

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



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

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



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



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



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



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



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



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



It is now 1 Jan 2030. I am **married** and I feel more than ever like I've accomplished my goals.

# DEBUG! 2026

ReCalendar

# 2026 Planner ATKPlanner

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

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

Use the highlight function in boox to link

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

## WEEK PLAN - WEEK

«

1

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29 DECEMBER - 04 JANUARY

&lt; DEC 2025 &gt;

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

What I'm doing for others this week?

Monday | 29 Dec

Tuesday | 30 Dec

Wednesday | 31 Dec

Thursday | 01 Jan

» New Year!

Friday | 02 Jan

Saturday | 03 Jan

Sunday | 04 Jan

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

DECEMBER « 29 »  
MONDAY

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

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

### What I'm grateful for:

generally?

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who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

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Current Emotions?

---

Future vision

---

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

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

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

*It's good to ask for help when needed.*

URGENT

NOT URGENT

DO NOW

PLAN

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

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Notes

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

DECEMBER « 30 »  
TUESDAY

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

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

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yesterday?

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What I learnt yesterday?

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Current Emotions?

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Future vision

---

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

If today was perfect, what would it look like?

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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*

*I am deserving of happiness*

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NOT URGENT

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Affirmation thpy Fr

Exciting

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December Stay in Energy Env.

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Notes

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?



DECEMBER « 31 »  
WEDNESDAY

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

*The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand. - Psalm 37:23-24*

### What I'm grateful for:

generally?

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who?

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about myself?

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yesterday?

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

What I learnt yesterday?

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Current Emotions?

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Future vision

---

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

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

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

*I can have adult relationships / I do have adult relationships (adult to adult, not inner child to adult)*

URGENT

NOT URGENT

DO NOW

PLAN

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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December Stay in Energy Env.

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18-19

Notes

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

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

Link to Update Month Goals/Review Document

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

# JANUARY PLAN

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

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

Date	Day	Details
1	Thu	
2	Fri	
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9	Fri	
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24	Sat	
25	Sun	
26	Mon	
27	Tue	
28	Wed	
29	Thu	
30	Fri	
31	Sat	

# JANUARY « 01 »

## THURSDAY

» New Year!

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

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

### What I'm grateful for:

generally?

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who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

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Current Emotions?

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Future vision

---

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

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

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

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

URGENT

NOT URGENT

DO NOW

PLAN

06-07  
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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

# JANUARY « 02 »

## FRIDAY

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

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

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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What I learnt yesterday?

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Current Emotions?

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Future vision

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

What tasks will bring me the most energy and joy?

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

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

URGENT

DO NOW

NOT URGENT

PLAN

06-07

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12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

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Longer

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Bucket List

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Love?

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# JANUARY « 03 »

## SATURDAY

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

*I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. - John 16:33*

### What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

All you need is love

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

*Some women are very attracted to me*

URGENT

DO NOW

NOT URGENT

PLAN

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07-08

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09-10

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12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

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Longer

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Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 04 »  
SUNDAY

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

*For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. - Colossians 1:16*

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

---

Current Emotions?

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Future vision

---

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

If today was perfect, what would it look like?

---

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

*I speak up*

URGENT

DO NOW

NOT URGENT

PLAN

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12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

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Longer

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29 DECEMBER - 04 JANUARY

< DEC 2025 >									
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re	
49	1	2	3	4	5	6	7	R	
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1	29	30	31	1	2	3	4	R	

Monday | 29 Dec

Tuesday | 30 Dec

Wednesday | 31 Dec

Thursday | 01 Jan

» New Year!

Friday | 02 Jan

Saturday | 03 Jan

Sunday | 04 Jan

## Notes on Week

## Recent Successes

## Next Success/Dreams

# WEEK PLAN - WEEK « 2 »

## 05 JANUARY - 11 JANUARY

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

What I'm doing for others this week?

Monday | 05 Jan

Tuesday | 06 Jan

Wednesday | 07 Jan

Thursday | 08 Jan

Friday | 09 Jan

Saturday | 10 Jan

Sunday | 11 Jan

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

JANUARY « 05 »  
MONDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

*The unexamined life is not worth living. Aurelius*

*I am a person*



URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 06 »  
TUESDAY

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

*Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. - 1 Thessalonians 5:16-18*

**What I'm grateful for:**

generally?

who?

about myself?

yesterday?

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

**What I learnt yesterday?**

**Current Emotions?**

**Future vision**

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

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

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

*I'm allowed to be loud*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

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Current Reading

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 07 »  
WEDNESDAY

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

*Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. - Romans 5:3-4*

**What I'm grateful for:**

generally?

who?

about myself?

yesterday?

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

**What I learnt yesterday?**

**Current Emotions?**

**Future vision**

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

**What to be optimistic about today?**

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

*I am capable of succeeding*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

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Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

# JANUARY « 08 »

## THURSDAY

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

*Be joyful in hope, patient in affliction, faithful in prayer. - Romans 12:12*

### What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

*I can have feelings / I do have feelings*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

Current Reading

No Bad Parts, Schwarz

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 09 »  
FRIDAY

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

*A Time for Everything There is a time for everything, and a season for every activity under the heavens: - Ecclesiastes 3:1*

### What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

If today was perfect, what would it look like?

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

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



URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

# JANUARY « 10 »

## SATURDAY

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

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

### What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

*I can be happy in losing a chess game that I'm learning*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

# JANUARY « 11 »

## SUNDAY

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

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

### What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

*I am capable of achieving my goals with effort and perseverance*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

Creatine is pretty great for cognitive and mood -  
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WEEKLY REVIEW « 2 »

05 JANUARY - 11 JANUARY

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

Monday | 05 Jan

Tuesday | 06 Jan

Wednesday | 07 Jan

Thursday | 08 Jan

Friday | 09 Jan

Saturday | 10 Jan

Sunday | 11 Jan

Notes on Week

Recent Successes

Next Success/Dreams

## WEEK PLAN - WEEK

«

3

»

12 JANUARY - 18 JANUARY

&lt; JAN 2026 &gt;

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

What I'm doing for others this week?

Monday | 12 Jan

Tuesday | 13 Jan

Wednesday | 14 Jan

Thursday | 15 Jan

Friday | 16 Jan

Saturday | 17 Jan

Sunday | 18 Jan

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



# JANUARY « 12 »

## MONDAY

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

*but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. - Isaiah 40:31*

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

---

Current Emotions?

---

Future vision

---

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

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

---



---

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

*I speak up*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

# JANUARY « 13 »

## TUESDAY

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

*No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. - 1 Corinthians 10:13*

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

---

Current Emotions?

---

Future vision

---

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

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

---

*'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*

*I can be relaxed in the presence of others*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

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\$10

Current Reading

No Bad Parts, Schwarz

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

# JANUARY « 14 »

## WEDNESDAY

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

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

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

---

Current Emotions?

---

Future vision

---

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

If today was perfect, what would it look like?

---

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

*I am deserving of happiness*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

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Current Reading

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

# JANUARY « 15 »

## THURSDAY

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

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

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

---

Current Emotions?

---

Future vision

---

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

What to be optimistic about today?

---

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

*I'm allowed to have fun*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

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Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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JANUARY « 16 »  
FRIDAY

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

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

**What I'm grateful for:**

generally?

who?

about myself?

yesterday?

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

**What I learnt yesterday?**

**Current Emotions?**

**Future vision**

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

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

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

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

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

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Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

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The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

# JANUARY « 17 »

## SATURDAY

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

*But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. - John 16:13*

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

---

Current Emotions?

---

Future vision

---

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

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

---

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

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

URGENT

NOT URGENT

DO NOW

PLAN

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

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

Current Reading

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

# JANUARY « 18 »

## SUNDAY

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

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

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

---

Current Emotions?

---

Future vision

---

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

What tasks will bring me the most energy and joy?

---

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

*I have permission to be me*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

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10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

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Longer

Get Healthy 45%

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Exciting

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Current Reading

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

## WEEKLY REVIEW « 3 »

12 JANUARY - 18 JANUARY

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

## WEEK PLAN - WEEK

«

4

»

19 JANUARY - 25 JANUARY

&lt; JAN 2026 &gt;

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

What I'm doing for others this week?

Monday | 19 Jan

Tuesday | 20 Jan

Wednesday | 21 Jan

Thursday | 22 Jan

Friday | 23 Jan

Saturday | 24 Jan

Sunday | 25 Jan



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

JANUARY « 19 »  
MONDAY

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

*The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance. - 2 Peter 3:9*

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

---

Current Emotions?

---

Future vision

---

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

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

---

*There is no try*

*I can and do represent others at times, when I feel the need*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

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Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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Current Reading

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Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 20 »  
TUESDAY

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

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

**What I'm grateful for:**

generally?

who?

about myself?

yesterday?

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

**What I learnt yesterday?**

**Current Emotions?**

**Future vision**

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

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

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

*My ideas are important and worthy of attention and respect*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

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Current Reading

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The explosive child, 20%

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The Murder of Roger Ackroyd

Bucket List

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Try Amsterdam, England

Love?

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

# JANUARY « 21 »

## WEDNESDAY

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

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose. - Romans 8:28*

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

---

Current Emotions?

---

Future vision

---

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

All you need is love

---

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

*I am a person*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

# JANUARY « 22 »

## THURSDAY

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

*so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. - Isaiah 55:11*

### What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

*'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*

*I can be happy in losing a chess game that I'm learning*



URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

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Sell personal diary service  
\$10

Current Reading

No Bad Parts, Schwarz

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « 23 »  
FRIDAY

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

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

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

---

Current Emotions?

---

Future vision

---

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

What tasks will bring me the most energy and joy?

---

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

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

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

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Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

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Book Music and Theatre

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\$10

Current Reading

No Bad Parts, Schwarz

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

# JANUARY « 24 »

## SATURDAY

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

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is his good, pleasing and perfect will. - Romans 12:2*

### What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What tasks will bring me the most energy and joy?

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

*I am safe*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

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Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

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Book Music and Theatre

Sell personal diary service  
\$10

Current Reading

No Bad Parts, Schwarz

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 25 »  
SUNDAY

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

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

**What I'm grateful for:**

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

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

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

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

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

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

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

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

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

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

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

*I can have feelings / I do have feelings*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

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Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

# WEEKLY REVIEW « 4 »

## 19 JANUARY - 25 JANUARY

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

Monday | 19 Jan

Tuesday | 20 Jan

Wednesday | 21 Jan

Thursday | 22 Jan

Friday | 23 Jan

Saturday | 24 Jan

Sunday | 25 Jan

Notes on Week

Recent Successes

Next Success/Dreams



## WEEK PLAN - WEEK

«

5

»

26 JANUARY - 01 FEBRUARY

&lt; JAN 2026 &gt;

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

What I'm doing for others this week?

Monday | 26 Jan

Tuesday | 27 Jan

Wednesday | 28 Jan

Thursday | 29 Jan

Friday | 30 Jan

Saturday | 31 Jan

Sunday | 01 Feb

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

JANUARY « 26 »  
MONDAY

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

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

### What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

*My ideas are important and worthy of attention and respect*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 27 »  
TUESDAY

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

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

**What I'm grateful for:**

generally?

who?

about myself?

yesterday?

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

**What I learnt yesterday?**

**Current Emotions?**

**Future vision**

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

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

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

*I can have adult relationships / I do have adult relationships (adult to adult, not inner child to adult)*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

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The explosive child, 20%

Dare to Connect, 20%

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The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 28 »  
WEDNESDAY

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

*for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus. - Romans 3:23-24*

### What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

How to be optimistic today?

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

*I can dream / I dream*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

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Current Reading

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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



# JANUARY « 29 »

## THURSDAY

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

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

### What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

All you need is love

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

*I can love my brother*

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

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The explosive child, 20%

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The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

JANUARY « 30 »  
FRIDAY

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

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

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

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Current Emotions?

---

Future vision

---

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

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

---

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

*I can stand up for myself / I do stand up for myself*

URGENT

NOT URGENT

DO NOW

PLAN

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

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service  
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

# JANUARY « 31 »

## SATURDAY

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

*he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, - Titus 3:5*

### What I'm grateful for:

generally?

---

who?

---

about myself?

---

yesterday?

---

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

What I learnt yesterday?

---

Current Emotions?

---

Future vision

---

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

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

---

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

*I can heal so much / I am healing so much*

URGENT

DO NOW

NOT URGENT

PLAN

Monthly Notes

Longer

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Bucket List

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Another cooking class

Try Amsterdam, England

Love?

Notes

# FEBRUARY « 01 » SUNDAY

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

*Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me. - Revelation 3:20*

## What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

All you need is love

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

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

URGENT

DO NOW

NOT URGENT

PLAN

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

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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



WEEKLY REVIEW « **5** »

## 26 JANUARY - 01 FEBRUARY

< JAN 2026 >

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

Monday | 26 Jan

Tuesday | 27 Jan

Wednesday | 28 Jan

Thursday | 29 Jan

Friday | 30 Jan

Saturday | 31 Jan

Sunday | 01 Feb

## Recent Successes

## Next Success/Dreams

## Notes on Week

YEARLY REVIEW « 5 »

26 JANUARY - 01 FEBRUARY

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

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

Common Items Across Months:

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall