# 2024 ReCalendar

## 2024

AUGUST											
W#											
31 32 33	29	30	31	1	2	3	4	R			
32	5	6	7	8	9	10	11	R			
33	12	13	14	15	16	17	18	R			
34	19	20	21	22	23	24	25	R			
35	26	27	28	29	30	31	1	R			

### SEPTEMBER

	_							
W#								
35 36 37	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38 39	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

### **OCTOBER**

W#								
40 41 42	30	1	2	3	4	5	6	R
41	7	8	9	10	11	12	13	R
42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

### **NOVEMBER**

W#	Мо	Tu	We	Th	Fr	Sa	Su	Re		
44	28	29	30	31	1	2	3	R		
45	4	5	6	7	8	9	10	R		
46	11	12	13	14	15	16	17	R		
47	18	19	20	21	22	23	24	R		
44 45 46 47 48	25	26	27	28	29	30	1	R		

### **DECEMBER**

			<b>С</b>			• •		
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49 50 51 52 1	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	<b>15</b>	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

WEEK « 31 »

29 JULY - 04 A	AUGUST	29 30 31	22	23	24	25	26		28	R
29 JUL Tuesday	30 JUL 1	Wedne	esd	ay			31	JUI	-	

JUL 2024 W# Mo Tu We Th Fr Sa Su Re

9 10 11 12 **13 14** R

Monday



JULY « **29** 

## **MONDAY**

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

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	July Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	<ul> <li>Current Reading</li> <li>Models - Attract Woment</li> </ul>
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

July Monthly Notes



## **TUESDAY**

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

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	July Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	<ul> <li>Current Reading</li> <li>Models - Attract Woment</li> </ul>
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	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

July Monthly Notes

## JULY « **31** »

## **WEDNESDAY**

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

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	July Monthly Notes
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	Build Inner Wall
	<ul> <li>Current Reading</li> <li>Models - Attract Woment</li> </ul>
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	Sing in choir
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	Try Amsterdam
	Try England
	Love?
	25.5.

July Monthly Notes

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																				(	34	19	9 2	0 2	21	22	23	24	25	R	
																				(	35	26	5 2	7 2	28	29	30	31	1	R	
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Tiabits	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
Pistol Squat in May, June, July, Aug																															
Celebrate others																															



## AUGUST « 01 »

## **THURSDAY**

	<	Αl	JG	20	24	1	>	
W#								
31 32 33	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
25	26	27	20	20	30	21	4	D

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

 $\mathsf{AUGUST} \ ^{\mathsf{w}} \mathbf{02} \ ^{\mathsf{w}}$ 

**FRIDAY** 

	<	Αl	JG	20	24	1	>	
W#								
31 32 33	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN	August Monthly Notes
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

 $\mathsf{AUGUST} \ ^{\mathsf{W}} \mathbf{03} \ ^{\mathsf{W}}$ 

## **SATURDAY**

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
31 32 33 34	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 04 »

**SUNDAY** 

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
31 32 33 34	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	20	20	30	21	1	D

What can I ask God for help with, or thank Him for? How are things?
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What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

## WEEKLY REVIEW « 31 »

29 JULY - 04 AUGUST

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

WEEK REVIEW NOTES	

**WEEK** « **32** » 05 AUGUST - 11 AUGUST

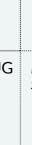
05 AUG Tuesday 06 AUG Wednesday

**Thursday** 08 AUG Friday

Monday

Sunday

11 AUG



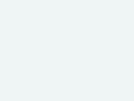
Plan week Send the weekly email

09 AUG



8 9 **10 11** R

**07 AUG** 





AUG 2024 W# Mo Tu We Th Fr Sa Su Re

33 12 13 14 15 16 **17 18** R 34 19 20 21 22 23 **24 25** R

35 26 27 28 29 30 **31** 1 R



## **MONDAY**

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
31 32 33 34	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

 $\hbox{'The secret of getting ahead is getting started'-Mark\ Twain}$ 

DAY PLAN	August Monthly Notes
	Big Shoulders
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	Bucket List
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	Another cooking class
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	Try England
	Love?



## TUESDAY

AUG 2024 >
W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

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	The Well of Ascension, 10%
	Bucket List
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	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



## **WEDNESDAY**

	<	Αl	JG	20	24	1	>	
W#								
31 32 33	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

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	Love?



## **THURSDAY**

	<	Αl	JG	20	24	1	>	
W#								
31 32 33	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 09 »

**FRIDAY** 

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
31 32 33 34	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
25	24	27	20	20	20	21	4	D

What can I ask God for help with, or thank Him for? How are things?						
Current Emotions?						
What I'm grateful for (consider emotionally impactful things)?						
Mastery Priorities/To do Today						

The unexamined life is not worth living. Aurelius

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	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 10 »

## **SATURDAY**

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
31								
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	<b>17</b>	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 11

**SUNDAY** 

		<	Αl	JG	20	24	1	>	
4	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
<b>&gt;&gt;</b>	31	29	30	31	1	2	3	4	F
	32	5	6	7	8	9	10	11	F
	33	12	13	14	15	16	17	18	F
DAY	34	19	20	21	22	23	24	25	F
	35	26	27	28	29	30	31	1	F

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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 32 »

05 AUGUST - 11 AUGUST

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 31
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 R

TES	WEEK REVIEW NOTES

WEEK « 33 » 12 AUG Tuesday

### 12 AUGUST - 18 AUGUST 13 AUG Wednesday

AUG 2024 W# Mo Tu We Th Fr Sa Su Re

35 26 27 28 29 30 **31** 1 R

5 6 7 8 9 **10 11** R 33 12 13 14 15 16 **17 18** R 34 19 20 21 22 23 **24 25** R

**14 AUG** 

**Thursday** 15 AUG Friday

16 AUG Saturday

**17 AUG** 

Monday

Sunday **18 AUG** Plan week Send the weekly email

AUGUST « 12 »

**MONDAY** 

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
31	29	30	31 7 14 21	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	21	1	P

What can I ask God for help with, or thank Him for? How are things?					
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Mastery Priorities/To do Today					

Not all those who wander are lost. JRR Tolkien

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	Love?

AUGUST «  ${f 13}$  »

**TUESDAY** 

AUG 2024 >
W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

What can I ask God for help with, or thank Him for? How are things?					
Current Emotions?					
What I'm grateful for (consider emotionally impactful things)?					
Mastery Priorities/To do Today					

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

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 $_{\mathsf{AUGUST}}$  «  $\mathbf{14}$ 

### **WEDNESDAY**

AUG 2024 >
W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 15 »

#### **THURSDAY**

AUG 2024 >
W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 16 »

**FRIDAY** 

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
31	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	29 5 12 19 26	27	28	29	30	31	1	R

What can I ask God for help with, or thank Him for? How are things?					
Current Emotions?					
What I'm grateful for (consider emotionally impactful things)?					
Mastery Priorities/To do Today					

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

DAY PLAN	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

 $_{\mathsf{AUGUST}}$   $^{\circ}$   $\mathbf{17}$ 

SATURDAY

AUG 2024 >
W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes		
	Big Shoulders		
	Pistol Squat		
	Measure Weight		
	Raise Bed		
	Build Inner Wall		
	Current Reading  Models - Attract Woment		
	Through Honesty, 5%		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	The Well of Ascension, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

AUGUST « 18 »

**SUNDAY** 

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
31 32 33 34	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes		
	Big Shoulders		
	Pistol Squat		
	Measure Weight		
	Raise Bed		
	Build Inner Wall		
	Current Reading  Models - Attract Woment		
	Through Honesty, 5%		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	The Well of Ascension, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

WEEKLY REVIEW « 33 »

12 AUGUST - 18 AUGUST

 W# Mo Tu We Th Fr Sa Su Re

 31
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< AUG 2024 >

WEEK REVIEW NOTES		

10 ALICHST - 25 ALICHST

17 AUGUST - 23 AUGUST				
19 AUG	Tuesday	20 AUG		

Wednesday

32

Thursday 22 AUG Friday

25 AUG

Plan week

Send the weekly email

Sunday

Monday

23 AUG Saturday

AUG 2024 W# Mo Tu We Th Fr Sa Su Re

5 6 7 8 9 **10 11** R

**21 AUG** 

33 12 13 14 15 16 **17 18** R 34 19 20 21 22 23 **24 25** R

35 26 27 28 29 30 **31 1** R

24 AUG

## AUGUST « 19

MONDAY

AUG 2024 >
W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes		
	Big Shoulders		
	Pistol Squat		
	Measure Weight		
	Raise Bed		
	Build Inner Wall		
	Current Reading  Models - Attract Woment		
	Through Honesty, 5%		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	The Well of Ascension, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

AUGUST « 20 »

#### **TUESDAY**

W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes		
	Big Shoulders		
	Pistol Squat		
	Measure Weight		
	Raise Bed		
	Build Inner Wall		
	Current Reading  Models - Attract Woment		
	Through Honesty, 5%		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	The Well of Ascension, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

## AUGUST « 21

### **WEDNESDAY**

AUG 2024 >
W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
There is no try

DAY PLAN	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### AUGUST « 22 »

### **THURSDAY**

W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

What can I ask God for help with, or thank Him for? How are things?					
Current Emotions?					
What I'm grateful for (consider emotionally impactful things)?					
Mastery Priorities/To do Today					
There is no try					

DAY PLAN	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST

		<	Αl	JG	20	24	1	>	
7	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
/ .5 »	31	29	30	31	1	2	3	4	
	32	5	6	7	8	9	10	11	
	33	12	13	14	15	16	17	18	
RIDAY	34	19	20	21	22	23	24	25	
KIDAT	35	26	27	28	29	30	31	1	

What can I ask God for help with, or thank Him for? How are things?				
Current Emotions?				
What I'm grateful for (consider emotionally impactful things)?				
Mastery Priorities/To do Today				

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

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	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
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	Current Reading  Models - Attract Woment
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	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 24

#### SATURDAY

W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes
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	Build Inner Wall
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 25 »

**SUNDAY** 

	<	Αl	JG	20	24	1	>	
W#								
31 32 33 34	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN	August Monthly Notes
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### WEEKLY REVIEW « 34 »

19 AUGUST - 25 AUGUST

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< AUG 2024 >

WEEK REVIEW NOTES	

26 AUGUST - 01 SEPTEMBER

Monday 26 AUG **Tuesday** 27 AUG Wednesday

**Thursday** 29 AUG Friday 30 AUG

Sunday

01 SEP Plan week Send the weekly email

Saturday





AUG 2024 W# Mo Tu We Th Fr Sa Su Re

33 12 13 14 15 16 **17 18** R 34 19 20 21 22 23 **24 25** R

35 26 27 28 29 30 **31** 1



8 9 **10 11** R

**28 AUG** 



# AUGUST « 26 »

**MONDAY** 

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Rε
31	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
31 32 33 34 35	26	27	28	29	30	31	1	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5%
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	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 27

#### TUESDAY

AUG 2024 >
W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

What can I ask God for help with, or thank Him for? How are things?
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	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
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	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 28 »

#### **WEDNESDAY**

AUG 2024 >
W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 29

#### **THURSDAY**

AUG 2024 >
W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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DAY PLAN	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5%
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	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 30

FRIDAY

	<	А۱	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
31 32 33 34	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 31 »

#### SATURDAY

W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

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Not all those who wander are lost. JRR Tolkien

DAY PLAN	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### SEPTEMBER

/# Mo Tu We Th Fr Sa Su Re

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38 16 17 18 19 20 **21 22** R

																				(	39	23	3 2	4 2	25	26	2/	28	29	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
Habits	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon
Pistol Squat in May, June, July, Aug																														
Celebrate others																														

COMING MONTH GOALS



## SEPTEMBER « 01 »

**SUNDAY** 

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35 36 37 38 39	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes		
	Big Shoulders		
	Pistol Squat		
	Measure Weight		
	Raise Bed		
	Build Inner Wall		
	Current Reading		
	Models - Attract Woment Through Honesty, 5%		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	The Well of Ascension, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

## WEEKLY REVIEW « 35 »

26 AUGUST - 01 SEPTEMBER

AUG 2024 >
W# Mo Tu We Th Fr Sa Su Re
31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

WEEK REVIEW NOTES		

WEEK « 36 »

3 4 5 6 **7 8** 37 9 10 11 12 13 **14 15** R 38 16 17 18 19 20 **21 22** R 39 23 24 25 26 27 **28 29** R

26 27 28 29 30 **31 1** 

SEP 2024 > W# Mo Tu We Th Fr Sa Su Re

02 SEPTEMBER - 08 SEPTEMBER

Monday	02 SEP	Tuesday	03 SEP	W

/ednesday

36

04 SEP

05 SEP

**Friday Saturday** 06 SEP

07 SEP

Sunday **08 SEP** 

**Thursday** 

Plan week

Send the weekly email

### SEPTEMBER « **02**

#### MONDAY

SEP 2024 >
W# Mo Tu We Th Fr Sa Su Re
35 26 27 28 29 30 31 1 R
36 2 3 4 5 6 7 8 R
37 9 10 11 12 13 14 15 R
38 16 17 18 19 20 21 22 R
39 23 24 25 26 27 28 29 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes		
	Big Shoulders		
	Pistol Squat		
	Measure Weight		
	Raise Bed		
	Build Inner Wall		
	Current Reading		
	Models - Attract Woment Through Honesty, 5%		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	The Well of Ascension, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

SEPTEMBER « 03 »

#### **TUESDAY**

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35	26	27	28	29	30	31	1	R
36 37	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

 $\hbox{'The secret of getting ahead is getting started'-Mark\ Twain}$ 

DAY PLAN	September Monthly Notes		
	Big Shoulders		
	Pistol Squat		
	Measure Weight		
	Raise Bed		
	Build Inner Wall		
	Current Reading  Models - Attract Woment Through Honesty, 5%		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	The Well of Ascension, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

SEPTEMBER « **04** »

#### WEDNESDAY

SEP 2024 >
W# Mo Tu We Th Fr Sa Su Re
35 26 27 28 29 30 31 1 R
36 2 3 4 5 6 7 8 R
37 9 10 11 12 13 14 15 R
38 16 17 18 19 20 21 22 R
39 23 24 25 26 27 28 29 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



#### **THURSDAY**

	<	SE	P	20	24		>	
	Мо							
35	26 2 9 16	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
30	22	24	25	26	27	28	20	D

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 06 »

**FRIDAY** 

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35 36 37 38	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	<b>15</b>	R
38	16	17	18	19	20	21	22	R
30	23	24	25	26	27	20	20	D

What can I ask God for help with, or thank Him for? How are things?				
Current Emotions?				
What I'm grateful for (consider emotionally impactful things)?				
Mastery Priorities/To do Today				

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

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### SEPTEMBER « 07

#### **SATURDAY**

SEP 2024 >
 W# Mo Tu We Th Fr Sa Su Re
 35 26 27 28 29 30 31 1 R
 36 2 3 4 5 6 7 8 R
 37 9 10 11 12 13 14 15 R
 38 16 17 18 19 20 21 22 R
 39 23 24 25 26 27 28 29 R

What can I ask God for help with, or thank Him for? How are things?				
Current Emotions?				
What I'm grateful for (consider emotionally impactful things)?				
Mastery Priorities/To do Today				

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

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 08 »

#### **SUNDAY**

SEP 2024 >
 W# Mo Tu We Th Fr Sa Su Re
 35 26 27 28 29 30 31 1 R
 36 2 3 4 5 6 7 8 R
 37 9 10 11 12 13 14 15 R
 38 16 17 18 19 20 21 22 R
 39 23 24 25 26 27 28 29 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# WEEKLY REVIEW « 36 »

02 SEPTEMBER - 08 SEPTEMBER

	<	SE	ΕP	20	24		>	
<b>N</b> #	Мо	Tu	We	Th	Fr	Sa	Su	Re
35	26	27	28	29	30	31	1	R
36	2 9 16	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

WEEK « 37 »

26 27 28 29 30 **31 1** 

2 3 4 5 6 **7 8** 37 9 10 11 12 13 **14 15** R

38 16 17 18 19 20 **21 22** R

R

09 SEPTEMBER - 15 SEPTEMBER

Wednesday

Saturday

39 23 24 25 26 27 **28 29** R **11 SEP** 

SEP 2024 > W# Mo Tu We Th Fr Sa Su Re

Monday 09 SEP **Tuesday** 10 SEP

**Friday** 

**13 SEP** 

**Thursday** 12 SEP

**14 SEP** 

Sunday 15 SEP

Plan week Send the weekly email SEPTEMBER « 09 »

#### **MONDAY**

SEP 2024 >
 W# Mo Tu We Th Fr Sa Su Re
 26 27 28 29 30 31 1 R
 2 3 4 5 6 7 8 R
 9 10 11 12 13 14 15 R
 16 17 18 19 20 21 22 R
 2 3 24 25 26 27 28 29 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes				
	Big Shoulders				
	Pistol Squat				
	Measure Weight				
	Raise Bed				
	Build Inner Wall				
	Current Reading				
	Models - Attract Woment Through Honesty, 5%				
	Why zebras dont get ulcerss, 10%				
	The explosive child, 20%				
	Dare to Connect, 20%				
	The Mindful Emotions Workbook, 20%				
	The Inflamed Mind, 1%				
	The Well of Ascension, 10%				
	Bucket List				
	Dance class				
	Sing in choir				
	Another cooking class				
	Try Amsterdam				
	Try England				
	Love?				

SEPTEMBER « 10 »

**TUESDAY** 

	<	SE	ĒΡ	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35 36 37 38 39	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes				
	Big Shoulders				
	Pistol Squat				
	Measure Weight				
	Raise Bed				
	Build Inner Wall				
	Current Reading  Models - Attract Woment				
	Through Honesty, 5% Why zebras dont get ulcerss,				
	10%				
	The explosive child, 20%				
	Dare to Connect, 20%				
	The Mindful Emotions Workbook, 20%				
	The Inflamed Mind, 1%				
	The Well of Ascension, 10%				
	Bucket List				
	Dance class				
	Sing in choir				
	Another cooking class				
	Try Amsterdam				
	Try England				
	Love?				

### SEPTEMBER « 11

**WEDNESDAY** 

		<	SE	ΕP	20	24		>	
1	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
<b>&gt;&gt;</b>	35	26	27	28	29	30	31	1	F
	36	2	3	4	5	6	7	8	F
	37	9	10	11	12	13	14	<b>15</b>	F
ESDAY	38	16	17	18	19	20	21	22	F
JUAI	39	23	24	25	26	27	28	29	F

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

 $\hbox{'The secret of getting ahead is getting started'-Mark\ Twain}$ 

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 12

**THURSDAY** 

SEP 2024 >
W# Mo Tu We Th Fr Sa Su Re
35 26 27 28 29 30 31 1 R
36 2 3 4 5 6 7 8 R
37 9 10 11 12 13 14 15 R
38 16 17 18 19 20 21 22 R
39 23 24 25 26 27 28 29 R

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

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER

_		<	SE	ĒΡ	20	24		>	
1 🥎 📗	W#	Мо	Tu	We	Th	Fr	Sa	Su	
1.5 »	35	26	27	28	29	30	31	1	
	36	2	3	4	5	6	7	8	
	37								
RIDAY	38	16	17	18	19	20	21	22	
VIDAI	39	23	24	25	26	27	28	29	

What can I ask God for help with, or thank Him for? How are things?				
Current Emotions?				
What I'm grateful for (consider emotionally impactful things)?				
Mastery Priorities/To do Today				

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

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER 4 14

#### **SATURDAY**

SEP 2024 >
W# Mo Tu We Th Fr Sa Su Re
35 26 27 28 29 30 31 1 R
36 2 3 4 5 6 7 8 R
37 9 10 11 12 13 14 15 R
38 16 17 18 19 20 21 22 R
39 23 24 25 26 27 28 29 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 15 »

**SUNDAY** 

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35 36 37 38 39	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

What can I ask God for help with, or thank Him for? How are things?				
Current Emotions?				
What I'm grateful for (consider emotionally impactful things)?				
Mastery Priorities/To do Today				

The unexamined life is not worth living. Aurelius

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 37 »

09 SEPTEMBER - 15 SEPTEMBER

SEP 2024 >
W# Mo Tu We Th Fr Sa Su Re
35 26 27 28 29 30 31 1 R
36 2 3 4 5 6 7 8 R
37 9 10 11 12 13 14 15 R
38 16 17 18 19 20 21 22 R
39 23 24 25 26 27 28 29 R

WEEK REVIEW NOTES		

week  $^{\circ}$  38  $^{\circ}$ 

16 SEPTEMBER - 22 SEPTEMBER

37 9 10 11 12 13 **14 15** R 38 16 17 18 19 20 **21 22** R 39 23 24 25 26 27 **28 29** R

**18 SEP** 

< SEP 2024 >

W# Mo Tu We Th Fr Sa Su Re 26 27 28 29 30 **31 1** 36 2 3 4 5 6 **7 8** 

				ı
Monday	16 SEP	Tuesday	17 SEP	Wednesday

Friday

Plan week

Send the weekly email

19 SEP

20 SEP

**Saturday 21 SEP** 

Sunday **22 SEP** 

**Thursday** 

# SEPTEMBER « 16 »

**MONDAY** 

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35	26 2 9 16 23	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	<b>15</b>	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

**SEPTEMBER** 

**TUESDAY** 

SEP 2024 W# Mo Tu We Th Fr Sa Su Re 26 27 28 29 30 **31 1** R 2 3 4 5 6 **7 8** R 36 37 9 10 11 12 13 **14 15** R 38 16 17 18 19 20 **21 22** R 39 23 24 25 26 27 **28 29** R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
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	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 18

#### **WEDNESDAY**

SEP 2024 >
W# Mo Tu We Th Fr Sa Su Re
35 26 27 28 29 30 31 1 R
36 2 3 4 5 6 7 8 R
37 9 10 11 12 13 14 15 R
38 16 17 18 19 20 21 22 R
39 23 24 25 26 27 28 29 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
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	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER 4 19

#### **THURSDAY**

SEP 2024 >

W# Mo Tu We Th Fr Sa Su Re

35 26 27 28 29 30 31 1 R

36 2 3 4 5 6 7 8 R

37 9 10 11 12 13 14 15 R

38 16 17 18 19 20 21 22 R

39 23 24 25 26 27 28 29 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 20 »

**FRIDAY** 

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37								
38								
39	23	24	25	26	27	28	29	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 21 »

#### SATURDAY

SEP 2024 >
W# Mo Tu We Th Fr Sa Su Re
35 26 27 28 29 30 31 1 R
36 2 3 4 5 6 7 8 R
37 9 10 11 12 13 14 15 R
38 16 17 18 19 20 21 22 R
39 23 24 25 26 27 28 29 R

What can I ask God for help with, or thank Him for? How are things?					
Current Emotions?					
What I'm grateful for (consider emotionally impactful things)?					
Mastery Priorities/To do Today					

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

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 22

**SUNDAY** 

SEP 2024 >
W# Mo Tu We Th Fr Sa Su Re
35 26 27 28 29 30 31 1 R
36 2 3 4 5 6 7 8 R
37 9 10 11 12 13 14 15 R
38 16 17 18 19 20 21 22 R
39 23 24 25 26 27 28 29 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



16 SEPTEMBER - 22 SEPTEMBER

	<	SE	ΕP	20	24		>		
<b>N</b> #	Мо	Tu	We	Th	Fr	Sa	Su	Re	
35	26	27	28	29	30	31	1	R	
36	2 9	3	4	5	6	7	8	R	
37	9	10	11	12	13	14	15	R	
38	16	17	18	19	20	21	22	R	
39	23	24	25	26	27	28	29	R	

WEEK REVIEW NOTES	

WEEK « 39 »

**Friday** 

Plan week

Send the weekly email

**29 SEP** 

26 27 28 29 30 **31 1** 36

3 4 5 6 **7 8** 37 9 10 11 12 13 **14 15** R

SEP 2024 > W# Mo Tu We Th Fr Sa Su Re

38 16 17 18 19 20 **21 22** R 39 23 24 25 26 27 **28 29** R

23 SEPTEMBER - 29 SEPTEMBER

**27 SEP** 

23 SEP **Tuesday** 24 SEP

Wednesday

Saturday

**25 SEP** 

**Thursday** 26 SEP

Monday

Sunday

**28 SEP** 

SEPTEMBER « 23 »

#### MONDAY

SEP 2024 >
 W# Mo Tu We Th Fr Sa Su Re
 26 27 28 29 30 31 1 R
 26 2 3 4 5 6 7 8 R
 9 10 11 12 13 14 15 R
 16 17 18 19 20 21 22 R
 23 24 25 26 27 28 29 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 24 »

#### **TUESDAY**

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W#								
35 36 37 38	26	27	28	29	30	31	1	R
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37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
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What can I ask God for help with, or thank Him for? How are things?					
Current Emotions?					
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Mastery Priorities/To do Today					

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

DAY PLAN	September Monthly Notes
	Big Shoulders
	Pistol Squat
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### SEPTEMBER « 25

#### **WEDNESDAY**

SEP 2024 >
 W# Mo Tu We Th Fr Sa Su Re
 26 27 28 29 30 31 1 R
 26 2 3 4 5 6 7 8 R
 9 10 11 12 13 14 15 R
 16 17 18 19 20 21 22 R
 23 24 25 26 27 28 29 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes			
	Big Shoulders			
	Pistol Squat			
	Measure Weight			
	Raise Bed			
	Build Inner Wall			
	Current Reading  Models - Attract Woment			
	Through Honesty, 5% Why zebras dont get ulcerss,			
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	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	The Well of Ascension, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

## SEPTEMBER « 26 »

#### **THURSDAY**

	<	SE	ΕP	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35 36 37 38 39	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

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	Measure Weight			
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	Build Inner Wall			
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	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	The Well of Ascension, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

SEPTEMBER « 27 »

**FRIDAY** 

			ΕP				>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
35 36 37 38 39	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes
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	Measure Weight
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	Build Inner Wall
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 28 »

#### **SATURDAY**

SEP 2024 >
 W# Mo Tu We Th Fr Sa Su Re
 35 26 27 28 29 30 31 1 R
 36 2 3 4 5 6 7 8 R
 37 9 10 11 12 13 14 15 R
 38 16 17 18 19 20 21 22 R
 39 23 24 25 26 27 28 29 R

What can I ask God for help with, or thank Him for? How are things?
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SEPTEMBER « 29

#### **SUNDAY**

SEP 2024 >
 W# Mo Tu We Th Fr Sa Su Re
 26 27 28 29 30 31 1 R
 2 3 4 5 6 7 8 R
 9 10 11 12 13 14 15 R
 16 17 18 19 20 21 22 R
 23 24 25 26 27 28 29 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	September Monthly Notes
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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 39 »

23 SEPTEMBER - 29 SEPTEMBER

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5	26	27	28	29	30	31	1	R
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WEEK REVIEW NOTES	

WEEK 40 »

26 27 28 29 30 **31 1** 

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37 9 10 11 12 13 **14 15** R 38 16 17 18 19 20 **21 22** R

30 SEPTEMBER - 06 OCTOBER

Wednesday

39 23 24 25 26 27 **28 29** R

**02 OCT** 

Monday

03 OCT Friday

**Saturday** 

**05 OCT** 

Sunday

**Thursday** 

06 OCT

Plan week

Send the weekly email

30 SEP **Tuesday** 01 OCT

04 OCT

SEPTEMBER « 30 »

### MONDAY

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<b>W</b> #	Мо	Tu	We	Th	Fr	Sa	Su	Re
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38	16	17	18	19	20	21	22	R
20	22	24	25	26	27	20	20	D

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

 $\label{eq:members} \textit{Men fall in love with their eyes and women fall in love with their ears}$ 

DAY PLAN	September Monthly Notes
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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

**Habits** 

Pistol Squat in May, June, July, Aug Celebrate others

< OCT 2024 W# Mo Tu We Th Fr Sa Su Re

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COMING MONTH GOALS



# OCTOBER " **01**

#### **TUESDAY**

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43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

What can I ask God for help with, or thank Him for? How are things?						
Current Emotions?						
What I'm grateful for (consider emotionally impactful things)?						
Mastery Priorities/To do Today						

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

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	The Well of Ascension, 10%
	5
	Bucket List
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	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

## october $^{\circ}$ 02

#### **WEDNESDAY**

OCT 2024 >
W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

What can I ask God for help with, or thank Him for? How are things?							
Current Emotions?							
What I'm grateful for (consider emotionally impactful things)?							
Mastery Priorities/To do Today							

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

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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# october « 03 »

#### **THURSDAY**

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
40 41 42 43 44	30	1	2	3	4	5	6	R
41	7	8	9	10	11	12	13	R
42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

What can I ask God for help with, or thank Him for? How are things?						
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	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

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**FRIDAY** 

	<	0	СТ	20	24	ļ.	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

What can I ask God for help with, or thank Him for? How are things?						
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What I'm grateful for (consider emotionally impactful things)?						
Mastery Priorities/To do Today						

 $\label{eq:members} \textit{Men fall in love with their eyes and women fall in love with their ears}$ 

DAY PLAN	October Monthly Notes
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	The Well of Ascension, 10%
	Bucket List
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	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



#### **SATURDAY**

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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43	21	22	23	24	25	26	27	R
40 41 42 43 44	28	29	30	31	1	2	3	R

What can I ask God for help with, or thank Him for? How are things?
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What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN	October Monthly Notes
	Big Shoulders
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	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



#### SUNDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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41	7	8	9	10	11	12	13	R
42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

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	Try Amsterdam
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	Love?



30 SEPTEMBER - 06 OCTOBER

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WEEK "41"

07 OCTOBER - 13 OCTOBER Monday 07 OCT **Tuesday 08 OCT** Wednesday

10 OCT Friday

13 OCT

Plan week

Send the weekly email

**Thursday** 

Sunday

11 OCT

Saturday

OCT 2024 W# Mo Tu We Th Fr Sa Su Re

42 14 15 16 17 18 **19 20** R 43 21 22 23 24 25 **26 27** R

44 28 29 30 31 1 2 3 R

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09 OCT

**12 OCT** 



#### MONDAY

OCT 2024 >
W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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

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	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

october « 08 »

#### **TUESDAY**

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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41	7	8	9	10	11	12	13	R
42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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

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	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# OCTOBER ( **09**

#### **WEDNESDAY**

OCT 2024 >
W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

What can I ask God for help with, or thank Him for? How are things?
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What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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	Love?

OCTOBER « 10 »

#### **THURSDAY**

OCT 2024 >
W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

What can I ask God for help with, or thank Him for? How are things?	
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	

Not all those who wander are lost. JRR Tolkien

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	Bucket List
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	Love?

OCTOBER « 11

FRIDAY

OCT 2024 >

W# Mo Tu We Th Fr Sa Su Re

40 30 1 2 3 4 5 6 R

41 7 8 9 10 11 12 13 R

42 14 15 16 17 18 19 20 R

43 21 22 23 24 25 26 27 R

44 28 29 30 31 1 2 3 R

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	Love?

OCTOBER « 12

#### **SATURDAY**

W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

What can I ask God for help with, or thank Him for? How are things?
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The slower you go, the further you get (re counselling session). Nigel Polak

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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

**SUNDAY** 

W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

 $'Don't\ let\ yesterday\ take\ up\ too\ much\ of\ today.'-Will\ Rogers$ 

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 41 »

07 OCTOBER - 13 OCTOBER

 W#
 Mo Tu We Th Fr Sa Su Re

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< OCT 2024 >

WEEK REVIEW NOTES		

14 OCTOBER - 20 OCTOBER

Monday 14 OCT **Tuesday 15 OCT** Wednesday

20 OCT

**Thursday** 

Sunday

17 OCT Friday

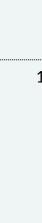
Plan week

Send the weekly email

18 OCT

Saturday

41



OCT 2024 W# Mo Tu We Th Fr Sa Su Re

42 14 15 16 17 18 **19 20** R 43 21 22 23 24 25 **26 27** R

44 28 29 30 31 1 2 3 R

9 10 11 **12 13** R

**16 OCT** 





**MONDAY** 

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	42	14	15	16	17	18	19	20	R
V		21							
Ĭ	44	28	29	30	31	1	2	3	R

What can I ask God for help with, or thank Him for? How are things?				
Current Emotions?				
What I'm grateful for (consider emotionally impactful things)?				
Mastery Priorities/To do Today				

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

## OCTOBER « 15 »

### **TUESDAY**

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Rε
40	30	1	2 9 16 23	3	4	5	6	R
41	7	8	9	10	11	12	13	R
42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

## OCTOBER « 16 »

### WEDNESDAY

OCT 2024 >
W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

october  $^{\circ}$  17

### **THURSDAY**

OCT 2024 >
 W# Mo Tu We Th Fr Sa Su Re
 40 30 1 2 3 4 5 6 R
 41 7 8 9 10 11 12 13 R
 42 14 15 16 17 18 19 20 R
 43 21 22 23 24 25 26 27 R
 44 28 29 30 31 1 2 3 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER « 18 »

**FRIDAY** 

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W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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41	7	8	9	10	11	12	13	R
42	14	15	16	17	18	19	20	F
43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### **SATURDAY**

OCT 2024 >
W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER « 20 »

**SUNDAY** 

			СТ				>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
40 41 42 43 44	30	1	2	3	4	5	6	R
41	7	8	9	10	11	12	13	R
42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	<ul><li>Current Reading</li><li>Models - Attract Woment</li></ul>
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 42 »

14 OCTOBER - 20 OCTOBER

< OCT 2024 > W# Mo Tu We Th Fr Sa Su Re

41 7 8 9 10 11 **12 13** R

42 14 15 16 17 18 **19 20** R

43 21 22 23 24 25 **26 27** R 44 28 29 30 31 1 2 3 R

WEEK REVIEW NOTES		

WEEK " **43** " 21 OCTOBER - 27 OCTOBER

Monday 21 OCT Tuesday 22 OCT N

Wednesday

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< OCT 2024 > W#|MoTuWeThFrSaSu|Re

42 14 15 16 17 18 **19 20** R 43 21 22 23 24 25 **26 27** R

44 28 29 30 31 1 2 3 R

9 10 11 **12 13** R

23 OCT

24 OCT Friday 25 OCT S

, 25 OCT

Saturday

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26 OCT

Sunday 27 OCT

**Thursday** 

-Plan week Send the weekly email

## october $^{\circ}21$

**MONDAY** 

	<	0	СТ	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
40	30	1	2	3	4	5	6	R
41	7	8	9	10	11	12	13	R
42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
44	30 7 14 21 28	29	30	31	1	2	3	R

What can I ask God for help with, or thank Him for? How are things?	
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### TUESDAY

W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

What can I ask God for help with, or thank Him for? How are things?	
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	

The unexamined life is not worth living. Aurelius

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

## OCTOBER « 23 »

### **WEDNESDAY**

OCT 2024 >
W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

What can I ask God for help with, or thank Him for? How are things?	
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER « 24 »

### THURSDAY

 W# Mo Tu We Th Fr Sa Su Re

 40 30 1 2 3 4 5 6 R

 41 7 8 9 10 11 12 13 R

 42 14 15 16 17 18 19 20 R

 43 21 22 23 24 25 26 27 R

 44 28 29 30 31 1 2 3 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

FRIDAY

OCT 2024 W# Mo Tu We Th Fr Sa Su Re 8 9 10 11 **12 13** R 41 42 14 15 16 17 18 **19 20** R 43 21 22 23 24 25 **26 27** R 44 28 29 30 31 1 2 3 R

What can I ask God for help with, or thank Him for? How are things?	
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# OCTOBER « **26** »

### SATURDAY

OCT 2024 >
W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	<ul><li>Current Reading</li><li>Models - Attract Woment</li></ul>
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

**SUNDAY** 

W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

What can I ask God for help with, or thank Him for? How are things?		
Current Emotions?		
What I'm grateful for (consider emotionally impactful things)?		
Mastery Priorities/To do Today		

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	<ul><li>Current Reading</li><li>Models - Attract Woment</li></ul>
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 43 »

21 OCTOBER - 27 OCTOBER

41 7 8 9 10 11 12 13 R 42 14 15 16 17 18 19 20 R 43 21 22 23 24 25 26 27 R 44 28 29 30 31 1 2 3 R

< OCT 2024 >

W# Mo Tu We Th Fr Sa Su Re

WEEK REVIEW NOTES	

WEEK 44 28 OCTOBER - 03 NOVEMBER

Monday Wednesday 28 OCT **Tuesday** 29 OCT

41

OCT 2024 W# Mo Tu We Th Fr Sa Su Re

42 14 15 16 17 18 **19 20** R 43 21 22 23 24 25 **26 27** R

44 28 29 30 31 1 2 3

10 11 **12 13** R

**30 OCT** 

31 OCT Friday 01 NOV Saturday

02 NOV

Sunday **03 NOV** Plan week Send the weekly email

**Thursday** 

OCTOBER « **28** »

#### MONDAY

 W#
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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	October Monthly Notes
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	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

OCTOBER

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	43	21	22	23	24	25	26	27	R
	44	28	29	30	31	1	2	3	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# october « 30 »

#### **WEDNESDAY**

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Rε
40	30	1	2 9 16 23	3	4	5	6	R
41	7	8	9	10	11	12	13	R
42	14	15	16	17	18	19	20	R
43	21	22	23	24	25	26	27	R
44	28	29	30	31	1	2	3	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# OCTOBER « 31 »

#### **THURSDAY**

W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### NOVEMBER

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28	29	30	31	1	2	3	R
4	5	6	7	8	9	10	R

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Паріс	Fri	Sat	Sun	Mon	Tue	Tue Wed Thu Fri Sat Sun Mon Tue Wed Th	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat					
Pistol Squat in May, June, July, Aug																												
Celebrate others																												

COMING MONTH GOALS



# NOVEMBER « **01**

**FRIDAY** 

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44 45 46 47	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
48	25	26	27	28	29	30	1	R

What can I ask God for help with, or thank Him for? How are things?						
Current Emotions?						
What I'm grateful for (consider emotionally impactful things)?						
Mastery Priorities/To do Today						

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# NOVEMBER $^{\prime\prime}$ $02^{\circ}$

#### **SATURDAY**

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
44 45 46 47 48	25	26	27	28	29	30	1	R

What can I ask God for help with, or thank Him for? How are things?							
Current Emotions?							
What I'm grateful for (consider emotionally impactful things)?							
Mastery Priorities/To do Today							
There is no try							

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 03 »

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			VC				>	
W#								
44	28	29	30	31	1	2	3	R
45 46 47	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
48	25	26	27	28	29	30	1	R

What can I ask God for help with, or thank Him for? How are things?						
Current Emotions?						
What I'm grateful for (consider emotionally impactful things)?						
Mastery Priorities/To do Today						

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

DAY PLAN	November Monthly Notes
	Big Shoulders
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	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



28 OCTOBER - 03 NOVEMBER

OCT 2024 >
W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
43 21 22 23 24 25 26 27 R
44 28 29 30 31 1 2 3 R

WEEK REVIEW NOTES		

04 NOVEMBER - 10 NOVEMBER Monday 04 NOV **Tuesday** 05 NOV

**Thursday** 

Sunday

**10 NOV** 

Plan week

Send the weekly email

Wednesday

NOV 2024 W# Mo Tu We Th Fr Sa Su Re

46 11 12 13 14 15 **16 17** R 47 18 19 20 21 22 **23 24** R

48 25 26 27 28 29 **30** 1 R

06 NOV

9 10 R

**09 NOV** 

07 NOV **Friday** VON 80 Saturday

NOVEMBER « 04 »

#### MONDAY

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	November Monthly Notes
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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# $\mathsf{NOVEMBER}~^{\mathsf{W}}\mathbf{05}~^{\mathsf{W}}$

TUESDAY
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	<	N	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
44 45 46 47 48	25	26	27	28	29	30	1	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# NOVEMBER $^{\prime\prime}$ 06 $^{\circ}$

#### **WEDNESDAY**

	<	N	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44	28	29	30 6 13 20	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
48	25	26	27	28	29	30	1	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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	Another cooking class
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	Love?



#### **THURSDAY**

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
<b>W#</b> 44 45 46 47 48	25	26	27	28	29	30	1	R

What can I ask God for help with, or thank Him for? How are things?					
Current Emotions?					
What I'm grateful for (consider emotionally impactful things)?					
Mastery Priorities/To do Today					

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

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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
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	Try England
	Love?

NOVEMBER  $^{\circ}$  08  $^{\circ}$ 

#### **FRIDAY**

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
48	28 4 11 18 25	26	27	28	29	30	1	R

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 09

#### **SATURDAY**

W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	November Monthly Notes
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	Try England
	Love?

NOVEMBER

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$\cap$	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
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What can I ask God for help with, or thank Him for? How are things?						
Current Emotions?						
What I'm grateful for (consider emotionally impactful things)?						
Mastery Priorities/To do Today						

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

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	Bucket List
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	Sing in choir
	Another cooking class
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	Try England
	Love?

# WEEKLY REVIEW « 45 »

04 NOVEMBER - 10 NOVEMBER

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WEEK REVIEW NOTES		

WEEK " **46** "

11 NC	VEMBE	R - 17 NO	OVEMBER	?
Monday	11 NOV	Tuesday	12 NOV	٧

14 NOV Friday

′	Wednesday

NOV 2024

**13 NOV** 

W# Mo Tu We Th Fr Sa Su Re 28 29 30 31 **1 2 3** 45 4 5 6 7 8 **9 10** R 46 11 12 13 14 15 **16 17** R 47 18 19 20 21 22 **23 24** R 48 25 26 27 28 29 **30 1** R

15 NOV Saturday

**16 NOV** 

**Thursday** 

Sunday 17 NOV Plan week Send the weekly email

### NOVEMBER « 11 »

**MONDAY** 

	<	N	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28	29	30	31	1	2	3	F
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46	11	12	13	14	15	16	17	F
47	18	19	20	21	22	23	24	F
48	25	26	27	28	29	30	1	F

What can I ask God for help with, or thank Him for? How are things?
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Decide upon your major definite purpose in life and then organize all your activities around it." – Brain Tracy

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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
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	Try England
	Love?

NOVEMBER 4 12

**TUESDAY** 

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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

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	Bucket List
	Dance class
	Sing in choir
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	Try Amsterdam
	Try England
	Love?

NOVEMBER « 13

## **WEDNESDAY**

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
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	Try Amsterdam
	Try England
	Love?

NOVEMBER

#### **THURSDAY**

NOV 2024 W# Mo Tu We Th Fr Sa Su Re 7 8 **9 10** R 46 11 12 13 14 15 **16 17** R 47 18 19 20 21 22 **23 24** R 48 25 26 27 28 29 **30 1** R

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

DAY PLAN	November Monthly Notes
	Big Shoulders
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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 15 »

**FRIDAY** 

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28	29	30	31	1	2	3	I
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46	11	12	13	14	15	16	17	
47	18	19	20	21	22	23	24	ı
48	25	26	27	28	29	30	1	

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	Try England
	Love?

# NOVEMBER « 16 »

## **SATURDAY**

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

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	Love?

**NOVEMBER** 

**SUNDAY** 

NOV 2024 W# Mo Tu We Th Fr Sa Su Re 46 11 12 13 14 15 **16 17** R 47 18 19 20 21 22 **23 24** R 48 25 26 27 28 29 **30** 1 R

What can I ask God for help with, or thank Him for? How are things?
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#### 11 NOVEMBER - 17 NOVEMBER

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

WEEK REVIEW NOTES		

WEEK 47

22 NOV

Saturday

18 NOVEMBER - 24 NOVEME	3EF
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19 NOV Wednesday 20 NOV

< NOV 2024 > W#|MoTuWeThFrSaSu|Re

46 11 12 13 14 15 **16 17** R 47 18 19 20 21 22 **23 24** R

48 25 26 27 28 29 **30** 1 R

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**23 NOV** 

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21 NOV Friday

24 NOV

Plan week

Send the weekly email

18 NOV Tuesday

Monday

**Thursday** 

Sunday

NOVEMBER « 18 »

**MONDAY** 

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28	29	30	31	1	2	3	F
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46	11	12	13	14	15	16	17	F
47	18	19	20	21	22	23	24	F
44 45 46 47 48	25	26	27	28	29	30	1	F

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

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	Love?

NOVEMBER 4 19

### **TUESDAY**

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44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

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NOVEMBER « 20 »

## **WEDNESDAY**

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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## NOVEMBER « 21

#### **THURSDAY**

NOV 2024 >
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45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
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	Love?

NOVEMBER « 22 »

FRIDAY

NOV 2024 W# Mo Tu We Th Fr Sa Su Re 46 11 12 13 14 15 **16 17** R 47 18 19 20 21 22 23 24 R 48 25 26 27 28 29 **30 1** R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 23 »

### **SATURDAY**

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

## NOVEMBER « 24

**SUNDAY** 

		<	NO	VC	20	24	1	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
<b>&gt;&gt;</b>	44	28	29	30	31	1	2	3	R
	45	4	5	6	7	8	9	10	R
	46								
V				20					
<b>\</b> I	48	25	26	27	28	29	30	1	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

 $\hbox{'The secret of getting ahead is getting started'-Mark\ Twain}$ 

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 47 »

18 NOVEMBER - 24 NOVEMBER

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

WEEK REVIEW NOTES		

WEEK " 48 »
BER - 01 DECEMBER

25 NC	OVEMBER - 01 DE	ECEMBE
onday	25 NOV Tuesday	26 NOV

Wednesday

Saturday

< NOV 2024 > W#|MoTuWeThFrSaSu|Re

46 11 12 13 14 15 **16 17** R 47 18 19 20 21 22 **23 24** R

48 25 26 27 28 29 30 1

**30 NOV** 

**27 NOV** 

7 8 **9 10** R

Thursday 28 NOV Friday 29 NOV

01 DEC

Sunday

Friday

Plan week

Send the weekly email

29 NOV

# NOVEMBER « 25 »

MONDAY

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
44 45 46 47 48	25	26	27	28	29	30	1	R

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# NOVEMBER « 26 »

### TUESDAY

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 27 »

## **WEDNESDAY**

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER  $^{\prime\prime}$  28  $^{\circ\prime}$ 

### **THURSDAY**

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
44 45 46 47 48	25	26	27	28	29	30	1	R

What can I ask God for help with, or thank Him for? How are things?						
Current Emotions?						
What I'm grateful for (consider emotionally impactful things)?						
Mastery Priorities/To do Today						

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

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	Build Inner Wall
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	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 29 »

**FRIDAY** 

		<	NO	V	20	24	1	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
<b>&gt;&gt;</b>		28							
	45	4	5	6	7	8	9	10	F
	46	11	12	13	14	15	16	17	F
<b>V</b>	47	18	19	20	21	22	23	24	F
•	48	25	26	27	28	29	30	1	F

What can I ask God for help with, or thank Him for? How are things?							
Current Emotions?							
What I'm grateful for (consider emotionally impactful things)?							
Mastery Priorities/To do Today							

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

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	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER  $^{\prime\prime}$  30  $^{\circ\prime}$ 

#### **SATURDAY**

	<	NO	VC	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
44	28	29	30	31	1	2	3	R
45	4	5	6	7	8	9	10	R
46	11	12	13	14	15	16	17	R
47	18	19	20	21	22	23	24	R
45 46 47 48	25	26	27	28	29	30	1	R

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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

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	Bucket List
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	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### DECEMBER

2 3 4 5 6 7 8

Habits

**Pistol Squat in** May, June, July, Aug Celebrate others

50 9 10 11 12 13 **14 15** R 51 16 17 18 19 20 **21 22** R 52 23 24 25 26 27 **28 29** R 30 31 1 2 3 4 5 R 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 Sun Mon Tue Wed Thu Fri Sat Sun Mon Tue

< DEC 2024 > W# Mo Tu We Th Fr Sa Su Re 48 25 26 27 28 29 **30 1** 

49 2 3 4 5 6 **7 8** R

COMING MONTH GOALS	



# DECEMBER $^{\circ}$ $01^{\circ}$

**SUNDAY** 

	<	DI	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49	2 9 16	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 48 »

25 NOVEMBER - 01 DECEMBER

NOV 2024 >
W# Mo Tu We Th Fr Sa Su Re
44 28 29 30 31 1 2 3 R
45 4 5 6 7 8 9 10 R
46 11 12 13 14 15 16 17 R
47 18 19 20 21 22 23 24 R
48 25 26 27 28 29 30 1 R

WEEK REVIEW NOTES	

5 6 9 10 11 12 13 **14 15** R 51 16 17 18 19 20 **21 22** R 52 23 24 25 26 27 **28 29** R 1 30 31 1 2 3 4 5 R

**DEC 2024** W# Mo Tu We Th Fr Sa Su Re

### 02 DECEMBER - 08 DECEMBER

Monday 02 DEC Tuesday

03 DEC Wednesday 04 DEC 07 DEC

05 DEC Friday

06 DEC Saturday **Thursday** 

Sunday	08 DEC	Plan week Send the weekly email	

# DECEMBER $^{\circ}$ $02^{\circ}$

### **MONDAY**

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25 2 9 16	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	<b>15</b>	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 03 »

#### **TUESDAY**

	<	DI	EC	20	24	-	>	
W#								
48	25	26	27	28	29	30	1	R
49 50 51	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	23 30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?				
Current Emotions?				
What I'm grateful for (consider emotionally impactful things)?				
Mastery Priorities/To do Today				

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

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	Current Reading
	Models - Attract Woment
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	10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 04 »

#### **WEDNESDAY**

	<	DI	EC	20	24	-	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49	2 9	3	4	5	6	7	8	R
50	9	10	11	12	13	14	<b>15</b>	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

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

DAY PLAN	December Monthly Notes
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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



### **THURSDAY**

	<	DI	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49 50	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	1/	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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

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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 06 »

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	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49	2 9	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 07 »

#### **SATURDAY**

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49	2 9 16	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	23 30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes
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	Measure Weight
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	Build Inner Wall
	Current Reading
	Models - Attract Woment
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	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER  $^{\circ}$  08  $^{\circ}$ 

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		וט		20	24	ŀ		
W#								
48	25	26	27	28	29	30	1	R
49	2 9	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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	Big Shoulders
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	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

## WEEKLY REVIEW « 49 »

02 DECEMBER - 08 DECEMBER

40	23	20	~/	20	Z7	30	T	Γ.	
<ul><li>49</li><li>50</li></ul>	2	3	4	5	6	7	8	R	
50	9	10	11	12	13	14	15	R	
51	16	17	18	19	20	21	22	R	
52	23	24	25	26	27	28	29	R	
1	30	31	1	2	3	4	5	R	

WEEK REVIEW NOTES		

**WEEK** « **50** »

3 4 5 6 **7 8** 9 10 11 12 13 **14 15** R 51 16 17 18 19 20 **21 22** R 52 23 24 25 26 27 **28 29** R

DEC 2024 W# Mo Tu We Th Fr Sa Su Re

09 DECEMBER - 15 DECEMBER Monday 09 DEC Tuesday

12 DEC Friday

**Thursday** 

Sunday	15 DEC	Plan week Send the weekly email	

DECEMBER  $^{\circ}$  09  $^{\circ}$ 

#### **MONDAY**

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48 49 50 51	25	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?					
Current Emotions?					
What I'm grateful for (consider emotionally impactful things)?					
Mastery Priorities/To do Today					

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

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	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 10 »

### **TUESDAY**

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49	2 9 16	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

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	Through Honesty, 5% Why zebras dont get ulcerss,
	10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# DECEMBER « 11 »

**WEDNESDAY** 

	<	DI	ЕC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Rε
48	25	26	27	28	29	30	1	R
49	2 9 16	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	23 30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes			
	Big Shoulders			
	Pistol Squat			
	Measure Weight			
	Raise Bed			
	Build Inner Wall			
	Current Reading			
	Models - Attract Woment			
	Through Honesty, 5% Why zebras dont get ulcerss,			
	10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	The Well of Ascension, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

# DECEMBER $^{\prime\prime}$ 12 $^{\circ\prime}$

**THURSDAY** 

		<	DI	EC	20	24		>	
W	#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	3	25	26	27	28	29	30	1	R
49	9	2 9 16	3	4	5	6	7	8	R
50	)	9	10	11	12	13	14	15	R
51	L	16	17	18	19	20	21	22	R
52	2	23	24	25	26	27	28	29	R
1		23 30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes			
	Big Shoulders			
	Pistol Squat			
	Measure Weight			
	Raise Bed			
	Build Inner Wall			
	Current Reading			
	Models - Attract Woment			
	Through Honesty, 5% Why zebras dont get ulcerss,			
	10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	The Well of Ascension, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

DECEMBER « 13 »

**FRIDAY** 

	<	DI	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
48 49 50 51 52 1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes			
	Big Shoulders			
	Pistol Squat			
	Measure Weight			
	Raise Bed			
	Build Inner Wall			
	Current Reading			
	Models - Attract Woment			
	Through Honesty, 5% Why zebras dont get ulcerss,			
	10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	The Well of Ascension, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

DECEMBER « 14 »

### **SATURDAY**

	<		EC				>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48 49 50 51	25	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
52 1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
There is no try

DAY PLAN	December Monthly Notes			
	Big Shoulders			
	Pistol Squat			
	Measure Weight			
	Raise Bed			
	Build Inner Wall			
	Current Reading			
	Models - Attract Woment			
	Through Honesty, 5% Why zebras dont get ulcerss,			
	10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	The Well of Ascension, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

DECEMBER « 15 »

**SUNDAY** 

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
48 49 50 51 52 1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN	December Monthly Notes				
	Big Shoulders				
	Pistol Squat				
	Measure Weight				
	Raise Bed				
	Build Inner Wall				
	Current Reading				
	Models - Attract Woment				
	Through Honesty, 5% Why zebras dont get ulcerss,				
	10%				
	The explosive child, 20%				
	Dare to Connect, 20%				
	The Mindful Emotions Workbook, 20%				
	The Inflamed Mind, 1%				
	The Well of Ascension, 10%				
	Bucket List				
	Dance class				
	Sing in choir				
	Another cooking class				
	Try Amsterdam				
	Try England				
	Love?				



#### 09 DECEMBER - 15 DECEMBER

48								
49	2 9	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	่วก	21	1	2	2	1	5	D

< DEC 2024 >

WEEK REVIEW NOTES		

week " **51** "

16 DECEMBER - 22 DECEMBER

3 4 5 6 **7 8** 9 10 11 12 13 **14 15** R 51 16 17 18 19 20 **21 22** R 52 23 24 25 26 27 **28 29** R 1 30 31 1 2 3 4 5 R

**DEC 2024** W# Mo Tu We Th Fr Sa Su Re

**18 DEC** 

17 DEC Wednesday Monday 16 DEC Tuesday

19 DEC Friday 20 DEC Saturday **Thursday 21 DEC** 

Sunday	22 DEC	Plan week Send the weekly email	

# DECEMBER « 16 »

**MONDAY** 

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25 2 9 16	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	23 30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes				
	Big Shoulders				
	Pistol Squat				
	Measure Weight				
	Raise Bed				
	Build Inner Wall				
	Current Reading				
	Models - Attract Woment				
	Through Honesty, 5% Why zebras dont get ulcerss,				
	10%				
	The explosive child, 20%				
	Dare to Connect, 20%				
	The Mindful Emotions Workbook, 20%				
	The Inflamed Mind, 1%				
	The Well of Ascension, 10%				
	Bucket List				
	Dance class				
	Sing in choir				
	Another cooking class				
	Try Amsterdam				
	Try England				
	Love?				

DECEMBER « 17

**TUESDAY** 

		<	DI	EC	20	24		>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
<b>&gt;&gt;</b>	48	25	26	27	28	29	30	1	R
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	50	9	10	11	12	13	14	15	R
	51	16	17	18	19	20	21	22	R
<b>/</b>	52	23	24	25	26	27	28	29	R
•	1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?				
Current Emotions?				
What I'm grateful for (consider emotionally impactful things)?				
Mastery Priorities/To do Today				

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

DAY PLAN	December Monthly Notes				
	Big Shoulders				
	Pistol Squat				
	Measure Weight				
	Raise Bed				
	Build Inner Wall				
	Current Reading				
	Models - Attract Woment				
	Through Honesty, 5% Why zebras dont get ulcerss,				
	10%				
	The explosive child, 20%				
	Dare to Connect, 20%				
	The Mindful Emotions Workbook, 20%				
	The Inflamed Mind, 1%				
	The Well of Ascension, 10%				
	Bucket List				
	Dance class				
	Sing in choir				
	Another cooking class				
	Try Amsterdam				
	Try England				
	Love?				

DECEMBER  $^{\prime\prime}$  18  $^{\circ\prime}$ 

### **WEDNESDAY**

		וט		20	4			
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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49	2	3	4 11	5	6	7	8	R
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51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss,
	10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 19 »

### **THURSDAY**

		וטו		20	4			
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	25 9 16 23 30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 2

FR	ID	AY	

		<	DI	EC	20	24		>	
lack	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
<b>&gt;&gt;</b>	48	25	26	27	28	29	30	1	R
	49	2	3	4	5	6	7	8	R
	50	9	10	11	12	13	14	15	R
	51	16	17	18	19	20	21	22	R
DAY	52	23	24	25	26	27	28	29	R
	1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?							
Current Emotions?							
What I'm grateful for (consider emotionally impactful things)?							
Mastery Priorities/To do Today							

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

DAY PLAN	December Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss,
	10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 21

**SATURDAY** 

		<	DI	EC	20	24		>	
4	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
<b>&gt;&gt;</b>	48	25	26	27	28	29	30	1	R
	49	2	3	4	5	6	7	8	R
	50	9	10	11	12	13	14	15	R
	51	16	17	18	19	20	21	22	R
DAY	52	23	24	25	26	27	28	29	R
	1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss,
	10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER

Sl

		<	DI	EC	20	24		>	
$\mathbf{O}$	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
<b></b>	48	25	26	27	28	29	30	1	R
	49	2	3	4	5	6	7	8	R
	50	9	10	11	12	13	14	<b>15</b>	R
JNDAY	51	16	17	18	19	20	21	22	R
	52	23	24	25	26	27	28	29	R
	1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss,
	10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

## WEEKLY REVIEW « 51 »

#### 16 DECEMBER - 22 DECEMBER

W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

WEEK REVIEW NOTES		

WEEK \* **52** \*

49	2	3	4	5	6	7	8
50	9	10	11	12	13	14	15
51	16	17	18	19	20	21	22
49 50 51 52	23	24	25	26	27	28	29
1	30	21	1	2	2	1	5

**25 DEC** 

**28 DEC** 

**DEC 2024** W# Mo Tu We Th Fr Sa Su Re

### 23 DECEMBER - 29 DECEMBER

26 DEC Friday

**Thursday** 

Monday	23 DEC	<b>Tuesday</b> » Christmas	24 DEC	Wednesday

27 DEC Saturday

Sunday	29 DEC	Plan week Send the weekly email	

DECEMBER « 23 »

**MONDAY** 

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48 49 50	25	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss,
	10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 24 »

 W# Mo Tu We Th Fr Sa Su Re

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 R

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 R

» Christmas

**TUESDAY** 

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss,
	10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# DECEMBER « 25 »

### WEDNESDAY

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
49 50 51 52 1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss,
	10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 26 »

#### **THURSDAY**

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49	2 9	3	4	5	6	7	8	R
50	9	10	11	12	13	14	<b>15</b>	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	December Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss,
	10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER "

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		<	DI	EC	20	24		>	
7	W#	Мо	Tu	We	Th	Fr	Sa	Su	Rε
» ·	48	25	26	27	28	29	30	1	R
	49	2	3	4	5	6	7	8	R
	50	9	10	11	12	13	14	<b>15</b>	R
	51	16	17	18	19	20	21	22	R
RIDAY	52	23	24	25	26	27	28	29	R
	1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
There is no try

DAY PLAN	December Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss,
	10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER  $^{\circ}$  28  $^{\circ}$ 

### **SATURDAY**

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
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50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
Not all those who wander are lost. JRR Tolkien

DAY PLAN	December Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss,
	10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER

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	< DEC 2024 >	
	W# Mo Tu We Th Fr Sa Su	Re
<b>/ / / /</b>	48 25 26 27 28 29 <b>30 1</b>	R
	49 2 3 4 5 6 <b>7 8</b>	R
	50 9 10 11 12 13 <b>14 15</b>	R
JNDAY	51 16 17 18 19 20 <b>21 22</b>	R
	52 23 24 25 26 27 <b>28 29</b>	R
	1 30 31 1 2 3 4 5	R

What can I ask God for help with, or thank Him for? How are things?
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What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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	10%
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# WEEKLY REVIEW « 52 »

23 DECEMBER - 29 DECEMBER

48	25	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	2 9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	1	5	P

< DEC 2024 >

W# Mo Tu We Th Fr Sa Su Re

WEEK REVIEW NOTES		



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31 DEC	V	Wednesday					)1	JA	١
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		51	16	17	18	19	20	21	2
		50	9	ΤO	ΤŢ	12	13	14	-

**DEC 2024** W# Mo Tu We Th Fr Sa Su Re

Monday	30 DEC	Tuesday	31 DEC	Wednesday	01 JAN
Thursday	02 IAN	Friday	03 IAN	Saturday	04 JAN
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Sunday	05 JAN	Plan week Send the weekly email	

 $_{\text{DECEMBER}}~^{\text{\tiny $4$}}~30~^{\text{\tiny $3$}}$ 

#### **MONDAY**

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49	2 9 16	3	4	5	6	7	8	R
50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23 30	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# DECEMBER « 31 »

**TUESDAY** 

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25	26	27	28	29	30	1	R
49	2 9	3	4	5	6	7	8	R
50	9	10	11	12	13	14	<b>15</b>	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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

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	Bucket List
	Dance class
	Sing in choir
	Another cooking class
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	Try England
	Love?

# JANUARY « 01 »

#### **WEDNESDAY**

	<	JΑ	N	20	25		>	
W#								
1	30 6 13 20	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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

DAY PLAN	January Monthly Notes			
	Big Shoulders			
	Pistol Squat			
	Measure Weight			
	Raise Bed			
	Build Inner Wall			
	Current Reading  Models - Attract Woment			
	Through Honesty, 5%			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	The Well of Ascension, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY « 02 »

### **THURSDAY**

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

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

 $\hbox{'The secret of getting ahead is getting started'-Mark\ Twain}$ 

DAY PLAN	January Monthly Notes			
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	The Inflamed Mind, 1%			
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	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY « 03 »

#### **FRIDAY**

	<	JΔ	N	20	25		>	
W#								
1	30 6 13	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

What can I ask God for help with, or thank Him for? How are things?
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Mastery Priorities/To do Today

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

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	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY « **04** »

# **SATURDAY**

	<	JΔ	Ν	20	25		>	
	Мо							
1	30 6 13	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

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	Bucket List			
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	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			



# **SUNDAY**

	<	JΔ	Ν	20	25		>	
	Мо							
1	30 6 13 20	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

What can I ask God for help with, or thank Him for? How are things?
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 $Imagine\ your\ life\ is\ perfect\ in\ every\ respect;\ what\ would\ it\ look\ like?"-Brian\ Tracy$ 

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	Try England
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WEEKLY REVIEW «

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#### 30 DECEMBER - 05 JANUARY

49 2 3 4 5 6 **7 8** R 50 9 10 11 12 13 14 15 R 51 16 17 18 19 20 21 22 R 52 23 24 25 26 27 28 29 R 1 30 31 1 2 3 4 5 R

< DEC 2024 > W# Mo Tu We Th Fr Sa Su Re

WEEK REVIEW NOTES		