

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 January 2026, I am married and I feel more than ever in love.

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»

29 DECEMBER - 04 JANUARY

	< 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

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

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? _____

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.

Current Emotions? _____

What I'm doing for others this week? _____

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? _____

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

I do rest

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?

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

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

What I'm grateful for:

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about myself?

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Current Emotions?

What I'm doing for others this week?

Future vision

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

What tasks will bring me the most energy and joy?

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

I speak up

URGENT

DO NOW

NOT URGENT

PLAN

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

Notes

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

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

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

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

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?

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

I can get my work done today

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

< 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	
3	Sat	
4	Sun	
5	Mon	
6	Tue	
7	Wed	
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9	Fri	
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11	Sun	
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13	Tue	
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23	Fri	
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

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. - John 3:16

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

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?

There is no try

I can stretch each day

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

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 « 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

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

What I'm grateful for:

generally?

who?

about myself?

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Current Emotions?

What I'm doing for others this week?

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?

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

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

URGENT

DO NOW

NOT URGENT

PLAN

06-07

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08-09

09-10

10-11

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12-13

13-14

14-15

15-16

16-17

17-18

18-19

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Longer

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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 « 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

Cast all your anxiety on him because he cares for you. - 1 Peter 5:7

What I'm grateful for:

generally?

who?

about myself?

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Current Emotions?

What I'm doing for others this week?

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?

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

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

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\$10

Current Reading

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The Murder of Roger Ackroyd

Bucket List

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Another cooking class

Try Amsterdam, England

Love?

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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

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. - John 10:10

What I'm grateful for:

generally?

who?

about myself?

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Current Emotions?

What I'm doing for others this week?

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

'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 can have fun with other people

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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Bucket List

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Love?

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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			
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			

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			

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
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Lost	M	T	W	T	F	S
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Pessimistic	M	T	W	T	F	S
Tense	M	T	W	T	F	S
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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

Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. - Lamentations 3:22-23

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

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

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

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	

and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.' - Matthew 28:20

What I'm grateful for:

generally? _____

who? _____

about myself? _____

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.

Current Emotions? _____

What I'm doing for others this week? _____

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

Negative feedback is a growth opportunity and an opportunity to see what is important to others and an opportunity for conversation and to show that I care what others think and want

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

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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

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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 « 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

For since the creation of the world God's invisible qualitieshis eternal power and divine naturehave been clearly seen, being understood from what has been made, so that people are without excuse. - Romans 1:20

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

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

'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

People like me for who I am

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

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Book Music and Theatre

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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?

JANUARY « 08 »

THURSDAY

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

For 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?

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.

Current Emotions?

What I'm doing for others this week?

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?

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

I deserve good things

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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\$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?

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

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	

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?

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.

Current Emotions?

What I'm doing for others this week?

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?

Not all those who wander are lost. JRR Tolkien

I can do all things through Him who gives me strength

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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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?

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

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	

Keep your lives free from the love of money and be content with what you have, because God has said, 'Never will I leave you; never will I forsake you.' - Hebrews 13:5

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

Future vision

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

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

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

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

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Book Music and Theatre

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\$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?

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

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?

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.

Current Emotions?

What I'm doing for others this week?

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 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 fierce

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

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

< 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 | 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

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. - 1 John 1:9

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

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?

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

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

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

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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?

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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

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. - James 5:16

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

Future vision

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

If today was perfect, what would it look like?

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

I can be an older brother

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 « 14 »

WEDNESDAY

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

For since the creation of the world God's invisible qualitieshis eternal power and divine naturehave been clearly seen, being understood from what has been made, so that people are without excuse. - Romans 1:20

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

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?

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

I choose where to spend my energy

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

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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?

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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	

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

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

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?

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

My ideas are important and worthy of attention and respect

URGENT

NOT URGENT

DO NOW

PLAN

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

Notes

Monthly Notes

Longer

Get Healthy 45%

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

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

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. - James 1:5

What I'm grateful for:

generally? _____

who? _____

about myself? _____

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.

Current Emotions? _____

What I'm doing for others this week? _____

Future vision _____

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

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

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

I can feel love for my brother

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

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January Focus on Business

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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 « 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 seek first his kingdom and his righteousness, and all these things will be given to you as well. - Matthew 6:33

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

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?

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

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

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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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?

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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

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.' - Isaiah 30:21

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

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?

Not all those who wander are lost. JRR Tolkien

Some women are very 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

Monthly Notes

Longer

Get Healthy 45%

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Exciting

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January Focus on Business

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Book Holidays x2!

Book Music and Theatre

Sell personal diary service
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Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcerss,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

< 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

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

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?

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.

Current Emotions?

What I'm doing for others this week?

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 am lovable

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 « 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

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers. - Galatians 6:9-10

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

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?

'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 lovable

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

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Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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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

God is not human, that he should lie, not a human being, that he should change his mind. Does he speak and then not act? Does he promise and not fulfill? - Numbers 23:19

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

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 fierce

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

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The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

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Love?

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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	

The LORD is my shepherd, I lack nothing. - Psalm 23:1

What I'm grateful for:

generally?

who?

about myself?

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Current Emotions?

What I'm doing for others this week?

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?

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

I can have feelings / I do have feelings

URGENT

NOT URGENT

DO NOW

PLAN

06-07
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18-19

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The Murder of Roger Ackroyd

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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

as far as the east is from the west, so far has he removed our transgressions from us. - Psalm 103:12

What I'm grateful for:

generally? _____

who? _____

about myself? _____

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.

Current Emotions? _____

What I'm doing for others this week? _____

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? _____

'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 choose where to spend my energy

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?

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

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?

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.

Current Emotions?

What I'm doing for others this week?

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

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

I am allowed to rest

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

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Book Music and Theatre

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\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

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.

Current Emotions? _____

What I'm doing for others this week? _____

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? _____

'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

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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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.

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

Recent Successes

Next Success/Dreams

Notes on Week

WEEK PLAN - WEEK « 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

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	

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. - James 5:16

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

Future vision

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

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

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

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

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

Greater love has no one than this: to lay down one's life for one's friends. - John 15:13

What I'm grateful for:

generally? _____

who? _____

about myself? _____

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.

Current Emotions? _____

What I'm doing for others this week? _____

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

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

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

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\$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?

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

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

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?

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.

Current Emotions?

What I'm doing for others this week?

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?

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

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

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Monthly Notes

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?

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	

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. - Philippians 2:3-4

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

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

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

I am capable of achieving my goals with effort and perseverance

URGENT

DO NOW

NOT URGENT

PLAN

06-07

07-08

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09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

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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 « 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

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?

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.

Current Emotions?

What I'm doing for others this week?

Future vision

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

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

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

I am capable of succeeding

URGENT

DO NOW

NOT URGENT

PLAN

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16-17

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18-19

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Longer

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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 -
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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

For the director of music. Of the Sons of Korah. According to alamothe. A song. God is our refuge and strength, an ever-present help in trouble. - Psalm 46:1

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

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?

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

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

URGENT

DO NOW

NOT URGENT

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Notes

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Monthly Notes

Longer

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Exciting

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Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.
- Romans 5:8

What I'm grateful for:

generally?

who?

about myself?

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.

Current Emotions?

What I'm doing for others this week?

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 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

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?

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					

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

Common Items Across Months:

Monthly Notes

Longer
Get Healthy 45%
Affirmation thpy Fr
Exciting
..Build info screen wall