2025

ReCalendar

2025

JANUARY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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

FEBRUARY

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

MARCH

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

APRIL

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

MAY

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

JUNE

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

WEEK « 1 »

30 DECEMBER - 05 JANUARY

< DEC 2024 >

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

Monday 30 DEC	**Tuesday** 31 DEC	**Wednesday** 01 JAN
Thursday 02 JAN	**Friday** 03 JAN	**Saturday** 04 JAN

Sunday 05 JAN	*Plan week* *Send the weekly email*

Emotions

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

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

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

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

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

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

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

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

DECEMBER « 30 »

MONDAY

< DEC 2024 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - MON, 30 DEC 2024

Monthly Notes

- Palouse Mindfulness Week 5
- December Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

DECEMBER « 31 »

TUESDAY

< DEC 2024 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - TUE, 31 DEC 2024

Monthly Notes

- Palouse Mindfulness Week 5
- December Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

MONTH REVIEW

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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

Notes for Review of Month	

JANUARY PLAN

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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

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

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

COMING MONTH GOALS

JANUARY « 01 »

WEDNESDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - WED, 01 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 02 »

THURSDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

There is no try

DAY PLAN - THU, 02 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 03 »

FRIDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - FRI, 03 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 04 »

SATURDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SAT, 04 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 05 »

SUNDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SUN, 05 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

WEEKLY REVIEW « 1 »

30 DECEMBER - 05 JANUARY

< DEC 2024 >

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

WEEK REVIEW NOTES

WEEK « 2 »

06 JANUARY - 12 JANUARY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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

Monday 06 JAN	Tuesday 07 JAN	Wednesday 08 JAN
Thursday 09 JAN	**Friday 10 JAN**	**Saturday 11 JAN**
Sunday 12 JAN	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

JANUARY « 06 »

MONDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - MON, 06 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 07 »

TUESDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 07 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 08 »

WEDNESDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - WED, 08 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 09 »

THURSDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - THU, 09 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 10 »

FRIDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - FRI, 10 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 11 »

SATURDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SAT, 11 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 12 »

SUNDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SUN, 12 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

WEEKLY REVIEW « 2 »

06 JANUARY - 12 JANUARY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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

WEEK REVIEW NOTES

WEEK « 3 »

13 JANUARY - 19 JANUARY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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

Monday 13 JAN	**Tuesday** 14 JAN	**Wednesday** 15 JAN
Thursday 16 JAN	**Friday** 17 JAN	**Saturday** 18 JAN
Sunday 19 JAN	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

JANUARY « 13 »

MONDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - MON, 13 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 14 »

TUESDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - TUE, 14 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 15 »

WEDNESDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN - WED, 15 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 16 »

THURSDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - THU, 16 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 17 »

FRIDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - FRI, 17 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 18 »

SATURDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SAT, 18 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 19 »

SUNDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SUN, 19 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

WEEKLY REVIEW « 3 »

13 JANUARY - 19 JANUARY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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

WEEK REVIEW NOTES

WEEK « 4 »

20 JANUARY - 26 JANUARY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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

Monday 20 JAN	**Tuesday** 21 JAN	**Wednesday** 22 JAN
Thursday 23 JAN	**Friday** 24 JAN	**Saturday** 25 JAN
Sunday 26 JAN	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

JANUARY « 20 »

MONDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - MON, 20 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 21 »

TUESDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN - TUE, 21 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 22 »

WEDNESDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - WED, 22 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 23 »

THURSDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - THU, 23 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 24 »

FRIDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - FRI, 24 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 25 »

SATURDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 25 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 26 »

SUNDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SUN, 26 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

WEEKLY REVIEW « 4 »

20 JANUARY - 26 JANUARY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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

WEEK REVIEW NOTES

WEEK « 5 »

27 JANUARY - 02 FEBRUARY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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

Monday 27 JAN	**Tuesday** 28 JAN	**Wednesday** 29 JAN
Thursday 30 JAN	**Friday** 31 JAN	**Saturday** 01 FEB
Sunday 02 FEB	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

JANUARY « 27 »

MONDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - MON, 27 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 28 »

TUESDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - TUE, 28 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 29 »

WEDNESDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - WED, 29 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 30 »

THURSDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - THU, 30 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

JANUARY « 31 »

FRIDAY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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 I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - FRI, 31 JAN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- January Holiday
- Go away!
- Rest for year
- Buy wardrobe

Current Reading

- No Bad Parts, Schwarz
- Why zebras dont get ulcerss, 10%
- The explosive child, 20%
- Dare to Connect, 20%
- The Mindful Emotions Workbook, 20%
- The Inflamed Mind, 1%
- Alloy of Law, 10%

Bucket List

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

MONTH REVIEW

< FEB 2025 >

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

Notes for Review of Month	

FEBRUARY PLAN

< FEB 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
5	27	28	29	30	31	**1**	**2**	R
6	3	4	5	6	7	**8**	**9**	R
7	10	11	12	13	14	**15**	**16**	R
8	17	18	19	20	21	**22**	**23**	R
9	24	25	26	27	28	1	2	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
	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
Shoulders workout Oct, Nov, Dec, Jan																												
Self-compassion																												
Celebrate others																												

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

COMING MONTH GOALS

FEBRUARY « 01 »

SATURDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 01 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 02 »

SUNDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SUN, 02 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 5 »

27 JANUARY - 02 FEBRUARY

< JAN 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	30	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

WEEK REVIEW NOTES

WEEK « 6 »

03 FEBRUARY - 09 FEBRUARY

< FEB 2025 >

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

Monday 03 FEB	Tuesday 04 FEB	Wednesday 05 FEB
Thursday 06 FEB	**Friday 07 FEB**	**Saturday 08 FEB**
Sunday 09 FEB	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

FEBRUARY « 03 »

MONDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - MON, 03 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 04 »

TUESDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

There is no try

DAY PLAN - TUE, 04 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 05 »

WEDNESDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - WED, 05 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 06 »

THURSDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - THU, 06 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 07 »

FRIDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - FRI, 07 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 08 »

SATURDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SAT, 08 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 09 »

SUNDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SUN, 09 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 6 »

03 FEBRUARY - 09 FEBRUARY

< FEB 2025 >

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

WEEK REVIEW NOTES

WEEK « 7 »

10 FEBRUARY - 16 FEBRUARY

< FEB 2025 >

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

Monday 10 FEB	Tuesday 11 FEB	Wednesday 12 FEB
Thursday 13 FEB	**Friday 14 FEB**	**Saturday 15 FEB**
Sunday 16 FEB	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

FEBRUARY « 10 »

MONDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN - MON, 10 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 11 »

TUESDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - TUE, 11 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 12 »

WEDNESDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN - WED, 12 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 13 »

THURSDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - THU, 13 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 14 »

FRIDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - FRI, 14 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 15 »

SATURDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SAT, 15 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 16 »

SUNDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN - SUN, 16 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 7 »

10 FEBRUARY - 16 FEBRUARY

< FEB 2025 >

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

WEEK REVIEW NOTES

WEEK « 8 »

17 FEBRUARY - 23 FEBRUARY

< FEB 2025 >

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

Monday 17 FEB	**Tuesday** 18 FEB	**Wednesday** 19 FEB
Thursday 20 FEB	**Friday** 21 FEB	**Saturday** 22 FEB
Sunday 23 FEB	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

FEBRUARY « 17 »

MONDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN - MON, 17 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 18 »

TUESDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 18 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 19 »

WEDNESDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - WED, 19 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 20 »

THURSDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - THU, 20 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 21 »

FRIDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - FRI, 21 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 22 »

SATURDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 22 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 23 »

SUNDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SUN, 23 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 8 »

17 FEBRUARY - 23 FEBRUARY

< FEB 2025 >

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

WEEK REVIEW NOTES

WEEK « 9 »

24 FEBRUARY - 02 MARCH

< FEB 2025 >

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

Monday 24 FEB	**Tuesday** 25 FEB	**Wednesday** 26 FEB
Thursday 27 FEB	**Friday** 28 FEB	**Saturday** 01 MAR
Sunday 02 MAR	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

FEBRUARY « 24 »

MONDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - MON, 24 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 25 »

TUESDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 25 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 26 »

WEDNESDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - WED, 26 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 27 »

THURSDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - THU, 27 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

FEBRUARY « 28 »

FRIDAY

< FEB 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - FRI, 28 FEB 2025

Monthly Notes

- Palouse Mindfulness Week 5
- February Hard work on cardinal v
- Compassion re teaching
- 2x clients
- Get chest of drawers

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MONTH REVIEW

< MAR 2025 >

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

Notes for Review of Month	

MARCH PLAN

< MAR 2025 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
9	24	25	26	27	28	1	2	R
10	3	4	5	6	7	8	9	R
11	10	11	12	13	14	15	16	R
12	17	18	19	20	21	22	23	R
13	24	25	26	27	28	29	30	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
	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon
Shoulders workout																															
Self-compassion																															
Celebrate others																															

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

COMING MONTH GOALS

MARCH « 01 »

SATURDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 01 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 02 »

SUNDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SUN, 02 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 9 »

24 FEBRUARY - 02 MARCH

< FEB 2025 >

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

WEEK REVIEW NOTES

WEEK « 10 »

03 MARCH - 09 MARCH

< MAR 2025 >

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

Monday 03 MAR	**Tuesday** 04 MAR	**Wednesday** 05 MAR
Thursday 06 MAR	**Friday** 07 MAR	**Saturday** 08 MAR
Sunday 09 MAR	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

MARCH « 03 »

MONDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - MON, 03 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 04 »

TUESDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 04 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 05 »

WEDNESDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - WED, 05 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 06 »

THURSDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - THU, 06 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 07 »

FRIDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - FRI, 07 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 08 »

SATURDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 08 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 09 »

SUNDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

There is no try

DAY PLAN - SUN, 09 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 10 »

03 MARCH - 09 MARCH

< MAR 2025 >

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

WEEK REVIEW NOTES

WEEK « 11 »

10 MARCH - 16 MARCH

< MAR 2025 >

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

Monday 10 MAR	**Tuesday** 11 MAR	**Wednesday** 12 MAR
Thursday 13 MAR	**Friday** 14 MAR	**Saturday** 15 MAR
Sunday 16 MAR	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

MARCH « 10 »

MONDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - MON, 10 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 11 »

TUESDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 11 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 12 »

WEDNESDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN - WED, 12 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 13 »

THURSDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - THU, 13 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 14 »

FRIDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - FRI, 14 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 15 »

SATURDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 15 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 16 »

SUNDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SUN, 16 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 11 »

10 MARCH - 16 MARCH

< MAR 2025 >

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

WEEK REVIEW NOTES

WEEK « 12 »

17 MARCH - 23 MARCH

< MAR 2025 >

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

Monday 17 MAR	**Tuesday** 18 MAR	**Wednesday** 19 MAR
Thursday 20 MAR	**Friday** 21 MAR	**Saturday** 22 MAR
Sunday 23 MAR	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

MARCH « 17 »

MONDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - MON, 17 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 18 »

TUESDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - TUE, 18 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 19 »

WEDNESDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - WED, 19 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 20 »

THURSDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

There is no try

DAY PLAN - THU, 20 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 21 »

FRIDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN - FRI, 21 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 22 »

SATURDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 22 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 23 »

SUNDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SUN, 23 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 12 »

17 MARCH - 23 MARCH

< MAR 2025 >

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

WEEK REVIEW NOTES

WEEK « 13 »

24 MARCH - 30 MARCH

< MAR 2025 >

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

Monday 24 MAR	**Tuesday** 25 MAR	**Wednesday** 26 MAR
Thursday 27 MAR	**Friday** 28 MAR	**Saturday** 29 MAR
Sunday 30 MAR	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

MARCH « 24 »

MONDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - MON, 24 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 25 »

TUESDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 25 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 26 »

WEDNESDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - WED, 26 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 27 »

THURSDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN - THU, 27 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 28 »

FRIDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN - FRI, 28 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 29 »

SATURDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SAT, 29 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MARCH « 30 »

SUNDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SUN, 30 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 13 »

24 MARCH - 30 MARCH

< MAR 2025 >

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

WEEK REVIEW NOTES

WEEK « 14 »

31 MARCH - 06 APRIL

< MAR 2025 >

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

Monday 31 MAR	**Tuesday** 01 APR	**Wednesday** 02 APR
Thursday 03 APR	**Friday** 04 APR	**Saturday** 05 APR
Sunday 06 APR	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

MARCH « 31 »

MONDAY

< MAR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - MON, 31 MAR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- March Be More social
- 2x Climbing
- Book Jan Holiday

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MONTH REVIEW

< APR 2025 >

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

Notes for Review of Month	

APRIL PLAN

< APR 2025 >

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

Date	Day	Details
1	Tue	
2	Wed	
3	Thu	
4	Fri	
5	Sat	
6	Sun	
7	Mon	
8	Tue	
9	Wed	
10	Thu	
11	Fri	
12	Sat	
13	Sun	
14	Mon	
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	

COMING MONTH GOALS

APRIL « 01 »

TUESDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - TUE, 01 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 02 »

WEDNESDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN - WED, 02 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 03 »

THURSDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - THU, 03 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 04 »

FRIDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - FRI, 04 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 05 »

SATURDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SAT, 05 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 06 »

SUNDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SUN, 06 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 14 »

31 MARCH - 06 APRIL

< MAR 2025 >

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

WEEK REVIEW NOTES

WEEK « 15 »

07 APRIL - 13 APRIL

< APR 2025 >

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

Monday 07 APR	**Tuesday** 08 APR	**Wednesday** 09 APR
Thursday 10 APR	**Friday** 11 APR	**Saturday** 12 APR
Sunday 13 APR	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

APRIL « 07 »

MONDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - MON, 07 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 08 »

TUESDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 08 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 09 »

WEDNESDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - WED, 09 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 10 »

THURSDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - THU, 10 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 11 »

FRIDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - FRI, 11 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 12 »

SATURDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 12 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 13 »

SUNDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SUN, 13 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 15 »

07 APRIL - 13 APRIL

< APR 2025 >

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

WEEK REVIEW NOTES

WEEK « 16 »

14 APRIL - 20 APRIL

< APR 2025 >

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

Monday 14 APR	**Tuesday** 15 APR	**Wednesday** 16 APR
Thursday 17 APR	**Friday** 18 APR	**Saturday** 19 APR
Sunday 20 APR	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

APRIL « 14 »

MONDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - MON, 14 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 15 »

TUESDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 15 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 16 »

WEDNESDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - WED, 16 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 17 »

THURSDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - THU, 17 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 18 »

FRIDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - FRI, 18 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 19 »

SATURDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 19 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 20 »

SUNDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SUN, 20 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 16 »

14 APRIL - 20 APRIL

< APR 2025 >

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

WEEK REVIEW NOTES

WEEK « 17 »

21 APRIL - 27 APRIL

< APR 2025 >

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

Monday 21 APR	**Tuesday** 22 APR	**Wednesday** 23 APR
Thursday 24 APR	**Friday** 25 APR	**Saturday** 26 APR
Sunday 27 APR	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

APRIL « 21 »

MONDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - MON, 21 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 22 »

TUESDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 22 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 23 »

WEDNESDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - WED, 23 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 24 »

THURSDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - THU, 24 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 25 »

FRIDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - FRI, 25 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 26 »

SATURDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 26 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 27 »

SUNDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SUN, 27 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 17 »

21 APRIL - 27 APRIL

< APR 2025 >

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

WEEK REVIEW NOTES

WEEK « 18 »

28 APRIL - 04 MAY

< APR 2025 >

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

Monday 28 APR

Tuesday 29 APR

Wednesday 30 APR

Thursday 01 MAY

Friday 02 MAY

Saturday 03 MAY

Sunday 04 MAY

» May The Fourth Be With You

Plan week
Send the weekly email

Emotions

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

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

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

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

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

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

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

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

APRIL « 28 »

MONDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - MON, 28 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 29 »

TUESDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 29 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

APRIL « 30 »

WEDNESDAY

< APR 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - WED, 30 APR 2025

Monthly Notes

- Palouse Mindfulness Week 5
- April Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MONTH REVIEW

< MAY 2025 >

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

Notes for Review of Month	

MAY PLAN

< MAY 2025 >

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

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

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

COMING MONTH GOALS

MAY « 01 »

THURSDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - THU, 01 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 02 »

FRIDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN - FRI, 02 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 03 »

SATURDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN - SAT, 03 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 04 »

SUNDAY

» *May The Fourth Be With You*

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SUN, 04 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 18 »

28 APRIL - 04 MAY

< APR 2025 >

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

WEEK REVIEW NOTES

WEEK « 19 »

05 MAY - 11 MAY

< MAY 2025 >

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

Monday 05 MAY	Tuesday 06 MAY	Wednesday 07 MAY
Thursday 08 MAY	**Friday** 09 MAY	**Saturday** 10 MAY
Sunday 11 MAY	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

MAY « 05 »

MONDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - MON, 05 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 06 »

TUESDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 06 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 07 »

WEDNESDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - WED, 07 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 08 »

THURSDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - THU, 08 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 09 »

FRIDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - FRI, 09 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 10 »

SATURDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 10 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 11 »

SUNDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SUN, 11 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 19 »

05 MAY - 11 MAY

< MAY 2025 >

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

WEEK REVIEW NOTES

WEEK « 20 »

12 MAY - 18 MAY

< MAY 2025 >

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

Monday 12 MAY	Tuesday 13 MAY	Wednesday 14 MAY
Thursday 15 MAY	**Friday 16 MAY**	**Saturday 17 MAY**
Sunday 18 MAY	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

MAY « 12 »

MONDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - MON, 12 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 13 »

TUESDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 13 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 14 »

WEDNESDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - WED, 14 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 15 »

THURSDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN - THU, 15 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 16 »

FRIDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - FRI, 16 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 17 »

SATURDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SAT, 17 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 18 »

SUNDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SUN, 18 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 20 »

12 MAY - 18 MAY

< MAY 2025 >

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

WEEK REVIEW NOTES

WEEK « 21 »

19 MAY - 25 MAY

< MAY 2025 >

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

Monday 19 MAY	Tuesday 20 MAY	Wednesday 21 MAY
Thursday 22 MAY	**Friday** 23 MAY	**Saturday** 24 MAY
Sunday 25 MAY	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

MAY « 19 »

MONDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - MON, 19 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 20 »

TUESDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

There is no try

DAY PLAN - TUE, 20 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 21 »

WEDNESDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - WED, 21 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 22 »

THURSDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - THU, 22 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 23 »

FRIDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - FRI, 23 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 24 »

SATURDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 24 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 25 »

SUNDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SUN, 25 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 21 »

19 MAY - 25 MAY

< MAY 2025 >

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

WEEK REVIEW NOTES

WEEK « 22 »

26 MAY - 01 JUNE

< MAY 2025 >

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

Monday 26 MAY	Tuesday 27 MAY	Wednesday 28 MAY
Thursday 29 MAY	**Friday** 30 MAY	**Saturday** 31 MAY
Sunday 01 JUN	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

MAY « 26 »

MONDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

There is no try

DAY PLAN - MON, 26 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 27 »

TUESDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - TUE, 27 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 28 »

WEDNESDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - WED, 28 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 29 »

THURSDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - THU, 29 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 30 »

FRIDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - FRI, 30 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MAY « 31 »

SATURDAY

< MAY 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SAT, 31 MAY 2025

Monthly Notes

- Palouse Mindfulness Week 5
- May Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

MONTH REVIEW

< JUN 2025 >

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

Notes for Review of Month	

JUNE PLAN

< JUN 2025 >

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

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

COMING MONTH GOALS

JUNE « 01 »

SUNDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SUN, 01 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 22 »

26 MAY - 01 JUNE

< MAY 2025 >

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

WEEK REVIEW NOTES

WEEK « 23 »

02 JUNE - 08 JUNE

< JUN 2025 >

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

Monday 02 JUN	Tuesday 03 JUN	Wednesday 04 JUN
Thursday 05 JUN	**Friday** 06 JUN	**Saturday** 07 JUN
Sunday 08 JUN	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

JUNE « 02 »

MONDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - MON, 02 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 03 »

TUESDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

There is no try

DAY PLAN - TUE, 03 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 04 »

WEDNESDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - WED, 04 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 05 »

THURSDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - THU, 05 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 06 »

FRIDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - FRI, 06 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 07 »

SATURDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 07 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 08 »

SUNDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SUN, 08 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 23 »

02 JUNE - 08 JUNE

< JUN 2025 >

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

WEEK REVIEW NOTES

WEEK « 24 »

09 JUNE - 15 JUNE

< JUN 2025 >

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

Monday 09 JUN	**Tuesday** 10 JUN	**Wednesday** 11 JUN
Thursday 12 JUN	**Friday** 13 JUN	**Saturday** 14 JUN
Sunday 15 JUN	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

JUNE « 09 »

MONDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - MON, 09 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 10 »

TUESDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - TUE, 10 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 11 »

WEDNESDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

There is no try

DAY PLAN - WED, 11 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 12 »

THURSDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

There is no try

DAY PLAN - THU, 12 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 13 »

FRIDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - FRI, 13 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 14 »

SATURDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SAT, 14 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 15 »

SUNDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN - SUN, 15 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 24 »

09 JUNE - 15 JUNE

< JUN 2025 >

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

WEEK REVIEW NOTES

WEEK « 25 »

16 JUNE - 22 JUNE

< JUN 2025 >

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

Monday 16 JUN	**Tuesday** 17 JUN	**Wednesday** 18 JUN
Thursday 19 JUN	**Friday** 20 JUN	**Saturday** 21 JUN
Sunday 22 JUN	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

JUNE « 16 »

MONDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - MON, 16 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 17 »

TUESDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 17 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 18 »

WEDNESDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - WED, 18 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 19 »

THURSDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - THU, 19 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 20 »

FRIDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - FRI, 20 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 21 »

SATURDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 21 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 22 »

SUNDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SUN, 22 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 25 »

16 JUNE - 22 JUNE

< JUN 2025 >

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

WEEK REVIEW NOTES

WEEK « 26 »

23 JUNE - 29 JUNE

< JUN 2025 >

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

Monday 23 JUN	Tuesday 24 JUN	Wednesday 25 JUN

Thursday 26 JUN	Friday 27 JUN	Saturday 28 JUN

Sunday 29 JUN	
	Plan week *Send the weekly email*

Emotions

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

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

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

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

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

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

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

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

JUNE « 23 »

MONDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - MON, 23 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 24 »

TUESDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 24 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 25 »

WEDNESDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN - WED, 25 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 26 »

THURSDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - THU, 26 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 27 »

FRIDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - FRI, 27 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 28 »

SATURDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - SAT, 28 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JUNE « 29 »

SUNDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SUN, 29 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 26 »

23 JUNE - 29 JUNE

< JUN 2025 >

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

WEEK REVIEW NOTES

WEEK « 27 »

30 JUNE - 06 JULY

< JUN 2025 >

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

Monday 30 JUN	Tuesday 01 JUL	Wednesday 02 JUL
Thursday 03 JUL	Friday 04 JUL	Saturday 05 JUL
Sunday 06 JUL	*Plan week* *Send the weekly email*	

Emotions

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

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

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

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

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

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

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

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

JUNE « 30 »

MONDAY

< JUN 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - MON, 30 JUN 2025

Monthly Notes

- Palouse Mindfulness Week 5
- June Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JULY « 01 »

TUESDAY

< JUL 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - TUE, 01 JUL 2025

Monthly Notes

- Palouse Mindfulness Week 5
- July Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JULY « 02 »

WEDNESDAY

< JUL 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

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 - WED, 02 JUL 2025

Monthly Notes

- Palouse Mindfulness Week 5
- July Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JULY « 03 »

THURSDAY

< JUL 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - THU, 03 JUL 2025

Monthly Notes

- Palouse Mindfulness Week 5
- July Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JULY « 04 »

FRIDAY

< JUL 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - FRI, 04 JUL 2025

Monthly Notes

- Palouse Mindfulness Week 5
- July Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JULY « 05 »

SATURDAY

< JUL 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

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

DAY PLAN - SAT, 05 JUL 2025

Monthly Notes

- Palouse Mindfulness Week 5
- July Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

JULY « 06 »

SUNDAY

< JUL 2025 >

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

What I'm grateful for:

generally?

who?

about myself?

Current Emotions?

Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN - SUN, 06 JUL 2025

Monthly Notes

- Palouse Mindfulness Week 5
- July Monthly Notes

Current Reading

- End of the Affair?
- Watership Down

Bucket List

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

WEEKLY REVIEW « 27 »

30 JUNE - 06 JULY

< JUN 2025 >

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

WEEK REVIEW NOTES