

**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

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## December Monthly Notes

Be More social

2x Climbing

Book Jan Holiday

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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



## DAY PLAN

## December Monthly Notes

Be More social

2x Climbing

Book Jan Holiday

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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		

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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		

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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*There is no try*

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

*There is no try*

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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



## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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

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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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

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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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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*'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

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

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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		

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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*The unexamined life is not worth living. Aurelius*

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

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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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

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10%

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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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

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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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

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Workbook, 20%

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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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

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10%

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Dare to Connect, 20%

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Workbook, 20%

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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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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*The unexamined life is not worth living. Aurelius*

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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*'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

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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



## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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*'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

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## January Monthly Notes

Holiday

Go away!

Rest for year

Buy wardrobe

## Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,  
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	
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# 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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

*The unexamined life is not worth living. Aurelius*

## DAY PLAN

## February Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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		

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

*The unexamined life is not worth living. Aurelius*

## DAY PLAN

## February Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

*There is no try*

## DAY PLAN

## February Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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



## DAY PLAN

## February Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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*'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

## February Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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



## DAY PLAN

## February Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## February Monthly Notes

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	
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# 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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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



## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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*The unexamined life is not worth living. Aurelius*

## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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



## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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*'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

## March Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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*'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

## March Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

*The unexamined life is not worth living. Aurelius*

## DAY PLAN

## March Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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



## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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

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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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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*'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

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

*There is no try*

## DAY PLAN

## March Monthly Notes

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

*There is no try*

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?



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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

*The unexamined life is not worth living. Aurelius*

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

WEEKLY REVIEW « 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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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



## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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



## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

WEEKLY REVIEW « 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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?



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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

# WEEKLY REVIEW « 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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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



## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

# WEEKLY REVIEW « 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	Plan week Send the weekly email			
» May The Fourth Be With You					

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## April Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?



# MONTH REVIEW

&lt; MAY 2025 &gt;

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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



## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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*The unexamined life is not worth living. Aurelius*

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

## WEEKLY REVIEW «

18

»

28 APRIL - 04 MAY

&lt; APR 2025 &gt;

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?



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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?



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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

# WEEKLY REVIEW « 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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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



## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

*The unexamined life is not worth living. Aurelius*

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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



## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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*There is no try*

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

# WEEKLY REVIEW « 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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?



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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

# WEEKLY REVIEW « 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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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	

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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



## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

Mastery Priorities/To do Today

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

## DAY PLAN

## May Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

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

How are things?

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

What I'm grateful for (consider emotionally impactful things)?

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Mastery Priorities/To do Today

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

## DAY PLAN

## June Monthly Notes

Be Good

## Current Reading

End of the Affair?

Watership Down

## Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

# WEEKLY REVIEW « 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