

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



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

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

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



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



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



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



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



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



It is now 1 January 2026, I am married and I feel more in control of my life.

# 2026

ReCalendar

# 2026 Planner ATKPlanner

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

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

Use the highlight function in book to link

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

&lt; DEC 2025 &gt;

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

## WEEK PLAN - WEEK

«

1

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29 DECEMBER - 04 JANUARY

What I'm doing for others this week?

Monday | 29 Dec

Tuesday | 30 Dec

Wednesday | 31 Dec

Thursday | 01 Jan

» New Year!

Friday | 02 Jan

Saturday | 03 Jan

Sunday | 04 Jan

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

DECEMBER

29

MONDAY

&lt; DEC 2025 &gt;

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

*Your word is a lamp for my feet, a light on my path. - Psalm 119:105*

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

---

Current Emotions?

---

Future vision

---

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

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

---

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

I matter

Day Plan - Mon, 29 Dec 2025

Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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

**Notes**

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

&lt; DEC 2025 &gt;

DECEMBER **30** TUESDAY

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

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

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

### What I learnt yesterday?

Current Emotions? \_\_\_\_\_

Future vision \_\_\_\_\_

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

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

*Not all those who wander are lost. JRR Tolkien*

*I can love my brother*

## Day Plan - Tue, 30 Dec 2025

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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16-17  
17-18  
18-19

**Notes**

### Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

December Stay in Energy Env.

**Current Reading**

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

### Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

&lt; DEC 2025 &gt;

DECEMBER « **31** »  
WEDNESDAY

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

*Jesus answered, 'It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' '' - Matthew 4:4*

**What I'm grateful for:**

generally?

---

who?

---

about myself?

---

yesterday?

---

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

**What I learnt yesterday?**

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**Current Emotions?**

---

**Future vision**

---

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

**What to be optimistic about today?**

---

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

*I am safe*

Day Plan - Wed, 31 Dec 2025

Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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

**Notes**

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

Current Reading

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ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

&lt; JAN 2026 &gt;

# MONTH REVIEW

## DECEMBER

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

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

### MONTH REVIEW

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

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

&lt; JAN 2026 &gt;

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

# JANUARY PLAN

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

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

< JAN 2026 >

JANUARY « **01** »

» New Year!

THURSDAY

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

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

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

### What I learnt yesterday?

Current Emotions? \_\_\_\_\_

Future vision \_\_\_\_\_

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

### What to be optimistic about today?

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

I can love

## Day Plan - Thu, 01 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,  
20%

The Murder of Roger Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « 02 »  
FRIDAY

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

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

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

### What I learnt yesterday?

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### Current Emotions?

---

### Future vision

---

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

### What to be optimistic about today?

---

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

Some women are very attracted to me

## Day Plan - Fri, 02 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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17-18  
18-19

**Notes**

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

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

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January Focus on Business

Reverse sensor

Book Holidays x2!

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## Current Reading

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Why zebras dont get ulcers,  
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,  
20%

The Murder of Roger  
Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **03** » SATURDAY

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

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

**What I'm grateful for:**

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

**What I learnt yesterday?** \_\_\_\_\_

**Current Emotions?** \_\_\_\_\_

**Future vision** \_\_\_\_\_

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

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

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

*I can get my work done today*

## Day Plan - Sat, 03 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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Longer

Get Healthy 45%

Affirmation thpy Fr

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10%

The explosive child, 20%

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The Healing Power of Vagus,  
20%

The Murder of Roger Ackroyd

### Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **04** » SUNDAY

< JAN 2026 >

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

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

**What I'm grateful for:**

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

**What I learnt yesterday?** \_\_\_\_\_

**Current Emotions?** \_\_\_\_\_

**Future vision** \_\_\_\_\_

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

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

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

I am allowed to rest

## Day Plan - Sun, 04 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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

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Longer

Get Healthy 45%

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10%

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Dare to Connect, 20%

The Healing Power of Vagus,  
20%

The Murder of Roger  
Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< DEC 2025 >

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

# WEEKLY REVIEW «

# 1

# »

## 29 DECEMBER - 04 JANUARY

Monday | 29 Dec

Tuesday | 30 Dec

Wednesday | 31 Dec

Thursday | 01 Jan

» New Year!

Friday | 02 Jan

Saturday | 03 Jan

Sunday | 04 Jan

Notes on Week

Recent Successes

Next Success/Dreams

< JAN 2026 >

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

# WEEK PLAN - WEEK

«

# 2

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## 05 JANUARY - 11 JANUARY

What I'm doing for others this week?

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Monday | 05 Jan

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Tuesday | 06 Jan

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Wednesday | 07 Jan

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Thursday | 08 Jan

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Friday | 09 Jan

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Saturday | 10 Jan

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Sunday | 11 Jan

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

# JANUARY 05 MONDAY

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

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

## What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

## What I learnt yesterday?

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## Current Emotions?

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## Future vision

---

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

## All you need is love

---

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

*My resources are enough to handle today's tasks*

## Day Plan - Mon, 05 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,  
20%

The Murder of Roger  
Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

# JANUARY « 06 »

## TUESDAY

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

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

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

### What I learnt yesterday?

Current Emotions? \_\_\_\_\_

Future vision \_\_\_\_\_

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

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

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

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

## Day Plan - Tue, 06 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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

### Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

### Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

# JANUARY « 07 »

## WEDNESDAY

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

*Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.* - Matthew 28:19-20

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

### What I learnt yesterday?

Current Emotions? \_\_\_\_\_

Future vision \_\_\_\_\_

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

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

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

I am an older brother

## Day Plan - Wed, 07 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

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Longer

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Affirmation thpy Fr

**Exciting**

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Reverse sensor

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10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,  
20%

The Murder of Roger  
Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **08** »  
**THURSDAY**

< JAN 2026 >

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

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

**What I'm grateful for:**

generally?

---

who?

---

about myself?

---

yesterday?

---

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

**What I learnt yesterday?**

---

**Current Emotions?**

---

**Future vision**

---

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

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

---

*'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*

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

## Day Plan - Thu, 08 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,  
20%

The Murder of Roger Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **09** » FRIDAY

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

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

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

### What I learnt yesterday?

Current Emotions? \_\_\_\_\_

Future vision \_\_\_\_\_

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

### What to be optimistic about today?

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

I am allowed to rest

## Day Plan - Fri, 09 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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

**Notes**

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

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

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Reverse sensor

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No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **10** »  
SATURDAY

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

*You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. - Matthew 5:14-16*

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

### What I learnt yesterday?

Current Emotions? \_\_\_\_\_

Future vision \_\_\_\_\_

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

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

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

*I'm allowed to be loud*

## Day Plan - Sat, 10 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

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

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Affirmation thpy Fr

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The Murder of Roger Ackroyd

### Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **11** »  
**SUNDAY**

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

*When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.* - Isaiah 43:2

**What I'm grateful for:**

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

**What I learnt yesterday?** \_\_\_\_\_

**Current Emotions?** \_\_\_\_\_

**Future vision** \_\_\_\_\_

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

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

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

**I am lovable**

## Day Plan - Sun, 11 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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09-10  
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13-14  
14-15  
15-16  
16-17  
17-18  
18-19

**Notes**

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

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Longer

Get Healthy 45%

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< JAN 2026 >

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

# WEEKLY REVIEW «

# 2

# »

## 05 JANUARY - 11 JANUARY

Monday | 05 Jan

Tuesday | 06 Jan

Wednesday | 07 Jan

Thursday | 08 Jan

Friday | 09 Jan

Saturday | 10 Jan

Sunday | 11 Jan

Notes on Week

Recent Successes

Next Success/Dreams

&lt; JAN 2026 &gt;

## WEEK PLAN - WEEK

«

3

»

12 JANUARY - 18 JANUARY

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

What I'm doing for others this week?

Monday | 12 Jan

Tuesday | 13 Jan

Wednesday | 14 Jan

Thursday | 15 Jan

Friday | 16 Jan

Saturday | 17 Jan

Sunday | 18 Jan

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

JANUARY « **12** » MONDAY

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

*All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.* - 2 Timothy 3:16-17

**What I'm grateful for:**

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

**What I learnt yesterday?** \_\_\_\_\_

**Current Emotions?** \_\_\_\_\_

**Future vision** \_\_\_\_\_

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

**All you need is love** \_\_\_\_\_

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

I can dream / I dream

## Day Plan - Mon, 12 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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

**Notes**

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

### Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

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\$10

### Current Reading

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Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

### Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **13** »  
**TUESDAY**

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

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

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

### What I learnt yesterday?

---

### Current Emotions?

---

### Future vision

---

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

### All you need is love

---

*There is no try*

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

## Day Plan - Tue, 13 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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16-17  
17-18  
18-19

**Notes**

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

### Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

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### Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **14** »

WEDNESDAY

< JAN 2026 >

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

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

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

What I learnt yesterday? \_\_\_\_\_

Current Emotions? \_\_\_\_\_

Future vision \_\_\_\_\_

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

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

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

I can feel love for my brother

## Day Plan - Wed, 14 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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16-17  
17-18  
18-19

**Notes**

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

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

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The Healing Power of Vagus,  
20%

The Murder of Roger  
Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **15** »  
THURSDAY

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

'For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.' - Jeremiah 29:11

**What I'm grateful for:**

generally?

---

who?

---

about myself?

---

yesterday?

---

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

**What I learnt yesterday?**

---

Current Emotions?

---

Future vision

---

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

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

---

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

*I am worthy of love and respect*

## Day Plan - Thu, 15 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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17-18  
18-19

**Notes**

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The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **16** »  
**FRIDAY**

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

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

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

What I learnt yesterday? \_\_\_\_\_

Current Emotions? \_\_\_\_\_

Future vision \_\_\_\_\_

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

What tasks will bring me the most energy and joy? \_\_\_\_\_

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

I am a force

## Day Plan - Fri, 16 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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

**Notes**

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

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **17** » SATURDAY

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

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

**What I'm grateful for:**

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

**What I learnt yesterday?** \_\_\_\_\_

**Current Emotions?** \_\_\_\_\_

**Future vision** \_\_\_\_\_

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

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

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

*I can have close relationships / I do have close relationships*

## Day Plan - Sat, 17 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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

**Notes**

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

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,  
20%

The Murder of Roger  
Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **18** »  
SUNDAY

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

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

**What I'm grateful for:**

generally?

---

who?

---

about myself?

---

yesterday?

---

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

**What I learnt yesterday?**

---

**Current Emotions?**

---

**Future vision**

---

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

**What to be optimistic about today?**

---

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

**I'm allowed to relax**

## Day Plan - Sun, 18 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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

**Notes**

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

### Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

### Current Reading

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10%

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The Healing Power of Vagus,  
20%

The Murder of Roger  
Ackroyd

### Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

# WEEKLY REVIEW

3

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

## 12 JANUARY - 18 JANUARY

Monday | 12 Jan

Tuesday | 13 Jan

Wednesday | 14 Jan

Thursday | 15 Jan

Friday | 16 Jan

Saturday | 17 Jan

Sunday | 18 Jan

Notes on Week

Recent Successes

Next Success/Dreams

< JAN 2026 >

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

# WEEK PLAN - WEEK

« 4 »

## 19 JANUARY - 25 JANUARY

What I'm doing for others this week?

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Monday | 19 Jan

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Tuesday | 20 Jan

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Wednesday | 21 Jan

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Thursday | 22 Jan

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Friday | 23 Jan

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Saturday | 24 Jan

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Sunday | 25 Jan

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

JANUARY

19

MONDAY

&lt; JAN 2026 &gt;

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

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

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

### What I learnt yesterday?

---

### Current Emotions?

---

### Future vision

---

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

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

---

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

I can love

# Day Plan - Mon, 19 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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17-18  
18-19

**Notes**

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

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY

20

TUESDAY

&lt; JAN 2026 &gt;

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

Ask, Seek, Knock 'Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. - Matthew 7:7

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

### What I learnt yesterday?

---

### Current Emotions?

---

### Future vision

---

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

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

---

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

I'm allowed to be moody

## Day Plan - Tue, 20 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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

### Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

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January Focus on Business

Reverse sensor

Book Holidays x2!

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\$10

### Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

### Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **21** » WEDNESDAY

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

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

**What I'm grateful for:**

generally?

---

who?

---

about myself?

---

yesterday?

---

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

**What I learnt yesterday?**

---

**Current Emotions?**

---

**Future vision**

---

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

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

---

*Not all those who wander are lost. JRR Tolkien*

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

## Day Plan - Wed, 21 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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17-18  
18-19

**Notes**

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

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

## Current Reading

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Why zebras dont get ulcers, 10%

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Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **22** »  
**THURSDAY**

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

*But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. - Galatians 5:22-23*

**What I'm grateful for:**

generally?

---

who?

---

about myself?

---

yesterday?

---

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

**What I learnt yesterday?**

---

**Current Emotions?**

---

**Future vision**

---

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

**All you need is love**

---

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

*I stand up for others*

## Day Plan - Thu, 22 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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09-10  
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18-19

**Notes**

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

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Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

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The Healing Power of Vagus,  
20%

The Murder of Roger  
Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY

23

FRIDAY

< JAN 2026 >

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

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

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

### What I learnt yesterday?

---

Current Emotions?

---

Future vision

---

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

All you need is love

---

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

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

## Day Plan - Fri, 23 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

## Current Reading

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The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **24** » SATURDAY

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

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

**What I'm grateful for:**

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

**What I learnt yesterday?** \_\_\_\_\_

**Current Emotions?** \_\_\_\_\_

**Future vision** \_\_\_\_\_

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

**If today was perfect, what would it look like?** \_\_\_\_\_

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

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

## Day Plan - Sat, 24 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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

**Notes**

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

### Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

### Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

### Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **25** » SUNDAY

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

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

**What I'm grateful for:**

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

**What I learnt yesterday?** \_\_\_\_\_

**Current Emotions?** \_\_\_\_\_

**Future vision** \_\_\_\_\_

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

**What to be optimistic about today?** \_\_\_\_\_

*There is no try*

*I'm allowed to relax*

## Day Plan - Sun, 25 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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

**Notes**

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

### Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

### Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

### Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

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

# WEEKLY REVIEW

4

»

19 JANUARY - 25 JANUARY

Monday | 19 Jan

Tuesday | 20 Jan

Wednesday | 21 Jan

Thursday | 22 Jan

Friday | 23 Jan

Saturday | 24 Jan

Sunday | 25 Jan

Notes on Week

Recent Successes

Next Success/Dreams

&lt; JAN 2026 &gt;

## WEEK PLAN - WEEK

5

«

»

26 JANUARY - 01 FEBRUARY

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

What I'm doing for others this week?

Monday | 26 Jan

Tuesday | 27 Jan

Wednesday | 28 Jan

Thursday | 29 Jan

Friday | 30 Jan

Saturday | 31 Jan

Sunday | 01 Feb

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

JANUARY « **26** » MONDAY

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

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

**What I'm grateful for:**

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

**What I learnt yesterday?** \_\_\_\_\_

**Current Emotions?** \_\_\_\_\_

**Future vision** \_\_\_\_\_

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

**If today was perfect, what would it look like?** \_\_\_\_\_

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

*I am worthy of love and respect*

## Day Plan - Mon, 26 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,  
20%

The Murder of Roger Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **27** »  
**TUESDAY**

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

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

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

What I learnt yesterday? \_\_\_\_\_

Current Emotions? \_\_\_\_\_

Future vision \_\_\_\_\_

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

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

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

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

## Day Plan - Tue, 27 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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

### Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

### Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,  
20%

The Murder of Roger  
Ackroyd

### Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **28** »  
**WEDNESDAY**

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

'For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.' - Jeremiah 29:11

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

### What I learnt yesterday?

Current Emotions? \_\_\_\_\_

Future vision \_\_\_\_\_

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

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

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

I can be the adult / I am an adult

## Day Plan - Wed, 28 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

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\$10

## Current Reading

No Bad Parts, Schwarz

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **29** »  
THURSDAY

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

*For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.' - Mark 10:45*

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

### What I learnt yesterday?

---

### Current Emotions?

---

### Future vision

---

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

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

---

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

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

## Day Plan - Thu, 29 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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16-17  
17-18  
18-19

**Notes**

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what wins have you had lately

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

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Reverse sensor

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Dare to Connect, 20%

The Healing Power of Vagus,  
20%

The Murder of Roger  
Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY

30

FRIDAY

&lt; JAN 2026 &gt;

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

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

### What I'm grateful for:

generally? \_\_\_\_\_

who? \_\_\_\_\_

about myself? \_\_\_\_\_

yesterday? \_\_\_\_\_

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

What I learnt yesterday? \_\_\_\_\_

Current Emotions? \_\_\_\_\_

Future vision \_\_\_\_\_

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

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

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

I am proud of my efforts

## Day Plan - Fri, 30 Jan 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

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10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,  
20%

The Murder of Roger  
Ackroyd

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **31** »  
SATURDAY

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

*I can do all this through him who gives me strength. - Philippians 4:13*

**What I'm grateful for:**

generally?

---

who?

---

about myself?

---

yesterday?

---

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

**What I learnt yesterday?**

---

Current Emotions?

---

Future vision

---

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

All you need is love

---

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

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

## Day Plan - Sat, 31 Jan 2026

### Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

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18-19

**Notes**

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

### Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

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\$10

### Current Reading

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10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,  
20%

The Murder of Roger  
Ackroyd

### Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

&lt; FEB 2026 &gt;

# FEBRUARY

# 01

## SUNDAY

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

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

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

### What I learnt yesterday?

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### Current Emotions?

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### Future vision

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

### How to be optimistic today?

---

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

I am fierce

# Day Plan - Sun, 01 Feb 2026

## Links

URGENT

**DO NOW**

NOT URGENT

**PLAN**

I  
M  
P  
O  
R  
T  
A  
N  
T

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

**Notes**

## Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

**Exciting**

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

## Current Reading

## Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

< JAN 2026 >

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

# WEEKLY REVIEW «

# 5

# »

## 26 JANUARY - 01 FEBRUARY

Monday | 26 Jan

Tuesday | 27 Jan

Wednesday | 28 Jan

Thursday | 29 Jan

Friday | 30 Jan

Saturday | 31 Jan

Sunday | 01 Feb

Notes on Week

Recent Successes

Next Success/Dreams

&lt; JAN 2026 &gt;

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

## YEARLY REVIEW «

5 »

26 JANUARY - 01 FEBRUARY

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

## Monthly Notes

### **Longer**

Get Healthy 45%

Affirmation thpy Fr

### **Exciting**

..Build info screen wall