

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



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

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



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



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



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



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



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



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



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

debug is a k nu 2026 ReCalendar

2026 Planner ATKPlanner

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

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

Use the highlight function in boox to link

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

WEEK PLAN - WEEK «

1»

29 DECEMBER - 04 JANUARY

	< DEC 2025 >							
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	1	2	3	4	5	6	7	R
50	8	9	10	11	12	13	14	R
51	15	16	17	18	19	20	21	R
52	22	23	24	25	26	27	28	R
1	29	30	31	1	2	3	4	R

What I'm doing for others this week?

Monday | 29 Dec

Tuesday | 30 Dec

Wednesday | 31 Dec

Thursday | 01 Jan

» New Year!

Friday | 02 Jan

Saturday | 03 Jan

Sunday | 04 Jan

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

DECEMBER « 29 »
MONDAY

	< DEC 2025 >							
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	1	2	3	4	5	6	7	R
50	8	9	10	11	12	13	14	R
51	15	16	17	18	19	20	21	R
52	22	23	24	25	26	27	28	R
1	29	30	31	1	2	3	4	R

Above all else, guard your heart, for everything you do flows from it. - Proverbs 4:23

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What tasks will bring me the most energy and joy?

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

I choose where to spend my energy

URGENT

NOT URGENT

DO NOW

PLAN

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

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Notes

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

DECEMBER « 30 »
TUESDAY

	< DEC 2025 >							
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	1	2	3	4	5	6	7	R
50	8	9	10	11	12	13	14	R
51	15	16	17	18	19	20	21	R
52	22	23	24	25	26	27	28	R
1	29	30	31	1	2	3	4	R

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

What I'm grateful for:

generally?

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about myself?

yesterday?

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What I learnt yesterday?

Current Emotions?

Future vision

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

All you need is love

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

I am capable of succeeding

URGENT

DO NOW

NOT URGENT

PLAN

- 06-07
- 07-08
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- 10-11
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- 18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

DECEMBER « 31 »

WEDNESDAY

	< DEC 2025 >							
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
49	1	2	3	4	5	6	7	R
50	8	9	10	11	12	13	14	R
51	15	16	17	18	19	20	21	R
52	22	23	24	25	26	27	28	R
1	29	30	31	1	2	3	4	R

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

What I'm grateful for:

generally?

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about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I am a person

URGENT

NOT URGENT

DO NOW

PLAN

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

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Notes

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

Link to Update Month Goals/Review Document

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

JANUARY PLAN

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

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

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

JANUARY « 01 »

THURSDAY

» New Year!

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

How to be optimistic today?

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

My ideas are important and worthy of attention and respect

URGENT

DO NOW

NOT URGENT

PLAN

06-07

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17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 02 »
FRIDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can love my brother

URGENT

DO NOW

NOT URGENT

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Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

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\$10

Current Reading

No Bad Parts, Schwarz

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Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « 03 »

SATURDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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What I learnt yesterday?

Current Emotions?

Future vision

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

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

There is no try

I'm allowed to relax

URGENT

DO NOW

NOT URGENT

PLAN

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09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

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\$10

Current Reading

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The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « 04 »
SUNDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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What I learnt yesterday?

Current Emotions?

Future vision

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

What to be optimistic about today?

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

If necessary I will rest when needed

URGENT

DO NOW

NOT URGENT

PLAN

06-07

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11-12

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13-14

14-15

15-16

16-17

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18-19

Notes

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Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

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Bucket List

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Another cooking class

Try Amsterdam, England

Love?

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

WEEKLY REVIEW «

1

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29 DECEMBER - 04 JANUARY

< DEC 2025 >

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

Monday | 29 Dec

Tuesday | 30 Dec

Wednesday | 31 Dec

Thursday | 01 Jan

» New Year!

Friday | 02 Jan

Saturday | 03 Jan

Sunday | 04 Jan

Recent Successes

Next Success/Dreams

Notes on Week

WEEK PLAN - WEEK « 2 »

05 JANUARY - 11 JANUARY

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

What I'm doing for others this week?

Monday | 05 Jan

Tuesday | 06 Jan

Wednesday | 07 Jan

Thursday | 08 Jan

Friday | 09 Jan

Saturday | 10 Jan

Sunday | 11 Jan

Emotions

STRONG

Sure	M	T	W	T	F	S
Certain	M	T	W	T	F	S
Unique	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S
Hardy	M	T	W	T	F	S
Secure	M	T	W	T	F	S
Empowered	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S
Powerful	M	T	W	T	F	S
Confident	M	T	W	T	F	S
Bold	M	T	W	T	F	S
Determined	M	T	W	T	F	S

SAD

Depressed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Dejected	M	T	W	T	F	S
Heavy	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Hateful	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S
Mournful	M	T	W	T	F	S
Weepy	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S

CONFUSED

Uncertain	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S
Shy	M	T	W	T	F	S
Lost	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S
Tense	M	T	W	T	F	S
	M	T	W	T	F	S

HAPPY

Amused	M	T	W	T	F	S
Delighted	M	T	W	T	F	S
Glad	M	T	W	T	F	S
Pleased	M	T	W	T	F	S
Charmed	M	T	W	T	F	S
Grateful	M	T	W	T	F	S
Optimistic	M	T	W	T	F	S
Content	M	T	W	T	F	S
Joyful	M	T	W	T	F	S
Enthusiastic	M	T	W	T	F	S
Loving	M	T	W	T	F	S
Marvelous	M	T	W	T	F	S
	M	T	W	T	F	S

ANGER

Annoyed	M	T	W	T	F	S
Agitated	M	T	W	T	F	S
Fed up	M	T	W	T	F	S
Irritated	M	T	W	T	F	S
Mad	M	T	W	T	F	S
Critical	M	T	W	T	F	S
Resentful	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Outraged	M	T	W	T	F	S
Raging	M	T	W	T	F	S
Furious	M	T	W	T	F	S
Livid	M	T	W	T	F	S
Bitter	M	T	W	T	F	S
	M	T	W	T	F	S

ENERGIZED

Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S

PANIC

Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S
	M	T	W	T	F	S

HURT

Let down	M	T	W	T	F	S
Tender	M	T	W	T	F	S
Wounded	M	T	W	T	F	S
Impaired	M	T	W	T	F	S
Damaged	M	T	W	T	F	S
Criticized	M	T	W	T	F	S
Abused	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Punished	M	T	W	T	F	S
Rejected	M	T	W	T	F	S

JANUARY « 05 »
MONDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can have feelings / I do have feelings

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « 06 »

TUESDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

How to be optimistic today?

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

I am fierce

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « 07 »
WEDNESDAY

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

For no word from God will ever fail. - Luke 1:37

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What tasks will bring me the most energy and joy?

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

I can have fun with other people

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcerss, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « 08 »

THURSDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What to be optimistic about today?

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

I am fierce

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

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\$10

Current Reading

No Bad Parts, Schwarz

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Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 09 »
FRIDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can dream / I dream

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 10 »

SATURDAY

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

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, - Hebrews 12:28

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can stretch each day

URGENT

NOT URGENT

DO NOW

PLAN

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

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « 11 »

SUNDAY

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

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. - Colossians 3:16

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What to be optimistic about today?

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

I am worthy of love and respect

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

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\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

WEEKLY REVIEW « 2 »

05 JANUARY - 11 JANUARY

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

Monday | 05 Jan

Tuesday | 06 Jan

Wednesday | 07 Jan

Thursday | 08 Jan

Friday | 09 Jan

Saturday | 10 Jan

Sunday | 11 Jan

Notes on Week

Recent Successes

Next Success/Dreams

WEEK PLAN - WEEK

«

3

»

12 JANUARY - 18 JANUARY

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

What I'm doing for others this week?

Monday | 12 Jan

Tuesday | 13 Jan

Wednesday | 14 Jan

Thursday | 15 Jan

Friday | 16 Jan

Saturday | 17 Jan

Sunday | 18 Jan

Emotions

STRONG

Sure	M	T	W	T	F	S
Certain	M	T	W	T	F	S
Unique	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S
Hardy	M	T	W	T	F	S
Secure	M	T	W	T	F	S
Empowered	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S
Powerful	M	T	W	T	F	S
Confident	M	T	W	T	F	S
Bold	M	T	W	T	F	S
Determined	M	T	W	T	F	S

SAD

Depressed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Dejected	M	T	W	T	F	S
Heavy	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Hateful	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S
Mournful	M	T	W	T	F	S
Weepy	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S

CONFUSED

Uncertain	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S
Shy	M	T	W	T	F	S
Lost	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S
Tense	M	T	W	T	F	S
	M	T	W	T	F	S

HAPPY

Amused	M	T	W	T	F	S
Delighted	M	T	W	T	F	S
Glad	M	T	W	T	F	S
Pleased	M	T	W	T	F	S
Charmed	M	T	W	T	F	S
Grateful	M	T	W	T	F	S
Optimistic	M	T	W	T	F	S
Content	M	T	W	T	F	S
Joyful	M	T	W	T	F	S
Enthusiastic	M	T	W	T	F	S
Loving	M	T	W	T	F	S
Marvelous	M	T	W	T	F	S
	M	T	W	T	F	S

ANGER

Annoyed	M	T	W	T	F	S
Agitated	M	T	W	T	F	S
Fed up	M	T	W	T	F	S
Irritated	M	T	W	T	F	S
Mad	M	T	W	T	F	S
Critical	M	T	W	T	F	S
Resentful	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Outraged	M	T	W	T	F	S
Raging	M	T	W	T	F	S
Furious	M	T	W	T	F	S
Livid	M	T	W	T	F	S
Bitter	M	T	W	T	F	S
	M	T	W	T	F	S

ENERGIZED

Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S

PANIC

Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S
	M	T	W	T	F	S

HURT

Let down	M	T	W	T	F	S
Tender	M	T	W	T	F	S
Wounded	M	T	W	T	F	S
Impaired	M	T	W	T	F	S
Damaged	M	T	W	T	F	S
Criticized	M	T	W	T	F	S
Abused	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Punished	M	T	W	T	F	S
Rejected	M	T	W	T	F	S

JANUARY « 12 »
MONDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I do rest

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 13 »
TUESDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can be a good friend

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 14 »

WEDNESDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I'm allowed to relax

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

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Exciting

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January Focus on Business

Reverse sensor

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\$10

Current Reading

No Bad Parts, Schwarz

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « 15 »

THURSDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

How to be optimistic today?

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

I'm allowed to have fun

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

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Longer

Get Healthy 45%

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Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « **16** »
FRIDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

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

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

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17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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Reverse sensor

Book Holidays x2!

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Current Reading

No Bad Parts, Schwarz

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « 17 »
SATURDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

The unexamined life is not worth living. Aurelius

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

URGENT

DO NOW

NOT URGENT

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18-19

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Monthly Notes

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The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « 18 »
SUNDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I am lovable

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

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17-18

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Love?

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

3

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

Notes on Week

Next Success/Dreams

Next Success/Dreams

WEEK PLAN - WEEK « 4 »

19 JANUARY - 25 JANUARY

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

What I'm doing for others this week?

Monday | 19 Jan

Tuesday | 20 Jan

Wednesday | 21 Jan

Thursday | 22 Jan

Friday | 23 Jan

Saturday | 24 Jan

Sunday | 25 Jan

Emotions

STRONG

Sure	M	T	W	T	F	S
Certain	M	T	W	T	F	S
Unique	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S
Hardy	M	T	W	T	F	S
Secure	M	T	W	T	F	S
Empowered	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S
Powerful	M	T	W	T	F	S
Confident	M	T	W	T	F	S
Bold	M	T	W	T	F	S
Determined	M	T	W	T	F	S

SAD

Depressed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Dejected	M	T	W	T	F	S
Heavy	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Hateful	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S
Mournful	M	T	W	T	F	S
Weepy	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S

CONFUSED

Uncertain	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S
Shy	M	T	W	T	F	S
Lost	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S
Tense	M	T	W	T	F	S
	M	T	W	T	F	S

HAPPY

Amused	M	T	W	T	F	S
Delighted	M	T	W	T	F	S
Glad	M	T	W	T	F	S
Pleased	M	T	W	T	F	S
Charmed	M	T	W	T	F	S
Grateful	M	T	W	T	F	S
Optimistic	M	T	W	T	F	S
Content	M	T	W	T	F	S
Joyful	M	T	W	T	F	S
Enthusiastic	M	T	W	T	F	S
Loving	M	T	W	T	F	S
Marvelous	M	T	W	T	F	S
	M	T	W	T	F	S

ANGER

Annoyed	M	T	W	T	F	S
Agitated	M	T	W	T	F	S
Fed up	M	T	W	T	F	S
Irritated	M	T	W	T	F	S
Mad	M	T	W	T	F	S
Critical	M	T	W	T	F	S
Resentful	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Outraged	M	T	W	T	F	S
Raging	M	T	W	T	F	S
Furious	M	T	W	T	F	S
Livid	M	T	W	T	F	S
Bitter	M	T	W	T	F	S
	M	T	W	T	F	S

ENERGIZED

Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S

PANIC

Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S
	M	T	W	T	F	S

HURT

Let down	M	T	W	T	F	S
Tender	M	T	W	T	F	S
Wounded	M	T	W	T	F	S
Impaired	M	T	W	T	F	S
Damaged	M	T	W	T	F	S
Criticized	M	T	W	T	F	S
Abused	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Punished	M	T	W	T	F	S
Rejected	M	T	W	T	F	S

JANUARY « 19 »
MONDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

All you need is love

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

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

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

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Longer

Get Healthy 45%

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Exciting

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January Focus on Business

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Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « 20 »
TUESDAY

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

Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. - James 1:12

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

There is no try

My ideas are important and worthy of attention and respect

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

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Longer

Get Healthy 45%

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The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 21 »

WEDNESDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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What to be optimistic about today?

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

I can ask for help when needed

URGENT

DO NOW

NOT URGENT

PLAN

06-07

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09-10

10-11

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12-13

13-14

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The Murder of Roger Ackroyd

Bucket List

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Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 22 »

THURSDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What tasks will bring me the most energy and joy?

There is no try

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

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

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Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 23 »
FRIDAY

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

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. - 1 John 4:7-8

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

All you need is love

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

I can ask for help when needed

URGENT

NOT URGENT

DO NOW

PLAN

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

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « 24 »

SATURDAY

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

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. - Colossians 3:16

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can get my work done today

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

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The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 25 »

SUNDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

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

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

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Longer

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\$10

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Love?

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

WEEKLY REVIEW « 4 »

19 JANUARY - 25 JANUARY

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

Monday | 19 Jan

Tuesday | 20 Jan

Wednesday | 21 Jan

Thursday | 22 Jan

Friday | 23 Jan

Saturday | 24 Jan

Sunday | 25 Jan

Notes on Week

Recent Successes

Next Success/Dreams

WEEK PLAN - WEEK

«

5

»

26 JANUARY - 01 FEBRUARY

< JAN 2026 >

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

What I'm doing for others this week?

Monday | 26 Jan

Tuesday | 27 Jan

Wednesday | 28 Jan

Thursday | 29 Jan

Friday | 30 Jan

Saturday | 31 Jan

Sunday | 01 Feb

Emotions

STRONG

Sure	M	T	W	T	F	S
Certain	M	T	W	T	F	S
Unique	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S
Hardy	M	T	W	T	F	S
Secure	M	T	W	T	F	S
Empowered	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S
Powerful	M	T	W	T	F	S
Confident	M	T	W	T	F	S
Bold	M	T	W	T	F	S
Determined	M	T	W	T	F	S

SAD

Depressed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Dejected	M	T	W	T	F	S
Heavy	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Hateful	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S
Mournful	M	T	W	T	F	S
Weepy	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S

CONFUSED

Uncertain	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S
Shy	M	T	W	T	F	S
Lost	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S
Tense	M	T	W	T	F	S
	M	T	W	T	F	S

HAPPY

Amused	M	T	W	T	F	S
Delighted	M	T	W	T	F	S
Glad	M	T	W	T	F	S
Pleased	M	T	W	T	F	S
Charmed	M	T	W	T	F	S
Grateful	M	T	W	T	F	S
Optimistic	M	T	W	T	F	S
Content	M	T	W	T	F	S
Joyful	M	T	W	T	F	S
Enthusiastic	M	T	W	T	F	S
Loving	M	T	W	T	F	S
Marvelous	M	T	W	T	F	S
	M	T	W	T	F	S

ANGER

Annoyed	M	T	W	T	F	S
Agitated	M	T	W	T	F	S
Fed up	M	T	W	T	F	S
Irritated	M	T	W	T	F	S
Mad	M	T	W	T	F	S
Critical	M	T	W	T	F	S
Resentful	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Outraged	M	T	W	T	F	S
Raging	M	T	W	T	F	S
Furious	M	T	W	T	F	S
Livid	M	T	W	T	F	S
Bitter	M	T	W	T	F	S
	M	T	W	T	F	S

ENERGIZED

Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S

PANIC

Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S
	M	T	W	T	F	S

HURT

Let down	M	T	W	T	F	S
Tender	M	T	W	T	F	S
Wounded	M	T	W	T	F	S
Impaired	M	T	W	T	F	S
Damaged	M	T	W	T	F	S
Criticized	M	T	W	T	F	S
Abused	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Punished	M	T	W	T	F	S
Rejected	M	T	W	T	F	S

JANUARY « 26 »
MONDAY

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

Romans 8:37 - No, in all these things we are more than conquerors through him who loved us.

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

All you need is love

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

I matter

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 27 »
TUESDAY

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

Epilogue: Invitation and Warning 'Look, I am coming soon! My reward is with me, and I will give to each person according to what they have done. I am the Alpha and the Omega, the First and the Last, the Beginning and the End. - Revelation 22:12-13

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

Not all those who wander are lost. JRR Tolkien

I am an older brother

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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Reverse sensor

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\$10

Current Reading

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The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 28 »
WEDNESDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

People like me for who I am

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

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Exciting

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Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « 29 »

THURSDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What to be optimistic about today?

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

If necessary I will rest when needed

URGENT

NOT URGENT

DO NOW

PLAN

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

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The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 30 »
FRIDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

If today was perfect, what would it look like?

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

I am a force

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

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Love?

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JANUARY « 31 »

SATURDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

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How to be optimistic today?

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

I can love

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

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Love?

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FEBRUARY

«01»

SUNDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

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

Not all those who wander are lost. JRR Tolkien

I can get my work done today

URGENT

NOT URGENT

DO NOW

PLAN

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

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

Notes

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW « **5** »

26 JANUARY - 01 FEBRUARY

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

Monday | 26 Jan

Tuesday | 27 Jan

Wednesday | 28 Jan

Thursday | 29 Jan

Friday | 30 Jan

Saturday | 31 Jan

Sunday | 01 Feb

Recent Successes

Next Success/Dreams

Notes on Week

YEARLY REVIEW « 5 »

26 JANUARY - 01 FEBRUARY

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

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

Common Items Across Months:

Monthly Notes

Longer
Get Healthy 45%
Affirmation thpy Fr
Exciting
..Build info screen wall