2024 ReCalendar

2024

		A	U	JU:) I			
W#								
31 32 33	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

SEPTEMBER

	_							
W#								
35 36 37	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38 39	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

OCTOBER

W#								
40 41 42	30	1	2	3	4	5	6	R
41	7	8	9	10	11	12	13	R
42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

NOVEMBER

	-							
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
44 45 46 47 48	25	26	27	28	29	30	1	R

DECEMBER

			С			• •		
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49 50 51 52 1	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

WEEK « 31 »

29 JULY - 04 A	AUGUST	29 30 31	22	23	24	25	26		28	R
29 JUL Tuesday	30 JUL 1	Wedne	esd	ay			31	JUI	-	

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

9 10 11 12 **13 14** R

Monday



	notior	15																			
ST	RON	G					HAPPY							P.A	PANIC						
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9	
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F		
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ	
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F		
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F		
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ	
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F		
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F		
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F		
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F		
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F		
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1	
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F		
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄	
Depressed	М	Т	W	Т	_	S	Agitated	М	Ť	W	Ť	F	S	Wounded	M	T	W	T	-		
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F		
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ	
Heavy	М	Τ	W	Т	_	S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ	
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ	
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Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F		
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S								
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S								
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S								
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S								
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S								
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S								
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED												
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S								
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S								
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S								
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S								
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S								
							Vibrant	М	Т	W	Т	F	S								
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S								
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S								
Unsure	М	Т	W	Ш	1	S	Focused	М	T	W	Т	F	S								
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S								
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S								
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J								

JULY « **29**

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

MONDAY

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

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

DAY PLAN	July Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JULY « 30 »

TUESDAY

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

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

Do you want to be a slave to your whims? Jordan Peterson. Compare this with an idea of freedom which means to do whatever we feel. Different to whatever we choose. Implying choice might not be always what we feel like. It struck me at the time Dec 7, 2023

DAY PLAN	July Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

$\mathsf{JULY} \times \mathbf{31} \times$

W	E/E	D٨	IES	DA	4Υ
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27 28 29 30	1	2	3	4	5	6	7	R	
28	8	9	10	11	12	13	14	R	
29	15	16	17	18	19	20	21	R	
30	22	23	24	25	26	27	28	R	
31	29	30	31	1	2	3	4	R	

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
There is no try

DAY PLAN	July Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MONTH REVIEW

 W#
 Mo Tu We Th Fr Sa Su Re

 31
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Notes			
for			
Review of			
Month			

AUGUST PLAN

July, Aug Celebrate others

Fri

Sat

31

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

31 | 29 30 31 1 2 3 4 | R 32 | 5 6 7 8 9 10 11 | R 33 | 12 13 14 15 16 17 18 | R 34 | 19 20 21 22 23 24 25 | R

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																				(35	26	5 2	7 2	28	29	30	31	. 1	R)
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
Habits	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
Pistol Squat in																															
May, June,																															

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

COMING MONTH GOALS

AUGUST « 01 »

THURSDAY

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

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
There is no try

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « **02**

FRIDAY

		<	Αl	JG	20	24	1	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
<i>></i> >>	31	29	30	31	1	2	3	4	F
	32	5	6	7	8	9	10	11	F
		12							
)AY	34	19	20	21	22	23	24	25	F
ו אל	35	26	27	28	29	30	31	1	F

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 03 »

SATURDAY

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

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 04 »

SUNDAY

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

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 31 »

29 JULY - 04 AUGUST

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

WEEK REVIEW NOTES	

WEEK « **32** » 05 AUGUST - 11 AUGUST

			33 20 27
05 AUG	Tuesday	06 AUG	Wednesday

Thursday 08 AUG Friday

Monday

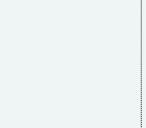
Sunday











09 AUG



Saturday



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

33 12 13 14 15 16 **17 18** R 34 19 20 21 22 23 **24 25** R

35 26 27 28 29 30 **31 1** R

8 9 **10 11** R

07 AUG

Emotions			HAPPY																
ST	STRONG Sure M T W T F S					APP	_					P.A	NIC						
Sure	М	Τ	W	Т	FS	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Τ	W	Т	FS	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	FS	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	
Dynamic	М	Т	W	Т	FS	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	FS	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	1
Hardy	М	Т	W	Т	FS	Grateful	M	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	9
Secure	М	Т	W	Т	FS	Optimistic	М	Т	W	Т	F	S	Anxious	М	Т	W	Т	F	9
Empowered	М	Т	W	Т	FS	Content	М	Т	W	Т	F	S	Troubled	М	Т	W	Т	F	9
Ambitious	М	Т	W		FS	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	T	W	T	F	
Powerful	М	Ť	W		FS	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ť	W	T	F	
Confident	М	T	VV		FS	Loving	М	Т	W	Т	F	S	- Ctailliea	М	Ť	W	T	F	
Bold	М	Ť	W		FS	Marvelous	М	Т	W	Т	F	S	Н	JRT	<u> </u>				i
Determined	М	Ť	W		FS		М	Т	W	Т	F	S	Let down	lΜ	Т	W	Ιπ	F	9
	_	Ľ	v V	-	1 1 3	Al	NGEF						Tender	M	H	VV	T	F	1
	SAD		2.4.7		- 6	Annoyed	М	Т	W	Т	F	S	Wounded	M	H	VV	Ϊ́	F	
Depressed	М	Τ	W		FS	Agitated	М	Т	W	T	F	S		M		W	T	F	-
Desperate	М	Τ	W		F S	Fed up	М	T	W	T	F	S	Impaired	_	T	W	-	F	
Dejected	М	Т	VV		F S	Irritated	М	T	W	Ť	F	S	Damaged	M	T		T	· ·	1
Heavy	М	Т	W		F S	Mad	М	T	W	T	F	S	Criticized	M	T	W	T	F	
Crushed	М	Т	W		FS	Critical	М	Ť	W	Ť	F	S	Abused	М	T	W	Τ	F	
Disgusted	М	Τ	W		FS	Resentful	M	T	W	<u> </u>	F	S	Crushed	М	T	W	T	F	
Upset	M	Τ	W		FS	-	M	T	W	T	F	S	Punished	М	Т	W	Т	F	
Hateful	M	Τ	\bigvee	Т	FS	Disgusted	M	T	W	T	F	S	Rejected	М	Т	W	Т	F	
Sorrowful	M	Τ	\bigvee	Т	FS	Outraged	_			Т	F								
Mournful	M	Τ	\bigvee	Т	FS	Raging	M	Т	W		-	S							
Weepy	M	Т	W	Т	FS	Furious	M	T	W	T	F	S							
Frustrated	M	Т	W	Т	FS	Livid	М	Т	W	Т	F	S							
CON	NFUS	ED				Bitter	М	Т	W	Т	F	S							
Uncertain	М	Т	W	Т	FS		М	Т	W	Т	F	S							
Upset	М	Т	W	Т	FS	ENE	RGIZ	ED											
Doubtful	М	Т	W	Т	FS	Determined	М	Т	W	Т	F	S							
Indecisive	М	T	W		FS	Inspired	М	Τ	W	Т	F	S							
Perplexed	М	T	W		FS	Creative	М	Т	W	Т	F	S							
Embarrassed	М	T	W		FS	Healthy	М	Τ	W	Т	F	S							
Hesitant	M	Ť	W		FS	Renewed	М	Т	W	Т	F	S							
Shy	M	T	W	-	F S	Vibrant	М	Т	W	Т	F	S							
Lost	M	÷	VV		FS	Strengthened	М	Т	W	Т	F	S							
Unsure	M	÷	W		FS	Motivated	М	Т	W	Т	F	S							
	_	H-			1 3	Focused	М	Т	W	Т	F	S							
Pessimistic	M	T	W V	-	_	Invigorated	М	Т	W	Т	F	S							
Tense	M	T	W		F S	Refreshed	М	Т	W	Т	F	S							
	М	Т	W	T	C J							-							

AUGUST « 05 »

MON	IDAY
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	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
31								
32	5	6	7	8	9	10	11	R
33								
34								
35	26	27	28	29	30	31	1	R

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 06 »

TUESDAY

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

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 07 »

WEDNESDAY

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

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

 $_{\text{AUGUST}} \text{ ``} \textbf{08} \text{ ``}$

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 09 »

FRIDAY

	<	Αl	JG	20	24	1	>	
W#								
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST

SATU

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 11 »

SUNDAY

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 32 »

05 AUGUST - 11 AUGUST

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WEEK REVIEW NOTES		

WEEK « 33 » 12 AUG Tuesday

12 AUGUST - 18 AUGUST 13 AUG Wednesday

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

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Thursday 15 AUG Friday

16 AUG Saturday

17 AUG

Monday

Sunday **18 AUG** Plan week Send the weekly email

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Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Τ	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
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Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
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Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
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Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
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Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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AUGUST « **12**

MONDAY

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST

TUE

_		<	Αl	JG	20	24	1	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
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		12							
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 14

WEDNESDAY

** AUG 2024 **

** W# Mo Tu We Th Fr Sa Su Re

31 29 30 31 1 2 3 4 R

32 5 6 7 8 9 10 11 R

33 12 13 14 15 16 17 18 R

34 19 20 21 22 23 24 25 R

35 26 27 28 29 30 31 1 R

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 15 »

THURSDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 16 »

FRIDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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33	12	13	14	15	16	17	18	F
34	19	20	21	22	23	24	25	F
35	26	27	28	29	30	31	1	F

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 17 »

SATURDAY

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34	19	20	21	22	23	24	25	F
35	26	27	28	29	30	31	1	F

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 18 »

SUNDAY

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34	19	20	21	22	23	24	25	F
31 32 33 34 35	26	27	28	29	30	31	1	F

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 33 »

12 AUGUST - 18 AUGUST

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< AUG 2024 >

WEEK REVIEW NOTES		

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19 AUG	Tuesday	20 AUG	٧

Wednesday

Monday

Thursday

Sunday

22 AUG Friday

25 AUG Plan week Send the weekly email

23 AUG Saturday

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

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Unique	М	Т	W	Т	FS	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	
Dynamic	М	Т	W	Т	FS	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	FS	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	1
Hardy	М	Т	W	Т	FS	Grateful	M	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	9
Secure	М	Т	W	Т	FS	Optimistic	М	Т	W	Т	F	S	Anxious	М	Т	W	Т	F	9
Empowered	М	Т	W	Т	FS	Content	М	Т	W	Т	F	S	Troubled	М	Т	W	Т	F	9
Ambitious	М	Т	W		FS	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	T	W	T	F	
Powerful	М	Ť	W		FS	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ť	W	T	F	
Confident	М	T	VV		FS	Loving	М	Т	W	Т	F	S	- Ctailliea	М	Ť	W	T	F	
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Desperate	М	Τ	W		F S	Fed up	М	T	W	T	F	S	Impaired	-	T	W	-	F	
Dejected	М	Т	VV		F S	Irritated	М	T	W	Ť	F	S	Damaged	M	T		T	· ·	1
Heavy	М	Т	W		F S	Mad	M	T	W	T	F	S	Criticized	M	T	W	T	F	
Crushed	М	Т	W		FS	Critical	М	Ť	W	Ť	F	S	Abused	М	T	W	T	F	
Disgusted	М	Τ	W		FS	Resentful	M	T	W	<u> </u>	F	S	Crushed	М	T	W	T	F	
Upset	M	Τ	W		FS	-	M	T	W	T	F	S	Punished	М	Т	W	Т	F	
Hateful	M	Т	\bigvee	Т	FS	Disgusted	M	T	W	T	F	S	Rejected	М	Т	W	Т	F	
Sorrowful	M	Τ	\bigvee	Т	FS	Outraged	_			Т	F								
Mournful	M	Τ	\bigvee	Т	FS	Raging	M	Т	W		-	S							
Weepy	M	Т	W	Т	FS	Furious	M	T	W	T	F	S							
Frustrated	M	Т	W	Т	FS	Livid	М	Т	W	Т	F	S							
CON	NFUS	ED				Bitter	М	Т	W	Т	F	S							
Uncertain	М	Т	W	Т	FS		М	Т	W	Т	F	S							
Upset	М	Т	W	Т	FS	ENE	RGIZ	ED											
Doubtful	М	Т	W	Т	FS	Determined	М	Т	W	Т	F	S							
Indecisive	М	T	W		FS	Inspired	М	Т	W	Т	F	S							
Perplexed	М	T	W		FS	Creative	М	Т	W	Т	F	S							
Embarrassed	М	T	W		FS	Healthy	М	Т	W	Т	F	S							
Hesitant	M	Ť	W		FS	Renewed	М	Т	W	Т	F	S							
Shy	M	T	W	-	F S	Vibrant	М	Т	W	Т	F	S							
Lost	M	÷	VV		FS	Strengthened	М	Т	W	Т	F	S							
Unsure	M	÷	W		FS	Motivated	М	Т	W	Т	F	S							
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Pessimistic	M	T	W V	-	_	Invigorated	М	Т	W	Т	F	S							
Tense	M	T	W		F S	Refreshed	М	Т	W	Т	F	S							
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AUGUST « 19 »

MONDAY

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33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 20 »

TUESDAY

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32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 21 »

WEDNESDAY

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

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST «

THU

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST [«] 23

		<	Αl	JG	20	24	1	>	
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	33	12	13	14	15	16	17	18	
FRIDAY	34								
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

 $_{\text{AUGUST}}$ « 24 »

SATURDAY

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

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

Do you want to be a slave to your whims? Jordan Peterson. Compare this with an idea of freedom which means to do whatever we feel. Different to whatever we choose. Implying choice might not be always what we feel like. It struck me at the time Dec 7, 2023

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 25 »

SUNDAY

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

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



19 AUGUST - 25 AUGUST

 W# Mo Tu We Th Fr Sa Su Re

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< AUG 2024 >

WEEK REVIEW NOTES	

26 AUGUST - 01 SEPTEMBER

Monday 26 AUG **Tuesday** 27 AUG Wednesday

30 AUG

Thursday 29 AUG Friday

Sunday

Plan week

01 SEP

Send the weekly email

Saturday

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

33 12 13 14 15 16 **17 18** R 34 19 20 21 22 23 **24 25** R

35 26 27 28 29 30 **31** 1









28 AUG

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STRONG					HAPPY					P.A	NIC									
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Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
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Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	T	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Т	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
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AUGUST « 26 »

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32	5	6	7	8	9	10	11	R
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34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 27

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

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 28 »

WEDNESDAY

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

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 29 »

THURSDAY

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
31	29	30	31	1	2	3	4	F
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 31 »

SATURDAY

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

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

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

DAY PLAN	August Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MONTH REVIEW

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SEPTEMBER PLAN

SEP 2024 >
W# Mo Tu We Th Fr Sa Su Research
35 26 27 28 29 30 31 1 R
36 2 3 4 5 6 7 8 R
37 9 10 11 12 13 14 15 R
38 16 17 18 19 20 21 22 R
39 23 24 25 26 27 28 29 R

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Habits	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	
Pistol Squat in May, June, July, Aug																															
Celebrate others																															

Date	Day	Details
1	Sun	
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9	Mon	
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22	Sun	
23	Mon	
24	Tue	
25	Wed	
26	Thu	
27	Fri	
28	Sat	
29	Sun	
30	Mon	

COMING MONTH GOALS

SEPTEMBER « **01** »

SUNDAY

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36	2 9 16	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
30	23	24	25	26	27	20	20	D

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 35 »

26 AUGUST - 01 SEPTEMBER

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

WEEK REVIEW NOTES		

WEEK « 36 »

3 4 5 6 **7 8** 37 9 10 11 12 13 **14 15** R 38 16 17 18 19 20 **21 22** R 39 23 24 25 26 27 **28 29** R

26 27 28 29 30 **31 1**

SEP 2024 > W# Mo Tu We Th Fr Sa Su Re

02 SEPTEMBER - 08 SEPTEMBER

Monday	02 SEP	Tuesday	03 SEP	W

/ednesday

36

04 SEP

05 SEP

Friday Saturday 06 SEP

07 SEP

Sunday 08 SEP

Thursday

Plan week

Send the weekly email

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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
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Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
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Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	T	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Т	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

SEPTEMBER $^{\prime\prime}$ $02^{\circ\prime}$

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35 36 37 38 39	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 03 »

TUESDAY

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
35	26	27	28	29	30	31	1	R
36 37	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « **04** »

WEDNESDAY

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35 36 37 38	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 05 »

THURSDAY

	<	SE	ΕP	20	24		>	
	Мо							
35	26 2 9	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
20	22	24	25	24	27	20	20	D

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 06 »

FRIDAY

	<	SE	ĒΡ	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35 36 37 38 39	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 07 »

SATURDAY

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35 36 37 38	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 08 »

SU	N	D	A	Y
SU	N	D	A	Y

	<	SE	P	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35 36 37 38 39	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 36 »

02 SEPTEMBER - 08 SEPTEMBER

	<	SE	ΕP	20	24		>	
N #	Мо	Tu	We	Th	Fr	Sa	Su	Re
35	26	27	28	29	30	31	1	R
36	2 9 16	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

WEEK REVIEW NOTES		

WEEK « 37 »

26 27 28 29 30 **31 1**

2 3 4 5 6 **7 8** 37 9 10 11 12 13 **14 15** R

38 16 17 18 19 20 **21 22** R

R

09 SEPTEMBER - 15 SEPTEMBER

Wednesday

Saturday

39 23 24 25 26 27 **28 29** R **11 SEP**

SEP 2024 > W# Mo Tu We Th Fr Sa Su Re

Monday 09 SEP **Tuesday** 10 SEP

Friday

13 SEP

Thursday 12 SEP

14 SEP

Sunday 15 SEP

Plan week Send the weekly email

	IOLIOI	15		Emotions																
STRONG						HAPPY							PANIC							
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
		Ш	VV	Ш	Г	2	AA A	NGEF						Tender	M	H	W	T	F	
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Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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SEPTEMBER « 09 »

MONDAY

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37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 10 »

TUESDAY

	<	SE	ĒΡ	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35 36 37 38 39	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

Not all those who wander are lost. JRR Tolkien

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 11

WEDNESDAY

		<	SE	ĒΡ	20	24		>	
1 4	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
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	37	9	10	11	12	13	14	15	
ESDAY	38	16	17	18	19	20	21	22	
LJUAI	39	23	24	25	26	27	28	29	

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER 4 12

THURSDAY

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	36	2	3	4	5	6	7	8	
	37	9	10	11	12	13	14	15	١
SDAY	38	16	17	18	19	20	21	22	ı
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 13

FRIDAY

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

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

Not all those who wander are lost. JRR Tolkien

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SATU

		<	SE	ĒΡ	20	24		>	
1 / I	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
	35	26	27	28	29	30	31	1	
	36	2	3	4	5	6	7	8	
	37	9	10	11	12	13	14	15	
JRDAY	38	16	17	18	19	20	21	22	
	39	23	24	25	26	27	28	29	

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 15 »

SUNDAY

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35 36 37 38	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 37 »

09 SEPTEMBER - 15 SEPTEMBER

SEP 2024 >
W# Mo Tu We Th Fr Sa Su Re
35 26 27 28 29 30 31 1 R
36 2 3 4 5 6 7 8 R
37 9 10 11 12 13 14 15 R
38 16 17 18 19 20 21 22 R
39 23 24 25 26 27 28 29 R

WEEK REVIEW NOTES		

week $^{\circ}$ 38 $^{\circ}$

16 SEPTEMBER - 22 SEPTEMBER

37 9 10 11 12 13 **14 15** R 38 16 17 18 19 20 **21 22** R 39 23 24 25 26 27 **28 29** R

18 SEP

< SEP 2024 >

W# Mo Tu We Th Fr Sa Su Re 26 27 28 29 30 **31 1** 36 2 3 4 5 6 **7 8**

				07 20 2 1 .
Monday	16 SEP	Tuesday	17 SEP	Wednesday

21 SEP

Friday Saturday Thursday 19 SEP 20 SEP Sunday **22 SEP** Plan week Send the weekly email

	notior	15																		
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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
		Ш	VV	Ш	Г	2	AA A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Т	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

SEPTEMBER « 16 »

MONDAY

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35	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
35 36 37 38 39	23	24	25	26	27	28	29	R

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

TUES

		<	SE	ΕP	20	24		>	
7	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
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	36			4					
	37			11					
SDAY	38	16	17	18	19	20	21	22	
JUAI	39	23	24	25	26	27	28	29	

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 18 »

WEDNESDAY

			ĒΡ				>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35 36 37 38	26	27	28	29	30	31	1	R
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37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER 4 19

THURSDAY

SEP 2024 >
W# Mo Tu We Th Fr Sa Su Re
35 26 27 28 29 30 31 1 R
36 2 3 4 5 6 7 8 R
37 9 10 11 12 13 14 15 R
38 16 17 18 19 20 21 22 R
39 23 24 25 26 27 28 29 R

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 20 »

FRIDAY

		<	SE	ĒΡ	20	24		>	
٧	V #	Мо	Tu	We	Th	Fr	Sa	Su	Re
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4	37	9	10	11	12	13	14	15	R
4	38	16	17	18	19	20	21	22	R
4	39	23	24	25	26	27	28	29	R

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SATU

_		<	SE	ΕP	20	24		>	
1	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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	37	9	10	11	12	13	14	15	ŀ
JRDAY	38	16	17	18	19	20	21	22	ŀ
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SL

		<	SE	ΕP	20	24		>	
つつ	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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JNDAY	38	16	17	18	19	20	21	22	R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?



16 SEPTEMBER - 22 SEPTEMBER

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38	16	17	18	19	20	21	22	R	
39	23	24	25	26	27	28	29	R	

WEEK REVIEW NOTES								

WEEK « 39 »

Friday

Plan week

Send the weekly email

29 SEP

26 27 28 29 30 **31 1** 36

3 4 5 6 **7 8** 37 9 10 11 12 13 **14 15** R

SEP 2024 > W# Mo Tu We Th Fr Sa Su Re

38 16 17 18 19 20 **21 22** R 39 23 24 25 26 27 **28 29** R

23 SEPTEMBER - 29 SEPTEMBER

27 SEP

23 SEP **Tuesday** 24 SEP

Wednesday

Saturday

25 SEP

Thursday 26 SEP

Monday

Sunday

28 SEP

	IOLIOI	15			Emotions															
ST	RON	G					HAPPY						PANIC							
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
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Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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SEPTEMBER « 23 »

MONDAY

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38	16	17	18	19	20	21	22	R
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How are things?	
	_
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 24 »

TUESDAY

SEP 2024 >
W# Mo Tu We Th Fr Sa Su Re
35 26 27 28 29 30 31 1 R
36 2 3 4 5 6 7 8 R
37 9 10 11 12 13 14 15 R
38 16 17 18 19 20 21 22 R
39 23 24 25 26 27 28 29 R

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 25 »

WEDNESDAY

SEP 2024 >
W# Mo Tu We Th Fr Sa Su Re
35 26 27 28 29 30 31 1 R
36 2 3 4 5 6 7 8 R
37 9 10 11 12 13 14 15 R
38 16 17 18 19 20 21 22 R
39 23 24 25 26 27 28 29 R

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 26 »

THURSDAY

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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36 37 38	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
30	23	24	25	26	27	28	20	D

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER

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	37	9	10	11	12	13	14	15	
RIDAY	38	16	17	18	19	20	21	22	
NUAT	39	23	24	25	26	27	28	29	

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 28 »

SATURDAY

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37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
20	22	24	25	26	27	20	20	D

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 29 »

SUNDAY

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
20	22	24	25	24	27	20	20	Ь

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

Not all those who wander are lost. JRR Tolkien

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 39 »

23 SEPTEMBER - 29 SEPTEMBER

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8	16	17	18	19	20	21	22	R
9	23	24	25	26	27	28	29	R

WEEK REVIEW NOTES	

WEEK 40 »

26 27 28 29 30 **31 1**

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SEP 2024 > W# Mo Tu We Th Fr Sa Su Re

37 9 10 11 12 13 **14 15** R 38 16 17 18 19 20 **21 22** R

30 SEPTEMBER - 06 OCTOBER

Wednesday

39 23 24 25 26 27 **28 29** R

02 OCT

Monday

03 OCT Friday

Saturday

05 OCT

Sunday

Thursday

06 OCT

Plan week

Send the weekly email

30 SEP **Tuesday** 01 OCT

04 OCT

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STRONG								\PP\	1			PANIC								
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	Ť	W	Ť	F	S	Wounded	M	T	W	T	-	
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Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
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Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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SEPTEMBER « 30 »

MONDAY

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37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

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

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

DAY PLAN	September Monthly Notes Be Good
	Current Reading End of the Affair? Watership Down
	Bucket List
	Dance class
	Sing in choir Another cooking class
	Try Amsterdam
	Try England
	Love?

MONTH REVIEW

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Notes for			
Review of			
Month			

OCTOBER PLAN

OCT 2024

٧#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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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
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Pistol Squat in																															
May, June,																															
July, Aug																															
Celebrate																															

Date	Day	Details
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3	Thu	
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5	Sat	
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23	Wed	
24	Thu	
25	Fri	
26	Sat	
27	Sun	
28	Mon	
29	Tue	
30	Wed	
31	Thu	

COMING MONTH GOALS

OCTOBER « O1 »

TUESDAY

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42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

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

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

DAY PLAN	October Monthly Notes
	Be Good
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Deceleration
	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

october $^{\circ}$ 02 $^{\circ}$

WEDNESDAY

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	14							
43	21							R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	October Monthly Notes
	Be Good
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Deceleration
	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

october « 03 »

THURSDAY

	<	0	СТ	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	October Monthly Notes
	Be Good
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
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	Deceleration
	Bucket List Dance class
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	Another cooking class
	Try Amsterdam
	Try England
	Love?

october $^{\circ}$ 04 $^{\circ}$

FRIDAY

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44	28	29	30	31	1	2	3	R

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

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

DAY PLAN	October Monthly Notes
	Be Good
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Deceleration
	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

october $^{\circ}$ 05 $^{\circ}$

SATURDAY

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

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

DAY PLAN	October Monthly Notes
	Be Good
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Deceleration
	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

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43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

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

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

DAY PLAN	October Monthly Notes
	Be Good
	C + D - I'
	Current Reading Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



30 SEPTEMBER - 06 OCTOBER

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WEEK "41"

07 OCTOBER - 13 OCTOBER Monday 07 OCT **Tuesday 08 OCT** Wednesday

10 OCT Friday

13 OCT

Plan week

Send the weekly email

Thursday

Sunday

11 OCT

Saturday

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

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Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
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Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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october $^{\circ}$ 07 $^{\circ}$

MONDAY

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42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

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

october « 08 »

TUESDAY	/
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44	28	29	30	31	1	2	3	R

How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

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

october $^{\circ}$ 09 $^{\circ}$

WEDNESDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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			23					R
44	28	29	30	31	1	2	3	R

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

OCTOBER « 10 »

THURSDAY

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42	14	15	16	17	18	19	20	R
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44	28	29	30	31	1	2	3	R

How are things?
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Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

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

OCTOBER « 11 »

FRIDAY

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44	28	29	30	31	1	2	3	R

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

OCTOBER « 12 »

SATURDAY

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43	21	22	23	24	25	26	27	R
40 41 42 43 44	28	29	30	31	1	2	3	R

How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

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

OCTOBER 4 13

SUNDAY

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41 7 8 9 10 11 12 13 R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	October Monthly Notes
	Be Good
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Deceleration
	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 41 »

07 OCTOBER - 13 OCTOBER

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WEEK REVIEW NOTES		

14 OCTOBER - 20 OCTOBER Monday 14 OCT **Tuesday**

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Sunday 20 OCT Plan week Send the weekly email

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Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
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Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
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Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
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OCTOBER $^{\circ}$ 14°

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

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

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	Be Good
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	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Deceleration
	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER « 15 »

TUESDAY

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42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
40 41 42 43 44	28	29	30	31	1	2	3	R

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	Try England
	Love?

OCTOBER « 16 »

WEDNESDAY

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42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
40 41 42 43 44	28	29	30	31	1	2	3	R

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

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

DAY PLAN	October Monthly Notes
	Be Good
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Deceleration
	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER « 17 »

THURSDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
40	30	1	2	3	4	5	6	R
41	7	8	9	10	11	12	13	R
42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
40 41 42 43 44	28	29	30	31	1	2	3	R

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

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

DAY PLAN	October Monthly Notes
	Be Good
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Deceleration
	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER $^{\circ}$ 18 $^{\circ}$

FRIDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	R
40	30	1	2	3	4	5	6	F
41	7	8	9	10	11	12	13	F
42	14	15	16	17	18	19	20	F
43	21	22	23	24	25	26	27	F
40 41 42 43 44	28	29	30	31	1	2	3	F

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

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

DAY PLAN	October Monthly Notes
	Be Good
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER « 19 »

SATURDAY

W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

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

Not all those who wander are lost. JRR Tolkien

DAY PLAN	October Monthly Notes
	Be Good
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

october $^{\circ}20^{\circ}$

SUNDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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43	21	22	23	24	25	26	27	R
40 41 42 43 44	28	29	30	31	1	2	3	R

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

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

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

WEEKLY REVIEW « 42 »

14 OCTOBER - 20 OCTOBER

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42 14 15 16 17 18 **19 20** R

43 21 22 23 24 25 **26 27** R 44 28 29 30 31 1 2 3 R

WEEK REVIEW NOTES		

21 OCTOBER - 27 OCTOBER Monday 21 OCT **Tuesday 22 OCT**

24 OCT Friday

27 OCT

Plan week

Send the weekly email

Thursday

Sunday

Wednesday

41

Saturday

25 OCT

26 OCT

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

42 14 15 16 17 18 **19 20** R 43 21 22 23 24 25 **26 27** R

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Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
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Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
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MONDAY

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43	21	22	23	24	25	26	27	R
40 41 42 43 44	28	29	30	31	1	2	3	R

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

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

DAY PLAN	October Monthly Notes
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	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Deceleration
	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER * **22**

TUESDAY

OCT 2024 >
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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

OCTOBER « 23 »

WEDNESDAY

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How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

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

OCTOBER « 24 »

THURSDAY

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How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

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	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER $^{\circ}$ 25

FRIDAY

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42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
44	30 7 14 21 28	29	30	31	1	2	3	R

How are things?
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Mastery Priorities/To do Today

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

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

OCTOBER $^{\circ}$ 26 $^{\circ}$

SATURDAY

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	40	30	1	2	3	4	5	6	R
	41	7	8	9	10	11	12	13	R
	42	14	15	16	17	18	19	20	R
	43	21	22	23	24	25	26	27	R
	44	30 7 14 21 28	29	30	31	1	2	3	R

How are things?
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	Deceleration
	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER « 27 »

SUNDAY

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43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

How are things?
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Deceleration
	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 43 »

21 OCTOBER - 27 OCTOBER

40 30 1 2 3 4 5 6 R 41 7 8 9 10 11 12 13 R 42 14 15 16 17 18 19 20 R 43 21 22 23 24 25 26 27 R 44 28 29 30 31 1 2 3 R

< OCT 2024 >

W# Mo Tu We Th Fr Sa Su Re

WEEK REVIEW NOTES		

WEEK 44 28 OCTOBER - 03 NOVEMBER

Monday Wednesday 28 OCT **Tuesday** 29 OCT

41

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

42 14 15 16 17 18 **19 20** R 43 21 22 23 24 25 **26 27** R

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31 OCT Friday 01 NOV Saturday

02 NOV

Sunday **03 NOV** Plan week Send the weekly email

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Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Τ	W	Т	F	S	Frozen	М	Т	W	Т	F	
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Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
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Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
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Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Т	W	Ш	1	S	Focused	М	T	W	Т	F	S							
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OCTOBER $^{\prime\prime}$ 28 $^{\circ\prime}$

MONDAY

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43	21	22	23	24	25	26	27	R
40 41 42 43 44	28	29	30	31	1	2	3	R

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

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

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	Be Good
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
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	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

TUESDAY

OCT 2024 W# Mo Tu We Th Fr Sa Su Re 9 10 11 **12 13** R 41 42 14 15 16 17 18 **19 20** R 43 21 22 23 24 25 **26 27** R 44 28 29 30 31 1 2 3 R

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

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

DAY PLAN	October Monthly Notes
	Be Good
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Deceleration
	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

october « 30 »

WEDNESDAY

		_	СТ				>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
40	30	1	2	3	4	5	6	R
41	30 7	8	9	10	11	12	13	R
42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

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

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

DAY PLAN	October Monthly Notes
	Be Good
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Deceleration
	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

october $^{\circ}$ 31 $^{\circ}$

THURSDAY

	<	0	СТ	20	24	ļ.	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
40	30	1	2	3	4	5	6	R
41	7	8	9	10	11	12	13	R
42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
40 41 42 43 44	28	29	30	31	1	2	3	R

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

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

DAY PLAN	October Monthly Notes
	Be Good
	Current Reading Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Deceleration
	Bucket List Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MONTH REVIEW

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

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NOVEMBER PLAN

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

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
Habits	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
Pistol Squat in May, June, July, Aug																														
Celebrate others																														

Date	Day	Details
1	Fri	
2	Sat	
3	Sun	
4	Mon	
5	Tue	
6	Wed	
7	Thu	
8	Fri	
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	

COMING MONTH GOALS

NOVEMBER $^{\prime\prime}$ 01 $^{\circ}$

FRIDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
48	25	26	27	28	29	30	1	R

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

November Monthly

NOVEMBER $^{\prime\prime}$ 02°

SATURDAY

	<							
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
44 45 46 47 48	25	26	27	28	29	30	1	R

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

November Monthly

NOVEMBER « 03 »

SUNDAY

			VC					
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44	28 4 11 18	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
48	25	26	27	28	29	30	1	R

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 100% Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



28 OCTOBER - 03 NOVEMBER

OCT 2024 >
W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

WEEK REVIEW NOTES		

04 NOVEMBER - 10 NOVEMBER 04 NOV **Tuesday** 05 NOV

Wednesday

Thursday 07 NOV

Friday

Send the weekly email

Saturday

09 NOV

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

46 11 12 13 14 15 **16 17** R 47 18 19 20 21 22 **23 24** R

48 25 26 27 28 29 **30** 1 R

06 NOV

9 10 R

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Monday

10 NOV Plan week

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Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Τ	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
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Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
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		Ш	VV	Ш	Г	2	AA A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
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Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

NOVEMBER « **04** »

MONDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
W# 44 45 46 47 48	25	26	27	28	29	30	1	R

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

There is no try

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER $^{\circ}$ 05 $^{\circ}$

TUESDAY

	<	N	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28 4 11	29	30	31	1	2	3	F
45	4	5	6	7	8	9	10	F
46	11	12	13	14	15	16	17	F
47	18	19	20	21	22	23	24	F
48	25	26	27	28	29	30	1	F

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER $^{\prime\prime}$ 06 $^{\circ\prime}$

WEDNESDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Rε
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
48	28 4 11 18 25	26	27	28	29	30	1	R

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER $^{\prime\prime}$ 07 $^{\circ}$

THURSDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
48	28 4 11 18 25	26	27	28	29	30	1	R

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER $^{\circ}$ 08 $^{\circ}$

FRIDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44	28	29	30	31	1	2	3	R
45 46	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
48	25	26	27	28	29	30	1	R

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER $^{\circ}$ 09 $^{\circ}$

SATURDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44 45 46 47	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
48	25	26	27	28	29	30	1	R

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

The unexamined life is not worth living. Aurelius

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
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	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 10 »

SUNDAY

	<	N	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28	29	30	31	1	2	3	R
45	4 11	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
48	25	26	27	28	29	30	1	R

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

Do you want to be a slave to your whims? Jordan Peterson. Compare this with an idea of freedom which means to do whatever we feel. Different to whatever we choose. Implying choice might not be always what we feel like. It struck me at the time Dec 7, 2023

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 45 »

04 NOVEMBER - 10 NOVEMBER

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WEEK REVIEW NOTES		

WEEK " **46** "

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Monday	11 NOV	Tuesday	12 NOV	٧

14 NOV Friday

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NOV 2024

13 NOV

W# Mo Tu We Th Fr Sa Su Re 28 29 30 31 **1 2 3** 45 4 5 6 7 8 **9 10** R 46 11 12 13 14 15 **16 17** R 47 18 19 20 21 22 **23 24** R 48 25 26 27 28 29 **30 1** R

15 NOV Saturday

16 NOV

Thursday

Sunday 17 NOV Plan week Send the weekly email

Emotions																			
ST	RON	G					HAPPY							PANIC					
Sure	М	Τ	W	Т	FS	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Τ	W	Т	FS	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	FS	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	
Dynamic	М	Т	W	Т	FS	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	FS	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	1
Hardy	М	Т	W	Т	FS	Grateful	M	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	9
Secure	М	Т	W	Т	FS	Optimistic	М	Т	W	Т	F	S	Anxious	М	Т	W	Т	F	9
Empowered	М	Т	W	Т	FS	Content	М	Т	W	Т	F	S	Troubled	М	Т	W	Т	F	9
Ambitious	М	Т	W		FS	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	T	W	T	F	
Powerful	М	Ť	W		FS	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ť	W	T	F	
Confident	М	T	VV		FS	Loving	М	Т	W	Т	F	S	- Ctailliea	М	Ť	W	T	F	
Bold	М	Ť	W		FS	Marvelous	М	Т	W	Т	F	S	Н	JRT	<u> </u>				i
Determined	М	Ť	W		FS		М	Т	W	Т	F	S	Let down	lΜ	Т	W	Ιπ	F	9
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Depressed	М	Τ	W		FS	Agitated	М	Т	W	T	F	S		M		W	T	F	-
Desperate	М	Τ	W		F S	Fed up	М	T	W	T	F	S	Impaired	_	T	W	-	F	
Dejected	М	Т	VV		F S	Irritated	М	T	W	Ť	F	S	Damaged	M	T		T	· ·	1
Heavy	М	Т	W		F S	Mad	М	T	W	T	F	S	Criticized	M	T	W	T	F	
Crushed	М	Т	W		FS	Critical	М	Ť	W	Ť	F	S	Abused	М	T	W	T	F	
Disgusted	М	Τ	W		FS	Resentful	M	T	W	<u> </u>	F	S	Crushed	М	T	W	T	F	
Upset	M	Τ	W		FS	-	M	T	W	T	F	S	Punished	М	Т	W	Т	F	
Hateful	M	Т	\bigvee	Т	FS	Disgusted	M	T	W	T	F	S	Rejected	М	Т	W	Т	F	
Sorrowful	M	Τ	\bigvee	Т	FS	Outraged	_			Т	F								
Mournful	M	Τ	\bigvee	Т	FS	Raging	M	Т	W		-	S							
Weepy	M	Т	W	Т	FS	Furious	M	T	W	T	F	S							
Frustrated	M	Т	W	Т	FS	Livid	М	Т	W	Т	F	S							
CON	NFUS	ED				Bitter	М	Т	W	Т	F	S							
Uncertain	М	Т	W	Т	FS		М	Т	W	Т	F	S							
Upset	М	Т	W	Т	FS	ENE	RGIZ	ED											
Doubtful	М	Т	W	Т	FS	Determined	М	Т	W	Т	F	S							
Indecisive	М	Ť	W		FS	Inspired	М	Т	W	Т	F	S							
Perplexed	М	T	W		FS	Creative	М	Т	W	Т	F	S							
Embarrassed	М	T	W		FS	Healthy	М	Τ	W	Т	F	S							
Hesitant	M	Ť	W		FS	Renewed	М	Т	W	Т	F	S							
Shy	M	T	W	-	F S	Vibrant	М	Т	W	Т	F	S							
Lost	M	÷	VV		FS	Strengthened	М	Т	W	Т	F	S							
Unsure	M	÷	W		FS	Motivated	М	Т	W	Т	F	S							
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Pessimistic	M	T	W V	-	_	Invigorated	М	Т	W	Т	F	S							
Tense	M	T	W		F S	Refreshed	М	Т	W	Т	F	S							
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NOVEMBER « 11 »

MONDAY

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		28							
	45	4	5	6	7	8	9	10	F
	46	11	12	13	14	15	16	17	F
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	48	25	26	27	28	29	30	1	F

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 100% Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 12

TUESDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28	29	30	31	1	2	3	F
45	4	5	6	7	8	9	10	F
46	11	12	13	14	15	16	17	F
47	18	19	20	21	22	23	24	F
44 45 46 47 48	25	26	27	28	29	30	1	F

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

The unexamined life is not worth living. Aurelius

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 13

WEDNESDAY

		<	NO	VC	20	24	4	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
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	45	4	5	6	7	8	9	10	
	46	11	12	13	14	15	16	17	١
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	48	25	26	27	28	29	30	1	

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 14

THURSDAY

		<	NO	VC	20	24	4	>	
Λ	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
>>	44	28	29	30	31	1	2	3	F
	45	4	5	6	7	8	9	10	F
	46	11	12	13	14	15	16	17	F
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JAI	48	25	26	27	28	29	30	1	F

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
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	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 15 »

FRIDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28	29	30	31	1	2	3	Ī
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46	11	12	13	14	15	16	17	ı
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48	25	26	27	28	29	30	1	

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER $^{\prime\prime}$ 16 $^{\circ}$

SATURDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
W# 44 45 46 47 48	25	26	27	28	29	30	1	R

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER $^{\prime\prime}$ 17 $^{\prime\prime}$

SUNDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28	29	30	31	1	2	3	F
45 46	4	5	6	7	8	9	10	F
46	11	12	13	14	15	16	17	F
47	18	19	20	21	22	23	24	F
48	25	26	27	28	29	30	1	F

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
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	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



11 NOVEMBER - 17 NOVEMBER

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

WEEK REVIEW NOTES		

18 NOVEMBER - 24 NOVE

Tuesday

Friday

18 NOV

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

46 11 12 13 14 15 **16 17** R 18 19 20 21 22 **23 24** R

Thursday 21 NOV

Monday

Saturday

Sunday **24 NOV**

Plan week Send the weekly email **23 NOV**

Emotions																				
STRONG			НАРРҮ							P.A	NIC									
Sure	М	Τ	VV	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	VV	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	VV	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	VV	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	VV	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	VV	T		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	VV	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	VV	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ť	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	<u> </u>		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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			VV	<u> </u>	Г	2	1A	NGEF						Tender	M	H	W	T	F	
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Depressed	М	Т	VV	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	$\vee\vee$	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Τ	$\vee\vee$	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	$\vee\vee$	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	\bigvee	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	F	S	Crushed	М	Т	W	Т	F	Ŀ
Upset	M	Τ	$\vee\!\vee$	Т	F.	S	Resentful	М	T		-	-		Punished	М	Т	W	Т	F	ŀ
Hateful	M	Τ	$\vee\!\vee$	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	M	Т	W	Т	F	
Sorrowful	М	Τ	$\bigvee\!$	Т	F	S	Outraged	М	Т	W		F	S							
Mournful	М	Τ	$\vee\vee$	Т	F	S	Raging	М	Т	W	Т	F	S							
Weepy	М	Т	VV	Т	F	S	Furious	М	Τ	W	Т	F	S							
Frustrated	М	Τ	VV	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	Т	VV	Т	F	S		М	Τ	W	Т	F	S							
Upset	М	T	VV	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	VV	T		S	Determined	М	Т	W	Т	F	S							
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Perplexed	М	Ť	W	Ť		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	W	T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	W	H	_	S	Renewed	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Vibrant	М	Т	W	Т	F	S							
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Lost		÷		T		5	Motivated	М	Т	W	Т	F	S							
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Pessimistic	M	T	W	1		S	Invigorated	М	Т	W	Т	F	S							
Tense	М	T	VV	T		S	Refreshed	М	Т	W	Т	F	S							
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NOVEMBER « 18 »

MONDAY

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44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	F
46	11	12	13	14	15	16	17	F
47	18	19	20	21	22	23	24	F
44 45 46 47 48	25	26	27	28	29	30	1	F

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 19 »

TUESDAY

		<	NO	VC	20	24	1	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
	44	28	29	30	31	1	2	3	F
	45	4	5	6	7	8	9	10	F
				13					
,	47	18	19	20	21	22	23	24	F
	48	25	26	27	28	29	30	1	F

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

The unexamined life is not worth living. Aurelius

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER $^{\prime\prime}$ 20 $^{\circ\prime}$

WEDNESDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
48	25	26	27	28	29	30	1	R

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 21 »

THURSDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
48	28 4 11 18 25	26	27	28	29	30	1	R

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 22

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7	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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How are things:
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

There is no try

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 23

SATURDAY

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

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

Do you want to be a slave to your whims? Jordan Peterson. Compare this with an idea of freedom which means to do whatever we feel. Different to whatever we choose. Implying choice might not be always what we feel like. It struck me at the time Dec 7, 2023

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 24 »

SUNDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28	29	30	31	1	2	3	F
45	4	5	6	7	8	9	10	F
46	11	12	13	14	15	16	17	F
47	18	19	20	21	22	23	24	F
44 45 46 47 48	25	26	27	28	29	30	1	F

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Mastery Priorities/To do Today

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 47 »

18 NOVEMBER - 24 NOVEMBER

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

WEEK REVIEW NOTES		

WEEK " 48 »
BER - 01 DECEMBER

25 NC	OVEMBER - 01 DE	ECEMBE
onday	25 NOV Tuesday	26 NOV

Wednesday

Saturday

< NOV 2024 > W#|MoTuWeThFrSaSu|Re

46 11 12 13 14 15 **16 17** R 47 18 19 20 21 22 **23 24** R

48 25 26 27 28 29 30 1

30 NOV

27 NOV

7 8 **9 10** R

Thursday 28 NOV Friday 29 NOV

01 DEC

Sunday

Friday

Plan week

Send the weekly email

29 NOV

	notior	15																		
ST	RON	G						\PP\	1					P.A	NIC					
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
		Ш	VV	Ш	Г	2	AA A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	Ť	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Т	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

NOVEMBER « 25 »

MONDAY

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

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

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

DAY PLAN	November Monthly Notes			
	Big Shoulders			
	Pistol Squat			
	Measure Weight			
	Raise Bed			
	Build Inner Wall			
	Current Reading Models - Attract Woment			
	Through Honesty, 100% Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	The Well of Ascension, 100%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

NOVEMBER « 26 »

TUESDAY

	<	N	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44	28 4 11 18	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
10	25	26	27	20	20	30	1	D

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

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

DAY PLAN	November Monthly Notes			
	Big Shoulders			
	Pistol Squat			
	Measure Weight			
	Raise Bed			
	Build Inner Wall			
	Current Reading Models - Attract Woment			
	Through Honesty, 100% Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	The Well of Ascension, 100%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

NOVEMBER $^{\prime\prime}$ 27 $^{\prime\prime}$

WEDNESDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
			30					
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
			20					
48	25	26	27	28	29	30	1	R

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

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

DAY PLAN	November Monthly Notes			
	Big Shoulders			
	Pistol Squat			
	Measure Weight			
	Raise Bed			
	Build Inner Wall			
	Current Reading Models - Attract Woment Through Honesty, 100%			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	The Well of Ascension, 100%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

NOVEMBER $^{\prime\prime}$ 28 $^{\circ\prime}$

THURSDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28	29	30	31	1	2	3	F
45	4	5	6	7	8	9	10	F
46	11	12	13	14	15	16	17	F
47	18	19	20	21	22	23	24	F
44 45 46 47 48	25	26	27	28	29	30	1	F

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

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

DAY PLAN	November Monthly Notes			
	Big Shoulders			
	Pistol Squat			
	Measure Weight			
	Raise Bed			
	Build Inner Wall			
	Current Reading Models - Attract Woment Through Honesty, 100%			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	The Well of Ascension, 100%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

NOVEMBER « 29

		<	NO	VC	20	24	1	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
/	44	28	29	30	31	1	2	3	
	45	4	5	6	7	8	9	10	
		11							
FRIDAY		18							
KIDAT	48	25	26	27	28	29	30	1	

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

The unexamined life is not worth living. Aurelius

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER $^{\prime\prime}$ 30 $^{\circ\prime}$

SATURDAY

		<	NO	VC	20	24	1	>	
W	#	Мо	Tu	We	Th	Fr	Sa	Su	R
4	4	28	29	30	31	1	2	3	F
4.	5	4	5	6	7	8	9	10	F
4	6	11	12	13	14	15	16	17	F
4	7	18	19	20	21	22	23	24	F
48	8	25	26	30 6 13 20 27	28	29	30	1	F

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment Through Honesty, 100%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 100%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MONTH REVIEW

V# Mo Tu We Th Fr Sa Su Re
48 25 26 27 28 29 30 1 R
49 2 3 4 5 6 7 8 R
50 9 10 11 12 13 14 15 R
51 16 17 18 19 20 21 22 R
52 23 24 25 26 27 28 29 R
1 30 31 1 2 3 4 5 R

Notes			
for			
Review			
of			
Month			

DECEMBER PLAN

Date

Day

W# Mo Tu We Th Fr Sa Su Re
48 25 26 27 28 29 30 1 R
49 2 3 4 5 6 7 8 R
50 9 10 11 12 13 14 15 R
51 16 17 18 19 20 21 22 R
52 23 24 25 26 27 28 29 R
1 30 31 1 2 3 4 5 R

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
Tidbits	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
Pistol Squat in May, June, July, Aug																															
Celebrate others																															

Details

	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	
17	Tue	
18	Wed	
19	Thu	
20	Fri	
21	Sat	
22	Sun	
23	Mon	
24	Tue	
25	Wed	
26	Thu	
27	Fri	
28	Sat	
29	Sun	
30	Mon	
31	Tue	

COMING MONTH GOALS

DECEMBER « 01 »

SUNDAY

	<	DE	EC	20	24		>	
W#								
48	25	26	27	28	29	30	1	R
49	2 9 16	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	23 30	31	1	2	3	4	5	R

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

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 48 »

25 NOVEMBER - 01 DECEMBER

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

WEEK REVIEW NOTES		

5 6 9 10 11 12 13 **14 15** R 51 16 17 18 19 20 **21 22** R 52 23 24 25 26 27 **28 29** R 1 30 31 1 2 3 4 5 R

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

02 DECEMBER - 08 DECEMBER

Monday 02 DEC Tuesday

03 DEC Wednesday 04 DEC 07 DEC

05 DEC Friday

06 DEC Saturday **Thursday**

Sunday	08 DEC	Plan week Send the weekly email	

	notior	15																		
ST	RON	G						\PP\	1					P.A	NIC					
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
		Ш	VV	Ш	Г	2	AA A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

$_{\text{DECEMBER}} \ ^{\text{\tiny "}} 02\ ^{\text{\tiny "}}$

MONDAY

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49	2 9	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	23 30	31	1	2	3	4	5	R

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

The unexamined life is not worth living. Aurelius

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 03 »

TUESDAY

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		וע		20	24			
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49 50	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

How are things?	
	_
	_
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	
	_
There is no try	1

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 04 »

WEDNESDAY

	<	DI	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



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1	30	31	1	2	3	4	5	R

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

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 06 »

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
There is no try

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 07 »

SATURDAY

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52 23 24 25 26 27 **28 29** R 1 30 31 1 2 3 4 5 R

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

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 08 »

SUNDAY

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51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

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

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

DAY PLAN	December Monthly Notes			
	Be More social			
	2x Climbing			
	Book Jan Holiday			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

WEEKLY REVIEW « 49 »

02 DECEMBER - 08 DECEMBER

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WEEK REVIEW NOTES		

WEEK « **50** »

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

09 DECEMBER - 15 DECEMBER Monday 09 DEC Tuesday

12 DEC Friday

Thursday

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Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
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DECEMBER « 09 »

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51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

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

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

DAY PLAN	December Monthly Notes			
	Be More social			
	2x Climbing			
	Book Jan Holiday			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

DECEMBER « 10 »

TUESDAY

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52 23 24 25 26 27 **28 29** R

1 30 31 1 2 3 4 5 R

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

The unexamined life is not worth living. Aurelius

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER 4 11

WEDNESDAY

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	51	16	17	18	19	20	21	22	R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 12

THURSDAY

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

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 13 »

FRIDAY

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

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 14 »

SATURDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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51	16	17	18	19	20	21	22	R

52 23 24 25 26 27 **28 29** R

1 30 31 1 2 3 4 5 R

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

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

DAY PLAN	December Monthly Notes	
	Be More social	
	2x Climbing	
	Book Jan Holiday	
	Current Reading	
	No Bad Parts, Schwarz	
	Why zebras dont get ulcerss, 10%	
	The explosive child, 20%	
	Dare to Connect, 20%	
	The Mindful Emotions Workbook, 20%	
	The Inflamed Mind, 1%	
	Alloy of Law, 10%	
	Bucket List	
	Dance class	
	Sing in choir	
	Another cooking class	
	Try Amsterdam	
	Try England	
	Love?	

DECEMBER « 15

SUNDAY

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50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
52 1	30	31	1	2	3	4	5	R

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

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

DAY PLAN	December Monthly Notes	
	Be More social	
	2x Climbing	
	Book Jan Holiday	
	Current Reading	
	No Bad Parts, Schwarz	
	Why zebras dont get ulcerss, 10%	
	The explosive child, 20%	
	Dare to Connect, 20%	
	The Mindful Emotions Workbook, 20%	
	The Inflamed Mind, 1%	
	Alloy of Law, 10%	
	Bucket List	
	Dance class	
	Sing in choir	
	Another cooking class	
	Try Amsterdam	
	Try England	
	Love?	



09 DECEMBER - 15 DECEMBER

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50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
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WEEK REVIEW NOTES		

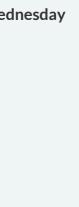
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DEC 2024 W# Mo Tu We Th Fr Sa Su Re

16 DECEMBER - 22 DECEMBER

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Monday	16 DEC	Tuesday	17 DEC	Wedne



18 DEC

19 DEC Friday 20 DEC Saturday **21 DEC Thursday**

Sunday	22 DEC	Plan week Send the weekly email	

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STRONG					HAPPY					PANIC										
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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
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Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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DECEMBER « 16 »

MONDAY

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51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

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	1	30	31	1	2	3	4	5	R

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

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 18 »

WEDNESDAY

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

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 19 »

THURSDAY

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

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

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

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER "

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	51	16	17	18	19	20	21	22	R
URDAY	52	23	24	25	26	27	28	29	R
	1	30	31	1	2	3	4	5	R

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

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

DAY PLAN	December Monthly Notes
	Be More social
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	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
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There is no try

DAY PLAN	December Monthly Notes
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	Current Reading
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 51 »

16 DECEMBER - 22 DECEMBER

W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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WEEK REVIEW NOTES		

WEEK * **52** *

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25 DEC

28 DEC

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

23 DECEMBER - 29 DECEMBER

26 DEC Friday

Thursday

Monday	23 DEC	Tuesday » Christmas	24 DEC	Wednesday

27 DEC Saturday

Sunday	29 DEC	Plan week Send the weekly email	

	IOLIOI	15		Emotions																	
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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F		
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ	
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F		
Tenacious	М	Т	W	Т	_	S	Charmed	М	Τ	W	Т	F	S	Frozen	М	Т	W	Т	F		
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ	
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F		
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F		
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F		
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F		
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄	
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-		
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F		
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ	
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ	
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ	
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Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ	
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F		
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S								
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S								
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S								
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S								
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S								
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S								
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED												
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S								
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S								
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S								
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S								
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S								
							Vibrant	М	Т	W	Т	F	S								
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S								
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S								
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S								
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S								
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S								
	М	Т	W	T	F	S	Refreshed	1 1 1	-	V V	1	-	J								

DECEMBER « 23 »

MONDAY

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51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	16 23 30	31	1	2	3	4	5	R

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

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 24 »

W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25 2 9 16	26	27	28	29	30	1	R
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51	16	17	18	19	20	21	22	R
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» Christmas

TUESDAY

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
There is no try

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 25

WEDNESDAY

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	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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DAY	52	23	24	25	26	27	28	29	R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes
	Be More social
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	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 26

THURSDAY

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DAY	52	23	24	25	26	27	28	29	R
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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

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

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

DAY PLAN	December Monthly Notes
	Be More social
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	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER $^{\prime\prime}$ 28 $^{\circ\prime}$

SATURDAY

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

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
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	Dance class
	Sing in choir
	Another cooking class
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	Try England
	Love?

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

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

DAY PLAN	December Monthly Notes			
	Be More social			
	2x Climbing			
	Book Jan Holiday			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

WEEKLY REVIEW « 52 »

23 DECEMBER - 29 DECEMBER

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WEEK REVIEW NOTES		



30 DEC Tuesday

Monday

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51 16 17 18 19 20 **21 22** R 52 23 24 25 26 27 **28 29** R 30 31 1 2 3 4 5 31 DEC Wednesday 01 JAN

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

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02 JAN Friday 03 JAN Saturday

Thursday 04 JAN

Sunday	05 JAN	Plan week Send the weekly email	

	notior	15																		
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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
		Ш	VV	Ш	Г	2	AA A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 1	-	V V	1	-	J							

DECEMBER « 30

MONDAY

	<	DI	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49 50 51	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

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

Do you want to be a slave to your whims? Jordan Peterson. Compare this with an idea of freedom which means to do whatever we feel. Different to whatever we choose. Implying choice might not be always what we feel like. It struck me at the time Dec 7, 2023

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER $^{\prime\prime}$ 31 $^{\circ\prime}$

TUESDAY

	<	DI	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48 49 50 51	25	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
4	مما	04	- 4	0	0	- 4	_	

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

DAY PLAN	December Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 01 »

WEDNESDAY

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

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

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

DAY PLAN	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 02 »

THURSDAY

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

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

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

DAY PLAN	January Monthly Notes			
	Holiday Go away!			
	Rest for year			
	Buy wardrobe			
	Current Deading			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY « 03 »

FRIDAY

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

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

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

DAY PLAN	January Monthly Notes			
	Holiday Go away!			
	Rest for year			
	Buy wardrobe			
	Current Deading			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY « **04** »

SATURDAY

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

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

There is no try

DAY PLAN	January Monthly Notes			
	Holiday Go away!			
	Rest for year			
	Buy wardrobe			
	Current Deading			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY « 05 »

SUNDAY

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

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

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

DAY PLAN	January Monthly Notes			
	Holiday Go away!			
	Rest for year			
	Buy wardrobe			
	Current Deading			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

WEEKLY REVIEW «

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30 DECEMBER - 05 JANUARY

49 2 3 4 5 6 **7 8** R 50 9 10 11 12 13 **14 15** R 51 16 17 18 19 20 **21 22** R 52 23 24 25 26 27 **28 29** R 1 30 31 1 2 3 4 5 R

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

WEEK REVIEW NOTES		