

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



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

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

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

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



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



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



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



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



It is now **January 2030**. I am married and feel more than

nufin2026
is a k
debug
ReCalendar

2026 Planner ATKPlanner

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

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

Use the highlight function in book to link

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

< 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

WEEK PLAN - WEEK

«

1

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29 DECEMBER - 04 JANUARY

What I'm doing for others this week?

Monday | 29 Dec

Tuesday | 30 Dec

Wednesday | 31 Dec

Thursday | 01 Jan

» New Year!

Friday | 02 Jan

Saturday | 03 Jan

Sunday | 04 Jan

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

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What tasks will bring me the most energy and joy?

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

I choose where to spend my energy

Day Plan - Mon, 29 Dec 2025

Links

URGENT

DO NOW

NOT URGENT

PLAN

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< DEC 2025 >

DECEMBER « **30** »
TUESDAY

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

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? _____

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 _____

'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 capable of succeeding

Day Plan - Tue, 30 Dec 2025

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< DEC 2025 >

DECEMBER « **31** »
WEDNESDAY

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

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

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

I am a person

Day Plan - Wed, 31 Dec 2025

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

MONTH REVIEW

DECEMBER

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

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

MONTH REVIEW

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

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

< 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 PLAN

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

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

< JAN 2026 >

JANUARY « **01** »

» New Year!

THURSDAY

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

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? _____

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?

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

My ideas are important and worthy of attention and respect

Day Plan - Thu, 01 Jan 2026

Links

URGENT

DO NOW

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « 02 »
FRIDAY

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

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. - Luke 6:38

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I can love my brother

Day Plan - Fri, 02 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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

Monthly Notes

Longer

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Why zebras dont get ulcers,
10%

The explosive child, 20%

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The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « 03 »
SATURDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

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

There is no try

I'm allowed to relax

Day Plan - Sat, 03 Jan 2026

Links

URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

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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 « **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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

What to be optimistic about today? _____

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

If necessary I will rest when needed

Day Plan - Sun, 04 Jan 2026

Links

URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

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Book Music and Theatre

Sell personal diary service
\$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?

< DEC 2025 >

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49	1	2	3	4	5	6	7	R
50	8	9	10	11	12	13	14	R
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52	22	23	24	25	26	27	28	R
1	29	30	31	1	2	3	4	R

WEEKLY REVIEW «

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29 DECEMBER - 04 JANUARY

Monday | 29 Dec

Tuesday | 30 Dec

Wednesday | 31 Dec

Thursday | 01 Jan

» New Year!

Friday | 02 Jan

Saturday | 03 Jan

Sunday | 04 Jan

Notes on Week

Recent Successes

Next Success/Dreams

< JAN 2026 >

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

WEEK PLAN - WEEK

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05 JANUARY - 11 JANUARY

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

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

For the director of music. Of the Sons of Korah. According to alamoth. 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? _____

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? _____

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

I can have feelings / I do have feelings

Day Plan - Mon, 05 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « 06 »

TUESDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

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?

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

I am fierce

Day Plan - Tue, 06 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « 07 »

WEDNESDAY

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

For no word from God will ever fail. - Luke 1:37

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

I can have fun with other people

Day Plan - Wed, 07 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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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 « **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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What to be optimistic about today?

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

I am fierce

Day Plan - Thu, 08 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

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10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « 09 »
FRIDAY

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

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. - Romans 8:38-39

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

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

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

I can dream / I dream

Day Plan - Fri, 09 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

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\$10

Current Reading

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10%

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The Healing Power of Vagus,
20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **10** »
SATURDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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 can stretch each day

Day Plan - Sat, 10 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **11** »
SUNDAY

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

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. - Colossians 3:16

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

What to be optimistic about today? _____

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

I am worthy of love and respect

Day Plan - Sun, 11 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

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\$10

Current Reading

No Bad Parts, Schwarz

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10%

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Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

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

WEEKLY REVIEW «

2

»

05 JANUARY - 11 JANUARY

Monday | 05 Jan

Tuesday | 06 Jan

Wednesday | 07 Jan

Thursday | 08 Jan

Friday | 09 Jan

Saturday | 10 Jan

Sunday | 11 Jan

Notes on Week

Recent Successes

Next Success/Dreams

< JAN 2026 >

WEEK PLAN - WEEK

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3

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12 JANUARY - 18 JANUARY

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

What I'm doing for others this week?

Monday | 12 Jan

Tuesday | 13 Jan

Wednesday | 14 Jan

Thursday | 15 Jan

Friday | 16 Jan

Saturday | 17 Jan

Sunday | 18 Jan

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

JANUARY

12

MONDAY

< JAN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
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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 near to all who call on him, to all who call on him in truth. - Psalm 145:18

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I do rest

Day Plan - Mon, 12 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY

13

TUESDAY

< JAN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
1	29	30	31	1	2	3	4	R
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4	19	20	21	22	23	24	25	R
5	26	27	28	29	30	31	1	R

In their hearts humans plan their course, but the Lord establishes their steps. - Proverbs 16:9

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? _____

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

I can be a good friend

Day Plan - Tue, 13 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

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

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

I'm allowed to relax

Day Plan - Wed, 14 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **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

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. - Luke 6:38

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? _____

'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'm allowed to have fun

Day Plan - Thu, 15 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **16** »
FRIDAY

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

Jesus said to her, 'I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?' - John 11:25-26

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

Day Plan - Fri, 16 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY

17

SATURDAY

< JAN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	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 it is by grace you have been saved, through faith and this is not from yourselves, it is the gift of God not by works, so that no one can boast. - Ephesians 2:8-9

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.

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

The unexamined life is not worth living. Aurelius

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

Day Plan - Sat, 17 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

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

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

'If you can?' said Jesus. 'Everything is possible for one who believes.' - Mark 9:23

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.

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

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

I am lovable

Day Plan - Sun, 18 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW

3

JAN 2026						
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1	29	30	31	1	2	3
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12 JANUARY - 18 JANUARY

Monday | 12 Jan

Tuesday | 13 Jan

Wednesday | 14 Jan

Thursday | 15 Jan

Friday | 16 Jan

Saturday | 17 Jan

Sunday | 18 Jan

Notes on Week

Recent Successes

Next Success/Dreams

< JAN 2026 >

WEEK PLAN - WEEK

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4

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19 JANUARY - 25 JANUARY

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

What I'm doing for others this week?

Monday | 19 Jan

Tuesday | 20 Jan

Wednesday | 21 Jan

Thursday | 22 Jan

Friday | 23 Jan

Saturday | 24 Jan

Sunday | 25 Jan

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

JANUARY

19

MONDAY

< JAN 2026 >

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4	19	20	21	22	23	24	25	R
5	26	27	28	29	30	31	1	R

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

All you need is love

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

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

Day Plan - Mon, 19 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY

20

TUESDAY

< 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

Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. - James 1:12

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

There is no try

My ideas are important and worthy of attention and respect

Day Plan - Tue, 20 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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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?

< JAN 2026 >

JANUARY « **21** »
WEDNESDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

What to be optimistic about today? _____

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 ask for help when needed

Day Plan - Wed, 21 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **22** »
THURSDAY

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

Do not merely listen to the word, and so deceive yourselves. Do what it says. - James 1:22

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?

There is no try

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

Day Plan - Thu, 22 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

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\$10

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10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **23** »
FRIDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

All you need is love _____

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

I can ask for help when needed

Day Plan - Fri, 23 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..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

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **24** »
SATURDAY

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

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. - Colossians 3:16

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I can get my work done today

Day Plan - Sat, 24 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

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10%

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The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **25** »
SUNDAY

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

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. - Matthew 6:14-15

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 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

Losing a chess game is a growth opportunity and evidence that I've tried

Day Plan - Sun, 25 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

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\$10

Current Reading

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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?

< JAN 2026 >

WEEKLY REVIEW «

4

»

19 JANUARY - 25 JANUARY

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

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

< JAN 2026 >

WEEK PLAN - WEEK

5

«

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26 JANUARY - 01 FEBRUARY

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

What I'm doing for others this week?

Monday | 26 Jan

Tuesday | 27 Jan

Wednesday | 28 Jan

Thursday | 29 Jan

Friday | 30 Jan

Saturday | 31 Jan

Sunday | 01 Feb

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

JANUARY « **26** » MONDAY

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

Romans 8:37 - No, in all these things we are more than conquerors through him who loved us.

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 _____

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

I matter

Day Plan - Mon, 26 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **27** »
TUESDAY

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

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? _____

Not all those who wander are lost. JRR Tolkien

I am an older brother

Day Plan - Tue, 27 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **28** »
WEDNESDAY

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

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. - Romans 15:13

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.

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

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

People like me for who I am

Day Plan - Wed, 28 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
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Monthly Notes

Longer

Get Healthy 45%

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Exciting

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Reverse sensor

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\$10

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The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **29** »

THURSDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

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

If necessary I will rest when needed

Day Plan - Thu, 29 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

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\$10

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The Healing Power of Vagus,
20%

The Murder of Roger
Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **30** »
FRIDAY

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

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 am a force

Day Plan - Fri, 30 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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what wins have you had lately

Monthly Notes

Longer

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Affirmation thpy Fr

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January Focus on Business

Reverse sensor

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\$10

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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
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? _____

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? _____

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

I can love

Day Plan - Sat, 31 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service
\$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers,
10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus,
20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY

01

SUNDAY

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

'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.

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

Not all those who wander are lost. JRR Tolkien

I can get my work done today

Day Plan - Sun, 01 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

< JAN 2026 >

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

WEEKLY REVIEW «

5

»

26 JANUARY - 01 FEBRUARY

Monday | 26 Jan

Tuesday | 27 Jan

Wednesday | 28 Jan

Thursday | 29 Jan

Friday | 30 Jan

Saturday | 31 Jan

Sunday | 01 Feb

Notes on Week

Recent Successes

Next Success/Dreams

< 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

YEARLY REVIEW «

5 »

26 JANUARY - 01 FEBRUARY

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall