

**2024**  
ReCalendar

# 2024

## AUGUST

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

## SEPTEMBER

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

## OCTOBER

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

## NOVEMBER

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

## DECEMBER

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

# WEEK « 31 »

29 JULY - 04 AUGUST

< JUL 2024 >									
W#	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	

Monday	29 JUL	Tuesday	30 JUL	Wednesday	31 JUL
Thursday	01 AUG	Friday	02 AUG	Saturday	03 AUG
Sunday	04 AUG	Plan week Send the weekly email			

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

JULY « **29** »  
MONDAY

< JUL 2024 >									
W#	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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

July 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 ulcers, 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?

JULY « **30** »  
TUESDAY

< JUL 2024 >									
W#	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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

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Through Honesty, 5%

Why zebras dont get ulcers, 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?



JULY « **31** »  
WEDNESDAY

< JUL 2024 >									
W#	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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

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Workbook, 20%

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Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

	< 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

[illegible]

COMING MONTH GOALS



# AUGUST « 01 »

## 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

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

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 ulcers, 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 « 02 »  
FRIDAY

	< 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 ulcers, 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 « 03 »  
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

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

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 ulcers, 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 « 04 »  
SUNDAY

	< 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

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

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 ulcers, 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 « 31 »

29 JULY - 04 AUGUST

< JUL 2024 >									
W#	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

< 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	

Monday	05 AUG	Tuesday	06 AUG	Wednesday	07 AUG
Thursday	08 AUG	Friday	09 AUG	Saturday	10 AUG
Sunday	11 AUG	Plan week Send the weekly email			

Emotions						
STRONG						
Sure	M	T	W	T	F	S
Certain	M	T	W	T	F	S
Unique	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S
Hardy	M	T	W	T	F	S
Secure	M	T	W	T	F	S
Empowered	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S
Powerful	M	T	W	T	F	S
Confident	M	T	W	T	F	S
Bold	M	T	W	T	F	S
Determined	M	T	W	T	F	S
SAD						
Depressed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Dejected	M	T	W	T	F	S
Heavy	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Hateful	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S
Mournful	M	T	W	T	F	S
Weepy	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S
CONFUSED						
Uncertain	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S
Shy	M	T	W	T	F	S
Lost	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S
Tense	M	T	W	T	F	S
	M	T	W	T	F	S

HAPPY						
Amused	M	T	W	T	F	S
Delighted	M	T	W	T	F	S
Glad	M	T	W	T	F	S
Pleased	M	T	W	T	F	S
Charmed	M	T	W	T	F	S
Grateful	M	T	W	T	F	S
Optimistic	M	T	W	T	F	S
Content	M	T	W	T	F	S
Joyful	M	T	W	T	F	S
Enthusiastic	M	T	W	T	F	S
Loving	M	T	W	T	F	S
Marvelous	M	T	W	T	F	S
	M	T	W	T	F	S
ANGER						
Annoyed	M	T	W	T	F	S
Agitated	M	T	W	T	F	S
Fed up	M	T	W	T	F	S
Irritated	M	T	W	T	F	S
Mad	M	T	W	T	F	S
Critical	M	T	W	T	F	S
Resentful	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Outraged	M	T	W	T	F	S
Raging	M	T	W	T	F	S
Furious	M	T	W	T	F	S
Livid	M	T	W	T	F	S
Bitter	M	T	W	T	F	S
	M	T	W	T	F	S
ENERGIZED						
Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S

PANIC						
Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S
	M	T	W	T	F	S
HURT						
Let down	M	T	W	T	F	S
Tender	M	T	W	T	F	S
Wounded	M	T	W	T	F	S
Impaired	M	T	W	T	F	S
Damaged	M	T	W	T	F	S
Criticized	M	T	W	T	F	S
Abused	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Punished	M	T	W	T	F	S
Rejected	M	T	W	T	F	S

AUGUST « 05 »  
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

*Decide upon your major definite purpose in life and then organize all your activities around it." - Brain 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 ulcers, 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 « 06 »  
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

*'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

August Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

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Current Reading

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Bucket List

Dance class

Sing in choir

Another cooking class

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Try England

Love?

AUGUST « 07 »  
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

*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 ulcers, 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 « 08 »

## 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

*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 ulcers, 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 « 09 »  
FRIDAY

	< 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

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



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 ulcers, 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 « **10** »  
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

*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  
Through Honesty, 5%

Why zebras dont get ulcers, 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 « **11** »  
SUNDAY

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 32 »

05 AUGUST - 11 AUGUST

< 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 « 33 »

12 AUGUST - 18 AUGUST

< 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	

Monday	12 AUG	Tuesday	13 AUG	Wednesday	14 AUG
Thursday	15 AUG	Friday	16 AUG	Saturday	17 AUG
Sunday	18 AUG	Plan week Send the weekly email			

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



AUGUST « **12** »  
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

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

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 ulcers, 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 « **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

*The unexamined life is not worth living. Aurelius*

DAY PLAN

August Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

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Why zebras dont get ulcers, 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 « 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

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

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 ulcers, 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

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

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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Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

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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

	< 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

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

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 ulcers, 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 « 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

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

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 ulcers, 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

	< 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  
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Why zebras dont get ulcers, 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

< 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 « 34 »

19 AUGUST - 25 AUGUST

< 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	

Monday	19 AUG	Tuesday	20 AUG	Wednesday	21 AUG
Thursday	22 AUG	Friday	23 AUG	Saturday	24 AUG
Sunday	25 AUG	Plan week Send the weekly email			



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

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

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

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 ulcers, 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

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

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

---



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Mastery Priorities/To do Today

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

DAY PLAN

August Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

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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 « 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

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

DAY PLAN

August Monthly Notes

Big Shoulders

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Measure Weight

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Why zebras dont get ulcers, 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

	< 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

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



DAY PLAN

August Monthly Notes

Big Shoulders

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Measure Weight

Raise Bed

Build Inner Wall

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Workbook, 20%

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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 « 23 »  
FRIDAY

	< 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

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

DAY PLAN

August Monthly Notes

Big Shoulders

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Measure Weight

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The Well of Ascension, 10%

Bucket List

Dance class

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Another cooking class

Try Amsterdam

Try England

Love?

AUGUST « 24 »  
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

*'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

August Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

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?

AUGUST « **25** »  
SUNDAY

	< 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

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

DAY PLAN

August Monthly Notes

Big Shoulders

Pistol Squat

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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

< 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 « 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	

Monday	26 AUG	Tuesday	27 AUG	Wednesday	28 AUG
Thursday	29 AUG	Friday	30 AUG	Saturday	31 AUG
Sunday	01 SEP	Plan week Send the weekly email			

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

AUGUST « 26 »  
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

*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 ulcers, 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 « 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?

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

August Monthly Notes

Big Shoulders

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Dare to Connect, 20%

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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

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

DAY PLAN

August Monthly Notes

Big Shoulders

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Measure Weight

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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 « 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

*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

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Dare to Connect, 20%

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Workbook, 20%

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Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

AUGUST « 30 »  
FRIDAY

	< 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 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

August Monthly Notes

Big Shoulders

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Measure Weight

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Workbook, 20%

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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 « 31 »  
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

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

DAY PLAN

August Monthly Notes

Big Shoulders

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Try England

Love?

< SEP 2024 >

# SEPTEMBER

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

[illegible]

## COMING MONTH GOALS





SEPTEMBER

« 01 »

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

*'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
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Why zebras dont get ulcers, 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 »

02 SEPTEMBER - 08 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	

Monday	02 SEP	Tuesday	03 SEP	Wednesday	04 SEP
Thursday	05 SEP	Friday	06 SEP	Saturday	07 SEP
Sunday	08 SEP	Plan week Send the weekly email			

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

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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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

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

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

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Mastery Priorities/To do Today

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



DAY PLAN

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 ulcers, 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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 05 »

## 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

*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 ulcers, 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

< 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

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

DAY PLAN

September Monthly Notes
Big Shoulders
Pistol Squat
Measure Weight
Raise Bed
Build Inner Wall

Current Reading
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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 « 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

*There is no try*



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 ulcersss, 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

*'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 ulcers, 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

< 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 « 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	

Monday	09 SEP	Tuesday	10 SEP	Wednesday	11 SEP
Thursday	12 SEP	Friday	13 SEP	Saturday	14 SEP
Sunday	15 SEP	Plan week Send the weekly email			

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

SEPTEMBER « 09 »  
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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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

< 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

*There is no try*

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 « 11 »  
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

*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 ulcersss, 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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

September Monthly Notes
Big Shoulders
Pistol Squat
Measure Weight
Raise Bed
Build Inner Wall

Current Reading
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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

« 13 »

FRIDAY

< 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 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 ulcers, 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 « 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

*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 ulcers, 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

< 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%
Why zebras dont get ulcers, 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 « 38 »

16 SEPTEMBER - 22 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	

Monday	16 SEP	Tuesday	17 SEP	Wednesday	18 SEP
Thursday	19 SEP	Friday	20 SEP	Saturday	21 SEP
Sunday	22 SEP	Plan week Send the weekly email			

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

SEPTEMBER

« 16 »

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

*'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 ulcers, 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

« 17 »  
TUESDAY

< 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

*'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

September Monthly Notes
Big Shoulders
Pistol Squat
Measure Weight
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Build Inner Wall

Current Reading
Models - Attract Woment Through Honesty, 5%
Why zebras dont get ulcers, 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 « 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

*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 ulcers, 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 « 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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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

« 20 »

FRIDAY

< 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 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 ulcers, 10%
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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 « 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

*There is no try*

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 ulcers, 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 « 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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

September Monthly Notes
Big Shoulders
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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 « 38 »

16 SEPTEMBER - 22 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 « 39 »

23 SEPTEMBER - 29 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	

Monday	23 SEP	Tuesday	24 SEP	Wednesday	25 SEP
Thursday	26 SEP	Friday	27 SEP	Saturday	28 SEP
Sunday	29 SEP	Plan week Send the weekly email			

Emotions						
STRONG						
Sure	M	T	W	T	F	S
Certain	M	T	W	T	F	S
Unique	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S
Hardy	M	T	W	T	F	S
Secure	M	T	W	T	F	S
Empowered	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S
Powerful	M	T	W	T	F	S
Confident	M	T	W	T	F	S
Bold	M	T	W	T	F	S
Determined	M	T	W	T	F	S
SAD						
Depressed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Dejected	M	T	W	T	F	S
Heavy	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Hateful	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S
Mournful	M	T	W	T	F	S
Weepy	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S
CONFUSED						
Uncertain	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S
Shy	M	T	W	T	F	S
Lost	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S
Tense	M	T	W	T	F	S
	M	T	W	T	F	S

HAPPY						
Amused	M	T	W	T	F	S
Delighted	M	T	W	T	F	S
Glad	M	T	W	T	F	S
Pleased	M	T	W	T	F	S
Charmed	M	T	W	T	F	S
Grateful	M	T	W	T	F	S
Optimistic	M	T	W	T	F	S
Content	M	T	W	T	F	S
Joyful	M	T	W	T	F	S
Enthusiastic	M	T	W	T	F	S
Loving	M	T	W	T	F	S
Marvelous	M	T	W	T	F	S
	M	T	W	T	F	S
ANGER						
Annoyed	M	T	W	T	F	S
Agitated	M	T	W	T	F	S
Fed up	M	T	W	T	F	S
Irritated	M	T	W	T	F	S
Mad	M	T	W	T	F	S
Critical	M	T	W	T	F	S
Resentful	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Outraged	M	T	W	T	F	S
Raging	M	T	W	T	F	S
Furious	M	T	W	T	F	S
Livid	M	T	W	T	F	S
Bitter	M	T	W	T	F	S
	M	T	W	T	F	S
ENERGIZED						
Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S

PANIC						
Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S
	M	T	W	T	F	S
HURT						
Let down	M	T	W	T	F	S
Tender	M	T	W	T	F	S
Wounded	M	T	W	T	F	S
Impaired	M	T	W	T	F	S
Damaged	M	T	W	T	F	S
Criticized	M	T	W	T	F	S
Abused	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Punished	M	T	W	T	F	S
Rejected	M	T	W	T	F	S



SEPTEMBER « 23 »  
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%
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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 « 24 »  
TUESDAY

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

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

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Mastery Priorities/To do Today

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*There is no try*

DAY PLAN

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 ulcers, 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 « 25 »  
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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 26 »  
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

*'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 ulcers, 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

« 27 »

FRIDAY

< 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 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 ulcers, 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 « 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?

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 ulcers, 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 « 29 »  
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

*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
Big Shoulders
Pistol Squat
Measure Weight
Raise Bed
Build Inner Wall

Current Reading
Models - Attract Woment Through Honesty, 5%
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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 « 39 »

23 SEPTEMBER - 29 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 « 40 »

30 SEPTEMBER - 06 OCTOBER

< 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	

Monday	30 SEP	Tuesday	01 OCT	Wednesday	02 OCT
Thursday	03 OCT	Friday	04 OCT	Saturday	05 OCT
Sunday	06 OCT	Plan week Send the weekly email			



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

SEPTEMBER

« 30 »

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

*'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 ulcers, 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?

# OCTOBER

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

[illegible]

## COMING MONTH GOALS

COMING MONTH GOALS



OCTOBER « 01 »  
TUESDAY

	< 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

*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%

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

OCTOBER « 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

*'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
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Current Reading
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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?

# OCTOBER « 03 »

## 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

*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
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Current Reading
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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?

OCTOBER « 04 »  
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

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
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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?

OCTOBER « 05 »  
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

*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
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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?

OCTOBER « 06 »  
SUNDAY

	< 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 ulcers, 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 « 40 »

30 SEPTEMBER - 06 OCTOBER

< 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 « 41 »

07 OCTOBER - 13 OCTOBER

< 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	

Monday	07 OCT	Tuesday	08 OCT	Wednesday	09 OCT
Thursday	10 OCT	Friday	11 OCT	Saturday	12 OCT
Sunday	13 OCT	Plan week Send the weekly email			

Emotions						
STRONG						
Sure	M	T	W	T	F	S
Certain	M	T	W	T	F	S
Unique	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S
Hardy	M	T	W	T	F	S
Secure	M	T	W	T	F	S
Empowered	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S
Powerful	M	T	W	T	F	S
Confident	M	T	W	T	F	S
Bold	M	T	W	T	F	S
Determined	M	T	W	T	F	S
SAD						
Depressed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Dejected	M	T	W	T	F	S
Heavy	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Hateful	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S
Mournful	M	T	W	T	F	S
Weepy	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S
CONFUSED						
Uncertain	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S
Shy	M	T	W	T	F	S
Lost	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S
Tense	M	T	W	T	F	S
	M	T	W	T	F	S

HAPPY						
Amused	M	T	W	T	F	S
Delighted	M	T	W	T	F	S
Glad	M	T	W	T	F	S
Pleased	M	T	W	T	F	S
Charmed	M	T	W	T	F	S
Grateful	M	T	W	T	F	S
Optimistic	M	T	W	T	F	S
Content	M	T	W	T	F	S
Joyful	M	T	W	T	F	S
Enthusiastic	M	T	W	T	F	S
Loving	M	T	W	T	F	S
Marvelous	M	T	W	T	F	S
	M	T	W	T	F	S
ANGER						
Annoyed	M	T	W	T	F	S
Agitated	M	T	W	T	F	S
Fed up	M	T	W	T	F	S
Irritated	M	T	W	T	F	S
Mad	M	T	W	T	F	S
Critical	M	T	W	T	F	S
Resentful	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Outraged	M	T	W	T	F	S
Raging	M	T	W	T	F	S
Furious	M	T	W	T	F	S
Livid	M	T	W	T	F	S
Bitter	M	T	W	T	F	S
	M	T	W	T	F	S
ENERGIZED						
Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S

PANIC						
Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S
	M	T	W	T	F	S
HURT						
Let down	M	T	W	T	F	S
Tender	M	T	W	T	F	S
Wounded	M	T	W	T	F	S
Impaired	M	T	W	T	F	S
Damaged	M	T	W	T	F	S
Criticized	M	T	W	T	F	S
Abused	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Punished	M	T	W	T	F	S
Rejected	M	T	W	T	F	S

OCTOBER « 07 »  
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?

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%

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

OCTOBER « 08 »  
TUESDAY

	< 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

*'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%

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?

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

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%

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

*'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%

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

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

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?

OCTOBER « 12 »  
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?

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

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

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Mastery Priorities/To do Today

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*'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%

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



OCTOBER « **13** »  
SUNDAY

	< 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

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

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 ulcers, 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 « 41 »

07 OCTOBER - 13 OCTOBER

	< 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

WEEK « 42 »

14 OCTOBER - 20 OCTOBER

< 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	

Monday	14 OCT	Tuesday	15 OCT	Wednesday	16 OCT
Thursday	17 OCT	Friday	18 OCT	Saturday	19 OCT
Sunday	20 OCT	Plan week Send the weekly email			

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

OCTOBER « 14 »  
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?

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%

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

OCTOBER « **15** »  
TUESDAY

	< 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

*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%

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

*'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%

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

OCTOBER « 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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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%

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

OCTOBER

«

18

»

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

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

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 ulcers, 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?

OCTOBER « 19 »  
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

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



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 ulcers, 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?

OCTOBER « 20 »  
SUNDAY

	< 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

*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%

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	
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

WEEK « 43 »

21 OCTOBER - 27 OCTOBER

< 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	

Monday	21 OCT	Tuesday	22 OCT	Wednesday	23 OCT
Thursday	24 OCT	Friday	25 OCT	Saturday	26 OCT
Sunday	27 OCT	Plan week Send the weekly email			

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

OCTOBER « **21** »  
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?

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

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%

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



OCTOBER « 22 »  
TUESDAY

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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%

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

*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
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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?

OCTOBER « 24 »  
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

*There is no try*

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%

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

OCTOBER « 25 »  
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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

October 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?



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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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%

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

OCTOBER « 27 »  
SUNDAY

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

October 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?

WEEKLY REVIEW « 43 »

21 OCTOBER - 27 OCTOBER

< 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

WEEK « 44 »

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	

Monday	28 OCT	Tuesday	29 OCT	Wednesday	30 OCT
Thursday	31 OCT	Friday	01 NOV	Saturday	02 NOV
Sunday	03 NOV	Plan week Send the weekly email			

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

OCTOBER « 28 »  
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?

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
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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?

OCTOBER « 29 »  
TUESDAY

	< 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

*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

October Monthly Notes
Big Shoulders
Pistol Squat
Measure Weight
Raise Bed
Build Inner Wall

Current Reading
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Dare to Connect, 20%
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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?

OCTOBER « 30 »  
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

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

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 ulcers, 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?

OCTOBER « 31 »  
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

*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
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The Well of Ascension, 10%

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

< NOV 2024 >

# NOVEMBER

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

[illegible]

## COMING MONTH GOALS

COMING MONTH GOALS





NOVEMBER « 01 »  
FRIDAY

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 02 »  
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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 »  
SUNDAY

	< 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

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment  
Through Honesty, 5%

Why zebras dont get ulcers, 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 « 44 »

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



WEEK « 45 »

04 NOVEMBER - 10 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	

Monday	04 NOV	Tuesday	05 NOV	Wednesday	06 NOV
Thursday	07 NOV	Friday	08 NOV	Saturday	09 NOV
Sunday	10 NOV	Plan week Send the weekly email			

Emotions						
STRONG						
Sure	M	T	W	T	F	S
Certain	M	T	W	T	F	S
Unique	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S
Hardy	M	T	W	T	F	S
Secure	M	T	W	T	F	S
Empowered	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S
Powerful	M	T	W	T	F	S
Confident	M	T	W	T	F	S
Bold	M	T	W	T	F	S
Determined	M	T	W	T	F	S
SAD						
Depressed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Dejected	M	T	W	T	F	S
Heavy	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Hateful	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S
Mournful	M	T	W	T	F	S
Weepy	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S
CONFUSED						
Uncertain	M	T	W	T	F	S
Upset	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S
Shy	M	T	W	T	F	S
Lost	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S
Tense	M	T	W	T	F	S
	M	T	W	T	F	S

HAPPY						
Amused	M	T	W	T	F	S
Delighted	M	T	W	T	F	S
Glad	M	T	W	T	F	S
Pleased	M	T	W	T	F	S
Charmed	M	T	W	T	F	S
Grateful	M	T	W	T	F	S
Optimistic	M	T	W	T	F	S
Content	M	T	W	T	F	S
Joyful	M	T	W	T	F	S
Enthusiastic	M	T	W	T	F	S
Loving	M	T	W	T	F	S
Marvelous	M	T	W	T	F	S
	M	T	W	T	F	S
ANGER						
Annoyed	M	T	W	T	F	S
Agitated	M	T	W	T	F	S
Fed up	M	T	W	T	F	S
Irritated	M	T	W	T	F	S
Mad	M	T	W	T	F	S
Critical	M	T	W	T	F	S
Resentful	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S
Outraged	M	T	W	T	F	S
Raging	M	T	W	T	F	S
Furious	M	T	W	T	F	S
Livid	M	T	W	T	F	S
Bitter	M	T	W	T	F	S
	M	T	W	T	F	S
ENERGIZED						
Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S

PANIC						
Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S
	M	T	W	T	F	S
HURT						
Let down	M	T	W	T	F	S
Tender	M	T	W	T	F	S
Wounded	M	T	W	T	F	S
Impaired	M	T	W	T	F	S
Damaged	M	T	W	T	F	S
Criticized	M	T	W	T	F	S
Abused	M	T	W	T	F	S
Crushed	M	T	W	T	F	S
Punished	M	T	W	T	F	S
Rejected	M	T	W	T	F	S

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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 05 »  
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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Current Emotions? \_\_\_\_\_

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 06 »  
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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Current Emotions? \_\_\_\_\_

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 07 »

## THURSDAY

	< 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

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

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 ulcers, 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 « 08 »  
FRIDAY

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 09 »  
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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 10 » SUNDAY

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 45 »

04 NOVEMBER - 10 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 « 46 »

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	

Monday	11 NOV	Tuesday	12 NOV	Wednesday	13 NOV
Thursday	14 NOV	Friday	15 NOV	Saturday	16 NOV
Sunday	17 NOV	Plan week Send the weekly email			

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

NOVEMBER « **11** »  
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?

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

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

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Mastery Priorities/To do Today

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*There is no try*

DAY PLAN

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 ulcers, 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 « 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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Current Emotions? \_\_\_\_\_

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 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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Current Emotions? \_\_\_\_\_

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

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Mastery Priorities/To do Today

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



DAY PLAN

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 ulcers, 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 « 14 »

## THURSDAY

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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

« 15 »

FRIDAY

	< 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

*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

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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 « 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? \_\_\_\_\_

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

November Monthly  
Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

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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 « 17 »  
SUNDAY

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

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

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Mastery Priorities/To do Today

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



DAY PLAN

November 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%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

# WEEKLY REVIEW « 46 »

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 »

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	

Monday	18 NOV	Tuesday	19 NOV	Wednesday	20 NOV
Thursday	21 NOV	Friday	22 NOV	Saturday	23 NOV
Sunday	24 NOV	Plan week Send the weekly email			

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

NOVEMBER « 18 »  
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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 19 »  
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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Current Emotions? \_\_\_\_\_

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 21 »

## THURSDAY

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 22 »  
FRIDAY

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

November Monthly  
Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

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Through Honesty, 5%

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The explosive child, 20%

Dare to Connect, 20%

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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

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

November Monthly  
Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

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The Mindful Emotions  
Workbook, 20%

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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 »

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	

Monday	25 NOV	Tuesday	26 NOV	Wednesday	27 NOV
Thursday	28 NOV	Friday	29 NOV	Saturday	30 NOV
Sunday	01 DEC	Plan week Send the weekly email			

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

NOVEMBER « 25 »  
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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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?

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

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

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Mastery Priorities/To do Today

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*The unexamined life is not worth living. Aurelius*



DAY PLAN

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 ulcers, 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?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 28 »  
THURSDAY

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

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 ulcers, 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 « 29 »  
FRIDAY

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

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

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Mastery Priorities/To do Today

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*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 ulcers, 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 « 30 »  
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?

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

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

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Mastery Priorities/To do Today

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



DAY PLAN

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 ulcers, 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?

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

[illegible]



# DECEMBER « 01 »

## SUNDAY

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

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 ulcers, 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 « 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

WEEK « 49 »

02 DECEMBER - 08 DECEMBER

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

Monday	02 DEC	Tuesday	03 DEC	Wednesday	04 DEC
Thursday	05 DEC	Friday	06 DEC	Saturday	07 DEC

Sunday

08 DEC

*Plan week*  
*Send the weekly email*



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

# DECEMBER « 02 »

## MONDAY

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

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

## 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 ulcers, 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 « 03 »  
TUESDAY

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

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

## 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 ulcers, 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

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

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

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 ulcers, 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 « 05 »  
THURSDAY

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

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 ulcers, 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

« 06 »

FRIDAY

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

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

## 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 ulcers, 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 « 07 »  
SATURDAY

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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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*There is no try*

## DAY PLAN

## 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 ulcers, 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 « 08 »  
SUNDAY

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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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

## DAY PLAN

## 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 ulcers, 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 « 49 »

02 DECEMBER - 08 DECEMBER

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

WEEK REVIEW NOTES



WEEK « 50 »

09 DECEMBER - 15 DECEMBER

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

Monday	09 DEC	Tuesday	10 DEC	Wednesday	11 DEC
Thursday	12 DEC	Friday	13 DEC	Saturday	14 DEC

Sunday

15 DEC

*Plan week*  
*Send the weekly email*

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

DECEMBER « 09 »  
MONDAY

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

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

## 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 ulcers, 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

« 10 »

TUESDAY

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

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

## 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 ulcers, 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

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

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 ulcers, 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 « 12 »

## THURSDAY

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

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

## 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 ulcers, 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

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

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

## 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 ulcers, 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

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

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 ulcers, 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

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

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

## 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 ulcers, 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 « 50 »

09 DECEMBER - 15 DECEMBER

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

WEEK REVIEW NOTES

WEEK « 51 »

16 DECEMBER - 22 DECEMBER

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

Monday	16 DEC	Tuesday	17 DEC	Wednesday	18 DEC
Thursday	19 DEC	Friday	20 DEC	Saturday	21 DEC

Sunday

22 DEC

*Plan week*  
*Send the weekly email*

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

DECEMBER

« 16 »

MONDAY

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

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 ulcers, 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

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

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 ulcers, 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 « 18 »

WEDNESDAY

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

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

## 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 ulcers, 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

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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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

## DAY PLAN

## December Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

## Current Reading

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Through Honesty, 5%

Why zebras dont get ulcers, 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 « 20 »  
FRIDAY

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

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

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Dare to Connect, 20%

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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

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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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



## DAY PLAN

## December Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

## Current Reading

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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?

DECEMBER « 22 »  
SUNDAY

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

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

## December Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

## Current Reading

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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?

WEEKLY REVIEW « 51 »

16 DECEMBER - 22 DECEMBER

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

WEEK REVIEW NOTES

WEEK « 52 »

23 DECEMBER - 29 DECEMBER

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

Monday	23 DEC	Tuesday	24 DEC	Wednesday	25 DEC
		» Christmas			
Thursday	26 DEC	Friday	27 DEC	Saturday	28 DEC

Sunday

29 DEC

*Plan week*  
*Send the weekly email*

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

DECEMBER « 23 »  
MONDAY

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

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 ulcers, 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 »

» Christmas

TUESDAY

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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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

## DAY PLAN

## December Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

## Current Reading

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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?

DECEMBER « 25 »  
WEDNESDAY

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

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

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Why zebras dont get ulcers, 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

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

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

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Through Honesty, 5%

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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?

DECEMBER « 27 »  
FRIDAY

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

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

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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 « 28 »  
SATURDAY

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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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*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

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Workbook, 20%

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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 « 29 »  
SUNDAY

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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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## DAY PLAN

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Big Shoulders

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Workbook, 20%

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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

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

WEEK REVIEW NOTES

WEEK «1»

30 DECEMBER - 05 JANUARY

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

Monday	30 DEC	Tuesday	31 DEC	Wednesday	01 JAN
Thursday	02 JAN	Friday	03 JAN	Saturday	04 JAN

Sunday

05 JAN

*Plan week*  
*Send the weekly email*



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

DECEMBER « 30 »  
MONDAY

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

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

## 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 ulcers, 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 « 31 »  
TUESDAY

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

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

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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?

JANUARY « 01 »  
WEDNESDAY

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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

January Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment  
Through Honesty, 5%

Why zebras dont get ulcers, 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

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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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



DAY PLAN

January Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

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Why zebras dont get ulcers, 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 « 03 »  
FRIDAY

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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

January Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

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?

JANUARY « 04 »  
SATURDAY

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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

January Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment  
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Why zebras dont get ulcers, 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 « 05 »  
SUNDAY

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

What can I ask God for help with, or thank Him for? How are things?

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

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

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Mastery Priorities/To do Today

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

DAY PLAN

January Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment  
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Why zebras dont get ulcers, 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 « 1 »

30 DECEMBER - 05 JANUARY

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

WEEK REVIEW NOTES