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

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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
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44 45 46 47 48	25	26	27	28	29	30	1	R

DECEMBER

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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

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Monday



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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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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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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
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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							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
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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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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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JULY " **29** "

MONDAY

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 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

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	July Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	 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?
	25.5.

July Monthly Notes



TUESDAY

	<	Jl	JL	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Rε
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

What can I ask God for help with, or thank Him for? 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	July Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	 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?
	25.5.

July Monthly Notes

JULY « **31** »

WEDNESDAY

	<	Jl	JL	20	24		>	
W#								
27 28 29	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

What can I ask God for help with, or thank Him for? 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	July Monthly Notes
	Big Shoulders
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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?
	25.5.

July Monthly Notes

MONTH REVIEW

 W#
 Mo Tu We Th Fr Sa Su Re

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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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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	
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3	Sat	
4	Sun	
5	Mon	
6	Tue	
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8	Thu	
9	Fri	
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14	Wed	
15	Thu	
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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

What can I ask God for help with, or thank Him for? 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	August Monthly Notes
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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?

 $\mathsf{AUGUST} \ ^{\mathsf{w}} \mathbf{02} \ ^{\mathsf{w}}$

FRIDAY

	<	Αl	JG	20	24	1	>	
W#								
31	29 5 12	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

What can I ask God for help with, or thank Him for? 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
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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%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 03 »

SATURDAY

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

What can I ask God for help with, or thank Him for? 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
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	Build Inner Wall
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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%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 04 »

SUNDAY

	<	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

What can I ask God for help with, or thank Him for? 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

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

WEEKLY REVIEW « 31 »

29 JULY - 04 AUGUST

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

WEEK REVIEW NOTES	

WEEK « **32** » 05 AUGUST - 11 AUGUST

		'
Tuesday	06 AUG	Wednesday
	Tuesday	Tuesday 06 AUG

Monday

Thursday

Sunday

11 AUG

Plan week

Send the weekly email

08 AUG Friday 09 AUG

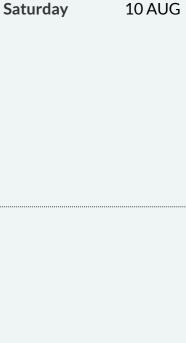
AUG 2024 W# Mo Tu We Th Fr Sa Su Re

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

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07 AUG



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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
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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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	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							
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MONDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
31	29	30	31	1	2	3	4	R
32 33 34	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

What can I ask God for help with, or thank Him for? 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	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
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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%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



TUESDAY

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

What can I ask God for help with, or thank Him for? 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	August Monthly Notes				
	Big Shoulders				
	Pistol Squat				
	Measure Weight				
	Raise Bed				
	Build Inner Wall				
	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?				

AUGUST " 07

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

What can I ask God for help with, or thank Him for? How are things?
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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

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	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, 10%				
	Bucket List				
	Dance class				
	Sing in choir				
	Another cooking class				
	Try Amsterdam				
	Try England				
	Love?				



THURSDAY

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What can I ask God for help with, or thank Him for? How are things?
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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

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	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?				

AUGUST « 09 »

FRIDAY

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What can I ask God for help with, or thank Him for? 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

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	Build Inner Wall				
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	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?				

AUGUST « 10

SATURDAY

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What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
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	Through Honesty, 5%
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 11 »

SUNDAY

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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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	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

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

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Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
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MONDAY

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Mastery Priorities/To do Today

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

AUGUST « 13 »

TUESDAY

		<	Αl	JG	20	24	1	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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Mastery Priorities/To do Today

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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
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What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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

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

AUGUST « 15 »

THURSDAY

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What can I ask God for help with, or thank Him for? How are things?					
Current Emotions?					
What I'm grateful for (consider emotionally impactful things)?					
Mastery Priorities/To do Today					

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	Bucket List
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	Love?

AUGUST « 16 »

FRIDAY

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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34	19	20	21	22	23	24	25	R
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What can I ask God for help with, or thank Him for? 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

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SATURDAY

** AUG 2024 **

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

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What can I ask God for help with, or thank Him for? 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

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

AUGUST « 18 »

SUNDAY

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What can I ask God for help with, or thank Him for? 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

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	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					

Wednesday

Monday

22 AUG Friday

Thursday

Sunday



25 AUG



Plan week Send the weekly email

23 AUG Saturday



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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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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
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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							
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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AUGUST « 19 »

MONDAY

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 1011 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

What can I ask God for help with, or thank Him for? 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	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

AUGUST « 20 »

TUESDAY

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

What can I ask God for help with, or thank Him for? How are things?
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What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

DAY PLAN	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
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	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?

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

What can I ask God for help with, or thank Him for? 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	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

THURSDAY

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What can I ask God for help with, or thank Him for? 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
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	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
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	Try England
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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

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
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	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

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

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
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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
	Big Shoulders
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	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

AUGUST « **25**)

SUNDAY

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

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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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	The Well of Ascension, 10%
	Bucket List
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	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



19 AUGUST - 25 AUGUST

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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

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









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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	
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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							
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							
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AUGUST « 26 »

MONDAY

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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
31 32 33 34 35	26	27	28	29	30	31	1	R

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

AUGUST « 27

TUESDAY

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

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
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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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
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	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?

AUGUST « 28 »

WEDNESDAY

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

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
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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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	Big Shoulders
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	Measure Weight
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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%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 29 »

THURSDAY

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 1011 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

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5%
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	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?

AUGUST « 30 »

FRIDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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35	26	27	28	29	30	31	1	R

What can I ask God for help with, or thank Him for? How are things?							
Current Emotions?							
What I'm grateful for (consider emotionally impactful things)?							
Mastery Priorities/To do Today							

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

DAY PLAN	August Monthly Notes
	Big Shoulders
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	Raise Bed
	Build Inner Wall
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 31 »

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

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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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
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MONTH REVIEW

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SEPTEMBER PLAN

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

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

Date	Day	Details
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9	Mon	
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24	Tue	
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26	Thu	
27	Fri	
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30	Mon	

COMING MONTH GOALS								

SEPTEMBER $^{\circ}$ 01°

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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

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DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

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
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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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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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Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
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Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
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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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$\mathsf{SEPTEMBER}~^{\mathsf{C}}\,\mathbf{02}~^{\mathsf{D}}$

MONDAY

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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
39	23	24	25	26	27	28	29	R

What can I ask God for help with, or thank Him for? 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	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

SEPTEMBER « 03 »

TUESDAY

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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
20	22	24	25	24	27	20	20	D

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

SEPTEMBER « **04** »

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

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

SEPTEMBER « 05 »

THURSDAY

	<	SE	P	20	24		>	
	Мо							
35	26 2 9 16	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
30	22	24	25	26	27	28	20	D

What can I ask God for help with, or thank Him for? 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			
	Big Shoulders			
	Pistol Squat			
	Measure Weight			
	Raise Bed			
	Build Inner Wall			
	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?			

SEPTEMBER « 06 »

FRIDAY

	<	SE	ΕP	20	24		>	
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	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

What can I ask God for help with, or thank Him for? 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			
	Big Shoulders			
	Pistol Squat			
	Measure Weight			
	Raise Bed			
	Build Inner Wall			
	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?			

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

What can I ask God for help with, or thank Him for? 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	September Monthly Notes		
	Big Shoulders		
	Pistol Squat		
	Measure Weight		
	Raise Bed		
	Build Inner Wall		
	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?		

SEPTEMBER « 08 »

SUNDAY

	<	SE	ΕP	20	24		>	
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	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

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

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Sunday 15 SEP

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	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	
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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	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							
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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 « 09 »

MONDAY

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

What can I ask God for help with, or thank Him for? How are things?
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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

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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%
	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	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	23	24	25	26	27	28	29	R

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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

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WEDNESDAY

		<	SE	ΕP	20	24		>	
1 4	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
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	36	2	3	4	5	6	7	8	
	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	

What can I ask God for help with, or thank Him for? 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	September Monthly Notes
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	Build Inner Wall
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	Bucket List
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	Love?

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

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

SEPTEMBER

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What can I ask God for help with, or thank Him for? 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

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

SEPTEMBER

SATURDAY

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

What can I ask God for help with, or thank Him for? 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
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	Current Reading
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 15 »

SUNDAY

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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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	Bucket List
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	Another cooking class
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	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

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

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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	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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Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
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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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SEPTEMBER « 16 »

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

What can I ask God for help with, or thank Him for? 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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	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?

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

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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

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	Love?

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
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What can I ask God for help with, or thank Him for? How are things?
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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

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

SEPTEMBER « 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

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Mastery Priorities/To do Today

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

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	Bucket List
	Dance class
	Sing in choir
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	Love?

SEPTEMBER « 20 »

FRIDAY

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What can I ask God for help with, or thank Him for? How are things?
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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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	Love?

SATURDAY

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

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SUNDAY

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

What can I ask God for help with, or thank Him for? How are 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

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16 SEPTEMBER - 22 SEPTEMBER

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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	

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

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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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Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	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
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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
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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							
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							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
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Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
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SEPTEMBER [«] 23

MONDAY

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 39 23 24 25 26 27 28 29 R

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	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
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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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

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

What can I ask God for help with, or thank Him for? 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	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

SEPTEMBER « 26 »

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

What can I ask God for help with, or thank Him for? 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	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

SEPTEMBER « 27 »

FRIDAY

SEP 2024 W# Mo Tu We Th Fr Sa Su Re 2 3 4 5 6 **7 8** R 36 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

What can I ask God for help with, or thank Him for? 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	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

SEPTEMBER « 28

SATURDAY

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

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
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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%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER $^{\prime\prime}\,29\,^{\circ}$

SUNDAY

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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37								
38								
39	23	24	25	26	27	28	29	R

What can I ask God for help with, or thank Him for? 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	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
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	Current Reading
	Models - Attract Woment Through Honesty, 5%
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	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 « 39 »

23 SEPTEMBER - 29 SEPTEMBER

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/#	Мо	Tu	We	Th	Fr	Sa	Su	Re
5	26	27	28	29	30	31	1	R
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7	9	10	11	12	13	14	15	R
8	16	17	18	19	20	21	22	R
9	23	24	25	26	27	28	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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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	
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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
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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							
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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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SEPTEMBER « 30 »

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38	16	17	18	19	20	21	22	R
20	22	24	25	24	27	20	20	Ь

What can I ask God for help with, or thank Him for? 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	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
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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%
	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
10	30	1	2	3	4	-5	6	R

																						1								1	
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
Tiabits	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
Pistol Squat in																															
May, June,																															
July, Aug																															
Celebrate																															

Date	Day	Details
1	Tue	
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15	Tue	
16	Wed	
17	Thu	
18	Fri	
19	Sat	
20	Sun	
21	Mon	
22	Tue	
23	Wed	
24	Thu	
25	Fri	
26	Sat	
27	Sun	
28	Mon	
29	Tue	
30	Wed	
31	Thu	

COMING MONTH GOALS

october $^{\circ}$ 01°

TUESDAY

			СТ					
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40 41 42	30	1	2	3	4	5	6	R
41	7	8	9	10	11	12	13	R
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43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

What can I ask God for help with, or thank Him for? 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	October Monthly Notes
	Big Shoulders
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	Build Inner Wall
	Current Reading
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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%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER (**02**

WEDNESDAY

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

What can I ask God for help with, or thank Him for? How are things?									
Current Emotions?									
What I'm grateful for (consider emotionally impactful things)?									
Mastery Priorities/To do Today									

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

DAY PLAN	October Monthly Notes
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

october $^{\circ}$ 03 $^{\circ}$

THURSDAY

	<	0	СТ	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
40 41 42 43 44	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

What can I ask God for help with, or thank Him for? 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

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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%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER « **04** »

FRIDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Rε
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What can I ask God for help with, or thank Him for? 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	October Monthly Notes
	Big Shoulders
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	Measure Weight
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	Build Inner Wall
	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%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



SATURDAY

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

What can I ask God for help with, or thank Him for? 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	October Monthly Notes
	Big Shoulders
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	Measure Weight
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	Build Inner Wall
	Current ReadingModels - 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 « 06 »

SUNDAY

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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
44	28	29	30	31	1	2	3	R

What can I ask God for help with, or thank Him for? 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
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	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
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	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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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	
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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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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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Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
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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							
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MONDAY

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What can I ask God for help with, or thank Him for? 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	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



TUESDAY

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Mastery Priorities/To do Today

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

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	Bucket List
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	Sing in choir
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	Try Amsterdam
	Try England
	Love?

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WEDNESDAY

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44	28	29	30	31	1	2	3	R

What can I ask God for help with, or thank Him for? How are things?
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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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	Love?

OCTOBER « 10 »

THURSDAY

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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

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Mastery Priorities/To do Today

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

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FRIDAY

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What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today
Mastery I Hornies, To do Today

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

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SATURDAY

OCT 2024 >
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44 28 29 30 31 1 2 3 R

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

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SUNDAY

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	Love?

WEEKLY REVIEW « 41 »

07 OCTOBER - 13 OCTOBER

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WEEK REVIEW NOTES		

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							Vibrant	М	Т	W	Т	F	S							
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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							
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What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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

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

OCTOBER « 15 »

TUESDAY

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44	28	29	30	31	1	2	3	R

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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

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	The Well of Ascension, 10%
	5
	Bucket List
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	Sing in choir
	Another cooking class
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	Love?

OCTOBER « 16 »

WEDNESDAY

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

What can I ask God for help with, or thank Him for? How are things?
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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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OCTOBER $^{\circ}$ 17

THURSDAY

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

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

FRIDAY

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SATURDAY

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44 28 29 30 31 1 2 3 R

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

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OCTOBER

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	Another cooking class		
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	Try England		
	Love?		

WEEKLY REVIEW « 42 »

14 OCTOBER - 20 OCTOBER

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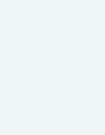
WEEK REVIEW NOTES		

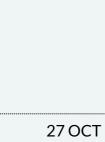
WEEK « **43** »

21	ОСТОВ	ER - 27	OCTOBER	R 44	28 29
	21 OCT	Tuesday	22 OCT	Wedn	esday

Monday

Thursday 24 OCT Friday





Sunday

Send the weekly email

Plan week





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 44 28 29 30 31 1 2 3 R

41

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23 OCT

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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	
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
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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							
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							
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october $^{\circ}21$

MONDAY

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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

What can I ask God for help with, or thank Him for? 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	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER « **22**

TUESDAY

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

What can I ask God for help with, or thank Him for? 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

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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER « 23

WEDNESDAY

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

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER « 24)

THURSDAY

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

What can I ask God for help with, or thank Him for? 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

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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

FRIDAY

OCT 2024 W# Mo Tu We Th Fr Sa Su Re 8 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

What can I ask God for help with, or thank Him for? 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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	Current Reading
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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%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER « **26** »

SATURDAY

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

What can I ask God for help with, or thank Him for? 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
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	Measure Weight
	Raise Bed
	Build Inner Wall
	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%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER [«] 27

SUNDAY

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1	44	28	29	30	31	1	2	3	R

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	5
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	Sing in choir
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	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

44 28 29 30 31 1 2 3

10 11 **12 13** R

30 OCT

31 OCT Friday 01 NOV Saturday

02 NOV

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

Thursday

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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	
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	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							
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							
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OCTOBER « **28** »

MONDAY

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

What can I ask God for help with, or thank Him for? How are things?
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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

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

OCTOBER « 29

TUESDAY

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

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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

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

october « 30 »

WEDNESDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
40	30	1	2	3	4	5	6	R
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44	30 7 14 21 28	29	30	31	1	2	3	R

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

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

THURSDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Rε
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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

What can I ask God for help with, or thank Him for? How are things?								
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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

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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

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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	
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21	Thu	
22	Fri	
23	Sat	
24	Sun	
25	Mon	
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28	Thu	
29	Fri	
30	Sat	

COMING MONTH GOALS

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

FRIDAY

	<	N	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

What can I ask God for help with, or thank Him for? 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, 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?

NOVEMBER « **02**

SATURDAY

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What can I ask God for help with, or thank Him for? 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, 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?

November Monthly

NOVEMBER « 03 »

SUNDAY

	<	NC	V	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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What can I ask God for help with, or thank Him for? 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, 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?

November Monthly



28 OCTOBER - 03 NOVEMBER

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

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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	
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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
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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							
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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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NOVEMBER « **04** »

MONDAY

NOV 2024 >
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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

What can I ask God for help with, or thank Him for? 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
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	Build Inner Wall
	Current Reading Models - Attract Woment
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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%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 05 »

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	<	N	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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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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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 06 »

WEDNESDAY

				VC					
١	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
	44	28	29	30	31	1	2	3	R
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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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	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?



THURSDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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47	18	19	20	21	22	23	24	R
44 45 46 47 48	25	26	27	28	29	30	1	R

What can I ask God for help with, or thank Him for? 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

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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?

NOVEMBER « 08 »

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What can I ask God for help with, or thank Him for? 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

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	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?

NOVEMBER « 09

SATURDAY

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
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What can I ask God for help with, or thank Him for? 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

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

NOVEMBER

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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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	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 « 45 »

04 NOVEMBER - 10 NOVEMBER

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WEEK REVIEW NOTES		

WEEK " **46** "

11 NC	VEMBE	R - 17 NO	OVEMBER	?
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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

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ST	RON	G					HAPPY						P.A	NIC					
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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	
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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							
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NOVEMBER « 11

MONDAY

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What can I ask God for help with, or thank Him for? How are things?						
Current Emotions?						
What I'm grateful for (consider emotionally impactful things)?						
Mastery Priorities/To do Today						
Mastery I Hornies, 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 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?

NOVEMBER « 12

TUESDAY

		<	NO	VC	20	24	4	>	
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What can I ask God for help with, or thank Him for? 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, 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?

NOVEMBER « 13

WEDNESDAY

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

What can I ask God for help with, or thank Him for? 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

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

NOVEMBER « 14

THURSDAY

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

What can I ask God for help with, or thank Him for? 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	November Monthly Notes
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	Build Inner Wall
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	The explosive child, 20%
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 15 »

FRIDAY

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What can I ask God for help with, or thank Him for? 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

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

NOVEMBER « 16 »

SATURDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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What can I ask God for help with, or thank Him for? 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

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	Big Shoulders
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	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, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 17

SUNDAY

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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	Bucket List
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	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

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

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Saturday

Sunday **24 NOV**

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

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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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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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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							
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NOVEMBER « 18 »

MONDAY

NOV 2024 >
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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

What can I ask God for help with, or thank Him for? 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

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	Big Shoulders			
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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?			

NOVEMBER

TUES

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1astery Priorities/To do Today	

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DAY PLAN	November Monthly Notes			
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	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

NOVEMBER « 20 »

WEDNESDAY

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

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

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

NOVEMBER « 21 »

THURSDAY

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

What can I ask God for help with, or thank Him for? How are things?
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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			
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	Bucket List			
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	Try Amsterdam			
	Try England			
	Love?			

NOVEMBER

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	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

What can I ask God for help with, or thank Him for? 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

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NOVEMBER « 24 »

SUNDAY

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
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	Bucket List
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	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
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47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

WEEK REVIEW NOTES		

WEEK " 48 »
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Saturday

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Thursday 28 NOV Friday 29 NOV

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Sunday

Friday

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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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							
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							
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NOVEMBER $^{\prime\prime}$ 25 $^{\circ\prime}$

MONDAY

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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

What can I ask God for help with, or thank Him for? 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	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

NOVEMBER « 26 »

TUESDAY

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

What can I ask God for help with, or thank Him for? 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, 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?

NOVEMBER « 27 »

WEDNESDAY

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

What can I ask God for help with, or thank Him for? 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, 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?

NOVEMBER « 28 »

THURSDAY

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

What can I ask God for help with, or thank Him for? 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	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

NOVEMBER

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KIDA I	48	25	26	27	28	29	30	1	ı

What can I ask God for help with, or thank Him for? 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
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	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

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

SATURDAY

	<	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

What can I ask God for help with, or thank Him for? 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

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	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?

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	
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15	Sun	
16	Mon	
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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#	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	23 30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? 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	December Monthly Notes
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	Build Inner Wall
	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?

December Monthly

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																		
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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	
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	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
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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							
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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							
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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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DECEMBER « 02

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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What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

DECEMBER « 03 »

TUESDAY

	<	DI	EC	20	24		>	
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49	2	3	4	5	6	7	8	R
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What can I ask God for help with, or thank Him for? 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	December Monthly Notes
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	Measure Weight
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	Build Inner Wall
	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?

DECEMBER $^{\circ}$ 04 $^{\circ}$

WEDNESDAY

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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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What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?



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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

What can I ask God for help with, or thank Him for? 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 Month Notes					
	Big Shoulders				
	Pistol Squat				
	Measure Weight				
	Raise Bed				
	Build Inner Wall				
	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?				

DECEMBER « 06 »

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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
1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? 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 Month Notes					
	Big Shoulders				
	Pistol Squat				
	Measure Weight				
	Raise Bed				
	Build Inner Wall				
	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?				

DECEMBER « 07 »

SATURDAY

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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49	2 9 16 23	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

What can I ask God for help with, or thank Him for? 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 December Month Notes					
	Big Shoulders				
	Pistol Squat				
	Measure Weight				
	Raise Bed				
	Build Inner Wall				
	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?				

DECEMBER « 08 »

SUNDAY

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
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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

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

WEEKLY REVIEW « 49 »

02 DECEMBER - 08 DECEMBER

40	20	20	~/	20	Z7	30	T	Γ.	
4950	2	3	4	5	6	7	8	R	
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52	23	24	25	26	27	28	29	R	
1	30	31	1	2	3	4	5	R	

WEEK REVIEW NOTES		

WEEK « **50** »

3 4 5 6 **7 8** 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

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

09 DECEMBER - 15 DECEMBER Monday 09 DEC Tuesday

12 DEC Friday

Thursday

Sunday	15 DEC	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
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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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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
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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							
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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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							
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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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DECEMBER $^{\circ}$ 09 $^{\circ}$

MONDAY

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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

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

DECEMBER « 10 »

TUESDAY

	<	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 16 23	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

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

 $_{\text{DECEMBER}}~^{\text{\tiny $^{\prime}$}}~11$

WEDNESDAY

		<	DI	EC	20	24		>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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What can I ask God for help with, or thank Him for? 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
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	Measure Weight
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	Build Inner Wall
	Current Reading
	Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss,
	10%
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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?

DECEMBER « 12 »

THURSDAY

	<	DE	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
1	23 30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

DECEMBER « 13 »

FRIDAY

		<	DI	EC	20	24		>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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What can I ask God for help with, or thank Him for? 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
	Big Shoulders
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	Measure Weight
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	Current Reading
	Models - Attract Woment
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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%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 14 »

SATURDAY

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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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

'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
	Big Shoulders
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	Measure Weight
	Raise Bed
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	Current Reading
	Models - Attract Woment
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	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?

DECEMBER « 15 »

SUNDAY

	<	DE	EC	20	24		>	
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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
48 49 50 51 52 1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? 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		
	Big Shoulders		
	Pistol Squat		
	Measure Weight		
	Raise Bed		
	Build Inner Wall		
	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?		



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

< DEC 2024 >

WEEK REVIEW NOTES		

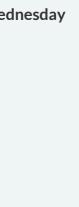
week * **51** *

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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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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	
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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
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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							
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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							
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DECEMBER « 16 »

MONDAY

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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
1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?								
Current Emotions?								
What I'm grateful for (consider emotionally impactful things)?								
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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	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?

DECEMBER « 17 »

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
52 1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? 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

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

DECEMBER « 18 »

WEDNESDAY

	<	DI	- C	20	24	-	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
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The slower you go, the further you get (re counselling session). Nigel Polak

DAY PLAN	December Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

DECEMBER $^{\prime\prime}$ 19 $^{\circ}$

THURSDAY

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51	16	17	18	19	20	21	22	R
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What can I ask God for help with, or thank Him for? 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 IPP Tolkien

DAY PLAN	December Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss,
	10%
	The explosive child, 20%
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER "

		<	DI	EC	20	24		>	
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	51	16	17	18	19	20	21	22	R
RIDAY	52	23	24	25	26	27	28	29	R
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What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

DECEMBER « 2

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		<	DE	EC	20	24		>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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	51	16	17	18	19	20	21	22	R
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What can I ask God for help with, or thank Him for? 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
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	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

DECEMBER « 22

SUNDAY

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	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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What can I ask God for help with, or thank Him for? 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
	Big Shoulders
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	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment
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	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 « 51 »

16 DECEMBER - 22 DECEMBER

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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	

	notior	15																		
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Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
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DECEMBER $^{\prime\prime}\,23^{\prime\prime}$

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What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

DECEMBER « 24 »

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DECEMBEN

» Christmas

TUESDAY

What can I ask God for help with, or thank Him for? 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

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

DECEMBER « 25

WEDNESDAY

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What can I ask God for help with, or thank Him for? How are things?
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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				
	Big Shoulders				
	Pistol Squat				
	Measure Weight				
	Raise Bed				
	Build Inner Wall				
	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?				

DECEMBER « 26 »

THURSDAY

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What can I ask God for help with, or thank Him for? 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				
	Big Shoulders				
	Pistol Squat				
	Measure Weight				
	Raise Bed				
	Build Inner Wall				
	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?				

DECEMBER

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	51	16	17	18	19	20	21	22	R
RIDAY	52	23	24	25	26	27	28	29	R
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What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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	Current Reading				
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	The Inflamed Mind, 1%				
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	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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What can I ask God for help with, or thank Him for? How are things?
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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

DAY PLAN	December Monthly Notes				
	Big Shoulders				
	Pistol Squat				
	Measure Weight				
	Raise Bed				
	Build Inner Wall				
	Current Reading				
	Models - Attract Woment				
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	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?				

DECEMBER « 29 »

SUNDAY

	<	DI	EC	20	24	-	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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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

What can I ask God for help with, or thank Him for? How are things?					
Current Emotions?					
What I'm grateful for (consider emotionally impactful things)?					
Mastery Priorities/To do Today					

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	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
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WEEKLY REVIEW « 52 »

23 DECEMBER - 29 DECEMBER

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WEEK REVIEW NOTES		



30 DEC Tuesday

Monday

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02 JAN Friday 03 JAN Saturday

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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	
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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	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
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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
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							

DECEMBER « 30 »

MONDAY

	<	DE	EC	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

What can I ask God for help with, or thank Him for? 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
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	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?

December Monthly

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

TUESDAY

	<	DE	EC	20	24		>	
W#								
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
1	30	31	1	2	3	4	5	R

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

December Monthly

JANUARY « 01 »

WEDNESDAY

	<	JΑ	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
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4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

What can I ask God for help with, or thank Him for? How are 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

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

JANUARY « 02 »

THURSDAY

	<	JΔ	١N	20	25		>	
	Мо							
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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

What can I ask God for help with, or thank Him for? How are things?				
Current Emotions?				
What I'm grateful for (consider emotionally impactful things)?				
Mastery Priorities/To do Today				

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

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

JANUARY « 03 »

FRIDA	Y
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			N				>	
	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

What can I ask God for help with, or thank Him for? How are things?				
Current Emotions?				
What I'm grateful for (consider emotionally impactful things)?				
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
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	Love?

JANUARY « 04 »

SATURDAY

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

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SUNDAY

	<	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

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

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	Try England
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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		