am a person

Day Plan - Wed, 17 Jun 2026

Links

URGENT

DO NOW

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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June

Current Reading

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.

< JUN 2026 >

JUNE « **18** »
THURSDAY

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

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?

There is no try

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

Day Plan - Thu, 18 Jun 2026

Links

URGENT

DO NOW

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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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **19** »

FRIDAY

< JUN 2026 >

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

'Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.' - Joshua 1:9

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.

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 stand up for others

Day Plan - Fri, 19 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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13-14
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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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE **20**

SATURDAY

< JUN 2026 >

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

If today was perfect, what would it look like?

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

It's good to ask for help when needed.

Day Plan - Sat, 20 Jun 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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **21** »

SUNDAY

< JUN 2026 >

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

Trust in the LORD with all your heart and lean not on your own understanding; - Proverbs 3:5

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.

All you need is love _____

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

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

Day Plan - Sun, 21 Jun 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

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

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

WEEKLY REVIEW « **25** »

15 JUNE - 21 JUNE

Monday | 15 Jun

Tuesday | 16 Jun

Wednesday | 17 Jun

Thursday | 18 Jun

Friday | 19 Jun

Saturday | 20 Jun

Sunday | 21 Jun

Notes on Week

Recent Successes

Next Sucess/Dreams

< JUN 2026 >

WEEK PLAN - WEEK « **26** »

22 JUNE - 28 JUNE

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

What I'm doing for others this week?

Monday | 22 Jun

Tuesday | 23 Jun

Wednesday | 24 Jun

Thursday | 25 Jun

Friday | 26 Jun

Saturday | 27 Jun

Sunday | 28 Jun

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

JUNE **22** MONDAY

< JUN 2026 >

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

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. - Micah 6:8

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?

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

I can stand up for myself / I do stand up for myself

Day Plan - Mon, 22 Jun 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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE **23** TUESDAY

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

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. - Colossians 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.

If today was perfect, what would it look like?

There is no try

I'm allowed to be moody

Day Plan - Tue, 23 Jun 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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **24** »

WEDNESDAY

< JUN 2026 >

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

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? _____

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

I can speak my ideas loud enough with emphasis and force

Day Plan - Wed, 24 Jun 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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **25** »
THURSDAY

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

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. -
Romans 6:23

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.

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

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

I can have close relationships / I do have close relationships

Day Plan - Thu, 25 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **26** »
FRIDAY

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

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. - Romans 15:13

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.

How to be optimistic today?

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

I am proud of my efforts

Day Plan - Fri, 26 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **27** »
SATURDAY

< JUN 2026 >

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

Do not merely listen to the word, and so deceive yourselves. Do what it says. - James 1:22

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?

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

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 - Sat, 27 Jun 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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE **28** SUNDAY

< JUN 2026 >

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

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. - 1 Corinthians 13:4-7

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 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'm allowed to have fun

Day Plan - Sun, 28 Jun 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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

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

WEEKLY REVIEW « **26** »

22 JUNE - 28 JUNE

Monday | 22 Jun

Tuesday | 23 Jun

Wednesday | 24 Jun

Thursday | 25 Jun

Friday | 26 Jun

Saturday | 27 Jun

Sunday | 28 Jun

Notes on Week

Recent Successes

Next Success/Dreams

< JUN 2026 >

WEEK PLAN - WEEK « **27** »

29 JUNE - 05 JULY

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

What I'm doing for others this week?

Monday | 29 Jun

Tuesday | 30 Jun

Wednesday | 01 Jul

Thursday | 02 Jul

Friday | 03 Jul

Saturday | 04 Jul

Sunday | 05 Jul

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

< JUN 2026 >

JUNE « **29** »
MONDAY

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

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. - Hebrews 12:1-2

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

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

I can plan / I do plan eg life plans, 10 years from now plans

Day Plan - Mon, 29 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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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

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **30** »
TUESDAY

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

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 have permission to be me

Day Plan - Tue, 30 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

MONTH REVIEW

JUNE

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

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

MONTH REVIEW

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

Current
Reading

< JUL 2026 >

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

JULY 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						
	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Mon	Tue	Wed	Thu	Fri
Shoulders workout																																					
Self-compassion																																					
Celebrate others																																					

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

< JUL 2026 >

JULY « **01** »
WEDNESDAY

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

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. - Matthew 6:14-15

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 secret of getting ahead is getting started' – Mark Twain

I have permission to be me

Day Plan - Wed, 01 Jul 2026

Links

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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « 02 »
THURSDAY

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

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:6-7

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

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

I can ask for help when needed

Day Plan - Thu, 02 Jul 2026

Links

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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **03** »
FRIDAY

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

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

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

Day Plan - Fri, 03 Jul 2026

Links

URGENT

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

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.

< JUL 2026 >

JULY « **04** »
SATURDAY

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

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. - Hebrews 12:1-2

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

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

I am deserving of happiness

Day Plan - Sat, 04 Jul 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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **05** »
SUNDAY

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

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

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? _____

The unexamined life is not worth living. Aurelius

I can be the adult / I am an adult

Day Plan - Sun, 05 Jul 2026

Links

URGENT

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

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.

< JUN 2026 >

WEEKLY REVIEW « **27** »

29 JUNE - 05 JULY

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

Monday | 29 Jun

Tuesday | 30 Jun

Wednesday | 01 Jul

Thursday | 02 Jul

Friday | 03 Jul

Saturday | 04 Jul

Sunday | 05 Jul

Notes on Week

Recent Successes

Next Sucess/Dreams

< JUL 2026 >

WEEK PLAN - WEEK 28

« »

06 JULY - 12 JULY

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

What I'm doing for others this week?

Monday | 06 Jul

Tuesday | 07 Jul

Wednesday | 08 Jul

Thursday | 09 Jul

Friday | 10 Jul

Saturday | 11 Jul

Sunday | 12 Jul

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

JULY « **06** »
MONDAY

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

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 - Mon, 06 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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06-07
07-08
08-09
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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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **07** »
TUESDAY

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

And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. - 1 John 5:11-12

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.

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

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

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

Day Plan - Tue, 07 Jul 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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **08** »
WEDNESDAY

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

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:6-7

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.

If today was perfect, what would it look like?

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

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

Day Plan - Wed, 08 Jul 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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

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

JULY « **09** »

THURSDAY

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. - Colossians 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 do I want to feel at the end of this day?

There is no try

I can love my brother

Day Plan - Thu, 09 Jul 2026

Links

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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **10** »
FRIDAY

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

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.

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

There is no try

I can have feelings / I do have feelings

Day Plan - Fri, 10 Jul 2026

Links

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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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **11** »
SATURDAY

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

If today was perfect, what would it look like?

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

I am capable of succeeding

Day Plan - Sat, 11 Jul 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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **12** »
SUNDAY

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

But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.' - 1 Peter 1:15-16

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? _____

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

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 - Sun, 12 Jul 2026

Links

URGENT

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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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

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

WEEKLY REVIEW « 28 »

06 JULY - 12 JULY

Monday | 06 Jul

Tuesday | 07 Jul

Wednesday | 08 Jul

Thursday | 09 Jul

Friday | 10 Jul

Saturday | 11 Jul

Sunday | 12 Jul

Notes on Week

Recent Successes

Next Success/Dreams

< JUL 2026 >

WEEK PLAN - WEEK **29**

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13 JULY - 19 JULY

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

What I'm doing for others this week?

Monday | 13 Jul

Tuesday | 14 Jul

Wednesday | 15 Jul

Thursday | 16 Jul

Friday | 17 Jul

Saturday | 18 Jul

Sunday | 19 Jul

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
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		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
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JULY « **13** »
MONDAY

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

For we live by faith, not by sight. - 2 Corinthians 5:7

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

There is no try

I am capable of achieving my goals with effort and perseverance

Day Plan - Mon, 13 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

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.

< JUL 2026 >

JULY « **14** »
TUESDAY

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

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? _____

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 a force

Day Plan - Tue, 14 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **15** »
WEDNESDAY

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

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? _____

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

I am capable of achieving my goals with effort and perseverance

Day Plan - Wed, 15 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **16** »
THURSDAY

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

so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. - Isaiah 55:11

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.

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

Not all those who wander are lost. JRR Tolkien

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

Day Plan - Thu, 16 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **17** »
FRIDAY

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

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.

What to be optimistic about today? _____

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

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

Day Plan - Fri, 17 Jul 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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **18** »
SATURDAY

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

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

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.

How to be optimistic today?

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

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

Day Plan - Sat, 18 Jul 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

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July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **19** »
SUNDAY

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

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. - Psalm 32:8

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?

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

I deserve good things

Day Plan - Sun, 19 Jul 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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

WEEKLY REVIEW « **29** »

13 JULY - 19 JULY

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

Monday | 13 Jul

Tuesday | 14 Jul

Wednesday | 15 Jul

Thursday | 16 Jul

Friday | 17 Jul

Saturday | 18 Jul

Sunday | 19 Jul

Notes on Week

Recent Successes

Next Success/Dreams

< JUL 2026 >

WEEK PLAN - WEEK 30

« »

20 JULY - 26 JULY

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

What I'm doing for others this week?

Monday | 20 Jul

Tuesday | 21 Jul

Wednesday | 22 Jul

Thursday | 23 Jul

Friday | 24 Jul

Saturday | 25 Jul

Sunday | 26 Jul

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

JULY **20** MONDAY

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

And over all these virtues put on love, which binds them all together in perfect unity. - Colossians 3:14

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? _____

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

I can feel love for my brother

Day Plan - Mon, 20 Jul 2026

Links

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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **21** »
TUESDAY

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

For the director of music. A psalm of David. The heavens declare the glory of God; the skies proclaim the work of his hands. - Psalm 19:1

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.

All you need is love _____

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

I can speak my ideas loud enough with emphasis and force

Day Plan - Tue, 21 Jul 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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **22** »
WEDNESDAY

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

Trust in the LORD with all your heart and lean not on your own understanding; - Proverbs 3:5

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.

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

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

I matter

Day Plan - Wed, 22 Jul 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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **23** »
THURSDAY

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

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

The unexamined life is not worth living. Aurelius

I am proud of my efforts

Day Plan - Thu, 23 Jul 2026

Links

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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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **24** »
FRIDAY

< JUL 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa Su	Re
27	29	30	1	2	3	4	5 R
28	6	7	8	9	10	11	12 R
29	13	14	15	16	17	18	19 R
30	20	21	22	23	24	25	26 R
31	27	28	29	30	31	1	2 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 can I incorporate moments of rest or joy into my schedule today? _____

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

I do rest

Day Plan - Fri, 24 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

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.

< JUL 2026 >

JULY « **25** »
SATURDAY

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

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

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

I can stand up for myself / I do stand up for myself

Day Plan - Sat, 25 Jul 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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **26** »
SUNDAY

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

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

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

Some women are very attracted to me

Day Plan - Sun, 26 Jul 2026

Links

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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

WEEKLY REVIEW « 30 »

20 JULY - 26 JULY

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

Monday | 20 Jul

Tuesday | 21 Jul

Wednesday | 22 Jul

Thursday | 23 Jul

Friday | 24 Jul

Saturday | 25 Jul

Sunday | 26 Jul

Notes on Week

Recent Successes

Next Success/Dreams

< JUL 2026 >

WEEK PLAN - WEEK 31

« 31 »

27 JULY - 02 AUGUST

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

What I'm doing for others this week?

Monday | 27 Jul

Tuesday | 28 Jul

Wednesday | 29 Jul

Thursday | 30 Jul

Friday | 31 Jul

Saturday | 01 Aug

Sunday | 02 Aug

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

< JUL 2026 >

JULY « **27** »
MONDAY

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

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?

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

I speak up

Day Plan - Mon, 27 Jul 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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY 28 TUESDAY

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

Ask, Seek, Knock '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 do I want to feel at the end of this day?

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

I am deserving of happiness

Day Plan - Tue, 28 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

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.

< JUL 2026 >

JULY « **29** »
WEDNESDAY

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

For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. - Colossians 1:16

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.

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

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

I can dream / I dream

Day Plan - Wed, 29 Jul 2026

Links

URGENT

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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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **30** »
THURSDAY

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

For it is by grace you have been saved, through faith and this is not from yourselves, it is the gift of God not by works, so that no one can boast. - Ephesians 2:8-9

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?

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 do all things through Him who gives me strength

Day Plan - Thu, 30 Jul 2026

Links

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

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.

< JUL 2026 >

JULY « **31** »
FRIDAY

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

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. - Psalm 32:8

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?

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

My resources are enough to handle today's tasks

Day Plan - Fri, 31 Jul 2026

Links

URGENT

DO NOW

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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

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< AUG 2026 >

AUGUST « 01 »
SATURDAY

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

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?

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 dream / I dream

Day Plan - Sat, 01 Aug 2026

Links

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

August

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

AUGUST 02 SUNDAY

< AUG 2026 >

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

'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away.' - Revelation 21:4

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?

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

Day Plan - Sun, 02 Aug 2026

Links

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12-13
13-14
14-15
15-16
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

August

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

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

WEEKLY REVIEW « **31** »

27 JULY - 02 AUGUST

Monday | 27 Jul

Tuesday | 28 Jul

Wednesday | 29 Jul

Thursday | 30 Jul

Friday | 31 Jul

Saturday | 01 Aug

Sunday | 02 Aug

Notes on Week

Recent Successes

Next Sucess/Dreams

< JUL 2026 >

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

YEARLY REVIEW « 31 »

27 JULY - 02 AUGUST

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