2025 ReCalendar

2025

JANUARY					FEBRUARY								MARCH													
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re	W#	Мо	Tu	We	Th	Fr	Sa S	Su	Re
1	30	31	1	2	3	4	5	R	5	27	28	29	30	31	1	2	R	9	24	25	26	27	28	1	2	R
2	6	7	8	9	10	11	12	R	6	3	4	5	6	7	8	9	R	10	3	4	5	6	7	8	9	R
3	13	14	15	16	17	18	19	R	7	10	11	12	13	14	15	16	R	11	10	11	12	13	14	15 1	16	R
4	20	21	22	23	24	25	26	R	8	17	18	19	20	21	22	23	R	12	17	18	19	20	21	22 2	23	R
5	27	28	29	30	31	1	2	R	9	24	25	26	27	28	1	2	R	13	24	25	26	27	28	293	30	R

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MAY

W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
18	28	29	30	1	2	3	4	R
19 20 21	5	6	7	8	9	10	11	R
20	12	13	14	15	16	17	18	R
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31 DEC	V	/edn	esd	ay		()1	JA	١
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DEC 2024 W# Mo Tu We Th Fr Sa Su Re

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Sunday	05 JAN	Plan week Send the weekly email	

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Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
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Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
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Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
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Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
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Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
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DECEMBER « 30 »

MONDAY

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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

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
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

DECEMBER « 31 »

TUESDAY

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

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
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MONTH REVIEW

V# 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

Notes			
for			
Review			
of			
Month			

JANUARY PLAN

JAN 2025

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

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Celebrate others																															
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COMING MONTH GOALS

JANUARY « 01 »

WEDNESDAY

	<	JΑ	N	20	25		>	
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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

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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 02 »

THURSDAY

	<	JΔ	Ν	20	25		>	
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4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

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	January Monthly Notes		
	Holiday Go away!		
	Rest for year		
	Buy wardrobe		
	Current Deading		
	Current Reading		
	No Bad Parts, Schwarz		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	Alloy of Law, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

JANUARY « 03 »

FRIDAY

	<	JΔ	N	20	25		>	
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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

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	January Monthly Notes		
	Holiday Go away!		
	Rest for year		
	Buy wardrobe		
	Current Deading		
	Current Reading		
	No Bad Parts, Schwarz		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	Alloy of Law, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

JANUARY « **04** »

SATURDAY

	<	JΔ	N	20	25		>	
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3	13	14	15	16	17	18	19	R
4	6 13 20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 05 »

	<	JΑ	N	20	25		>	
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5	27	20	20	30	21	4	2	D

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	January Monthly Notes		
	Holiday Go away!		
	Rest for year		
	Buy wardrobe		
	Current Deading		
	Current Reading		
	No Bad Parts, Schwarz		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	Alloy of Law, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

WEEKLY REVIEW «

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30 DECEMBER - 05 JANUARY

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

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

WEEK REVIEW NOTES		





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Saturday

JAN 2025 W# Mo Tu We Th Fr Sa Su Re

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08 JAN

Thursday 09 JAN **Friday** 10 JAN

11 JAN

Sunday **12 JAN**

Monday

Plan week Send the weekly email

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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
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		Ш	VV	Ш	Г	2	A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
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JANUARY « 06 »

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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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 07 »

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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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 08 »

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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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 09 »

THURSDAY

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5	27	28	29	30	31	1	2	R

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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
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	The explosive child, 20%
	Dare to Connect, 20%
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	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY "

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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	January Monthly Notes		
	Holiday		
	Go away!		
	Rest for year		
	Buy wardrobe		
	Commant Danding		
	Current Reading		
	No Bad Parts, Schwarz		
	Why zebras dont get ulcerss, 10%		
	The explosive child, 20%		
	Dare to Connect, 20%		
	The Mindful Emotions Workbook, 20%		
	The Inflamed Mind, 1%		
	Alloy of Law, 10%		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

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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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 12

SUNDAY

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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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

weekly review « 2 »

06 JANUARY - 12 JANUARY

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< JAN 2025 >

WEEK REVIEW NOTES	



Sunday **19 JAN** Plan week Send the weekly email

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JANUARY « 13 »

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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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY

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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	January Monthly Notes
	Holiday
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	Current Deading
	Current Reading
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	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
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	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 15 »

WEDNESDAY

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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	January Monthly Notes
	Holiday
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	Current Deading
	Current Reading
	No Bad Parts, Schwarz
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	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 16 »

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4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

DAY PLAN	January Monthly Notes
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	Current Reading
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	Bucket List
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	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY "

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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	January Monthly Notes
	Holiday
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	Current Reading
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	Bucket List
	Dance class
	Sing in choir
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	Try England
	Love?

JANUARY « 18 »

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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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
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	The explosive child, 20%
	Dare to Connect, 20%
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	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 19

SUNDAY

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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DAY PLAN	January Monthly Notes
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WEEKLY REVIEW «

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WEEK REVIEW NOTES	



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Wednesday

Saturday

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Friday

25 JAN

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Sunday **26 JAN**

Monday

Plan week Send the weekly email

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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
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Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
		Ш	VV	Ш	Г	2	A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

JANUARY « 20 »

MON	IDAY
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	Мо							
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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

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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 21 »

TUESDAY

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

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	January Monthly Notes			
	Holiday			
	Go away!			
	Rest for year			
	Buy wardrobe			
	Current Deading			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY « 22 »

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

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	January Monthly Notes			
	Holiday			
	Go away!			
	Rest for year			
	Buy wardrobe			
	Current Deading			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY « 23 »

THURSDAY

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

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	January Monthly Notes			
	Holiday			
	Go away!			
	Rest for year			
	Buy wardrobe			
	Current Deading			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY « 24 »

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

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	January Monthly Notes			
	Holiday			
	Go away!			
	Rest for year			
	Buy wardrobe			
	Current Deading			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY « 25 »

SATURDAY

V# 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

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	January Monthly Notes			
	Holiday			
	Go away!			
	Rest for year			
	Buy wardrobe			
	Current Deading			
	Current Reading			
	No Bad Parts, Schwarz			
	Why zebras dont get ulcerss, 10%			
	The explosive child, 20%			
	Dare to Connect, 20%			
	The Mindful Emotions Workbook, 20%			
	The Inflamed Mind, 1%			
	Alloy of Law, 10%			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			

JANUARY « 26 »

SUNDAY

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

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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 4

20 JANUARY - 26 JANUARY

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

WEEK REVIEW NOTES	



JAN 2025 W# Mo Tu We Th Fr Sa Su Re

> 13 14 15 16 17 **18 19** R 20 21 22 23 24 **25 26** R

> 27 28 29 30 31 1 2 R

9 10 **11 12** R

29 JAN

30 JAN **Friday** 31 JAN **Saturday**

Plan week

Send the weekly email

01 FEB

Sunday 02 FEB

Thursday

	notior	15																		
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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Т	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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JANUARY « 27 »

MONDAY

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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

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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 28 »

TUESDAY

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

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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 29 »

WEDNESDAY

	<	JA	NΑ	20	25		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
1	30							
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4			22					
5	27	28	29	30	31	1	2	R

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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 30 »

THURSDAY

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

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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY

		<	JΔ	Ν	20	25		>	
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	3	13	14	15	16	17	18	19	F
RIDAY	4	20	21	22	23	24	25	26	F
NDAI	5	27	28	29	30	31	1	2	F

now are triings:
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	January Monthly Notes
	Holiday
	Go away!
	Rest for year
	Buy wardrobe
	Current Deading
	Current Reading
	No Bad Parts, Schwarz
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	Alloy of Law, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MONTH REVIEW

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

Notes for Review			
Review			
of Month			

FEBRUARY PLAN

W# Mo Tu We Th Fr Sa Su Re

5 27 28 29 30 31 1 2 R

6 3 4 5 6 7 8 9 R

7 10 11 12 13 14 15 16 R

8 17 18 19 20 21 22 23 R

Habits	1 Sat	2 Sun	3 Mon	-	-	-	-	8 Sat		-	12 Wed	-		-						
Pistol Squat in May, June, July, Aug																				
Celebrate others																				

1 Sat 2 Sun 3 Mon 4 Tue 5 Wed 6 Thu 7 Fri 8 Sat 9 Sun 10 Mon 11 Tue 12 Wed 13 Thu 14 Fri 15 Sat 16 Sun 17 Mon 18 Tue 19 Wed 20 Thu 21 Fri 22 Sat 23 Sun 24 Mon 25 Tue	Date	Day	Details
3 Mon 4 Tue 5 Wed 6 Thu 7 Fri 8 Sat 9 Sun 10 Mon 11 Tue 12 Wed 13 Thu 14 Fri 15 Sat 16 Sun 17 Mon 18 Tue 19 Wed 20 Thu 21 Fri 22 Sat 23 Sun 24 Mon 25 Tue 26 Wed 27 Thu	1		
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COMING MONTH GOALS

FEBRUARY « 01 »

SATURDAY

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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

Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
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FEBRUARY « 02 »

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8	17	18	19	20	21	22	23	R
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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

Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
2x clients Get chest of drawers Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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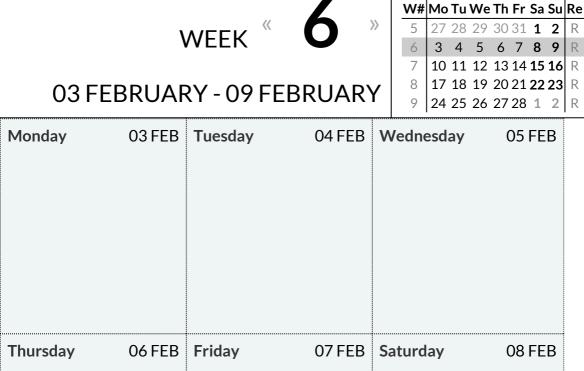
WEEKLY REVIEW «

5 »

27 JANUARY - 02 FEBRUAR

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WEEK REVIEW NOTES	



Sunday

09 FEB

Plan week

Send the weekly email

08 FEB

FEB 2025

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Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
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FEBRUARY « 03 »

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
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FEBRUARY « 04 »

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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

Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
2x clients Get chest of drawers Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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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

Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
2x clients Get chest of drawers Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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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

Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
2x clients Get chest of drawers Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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FEBRUARY « 07 »

FRIDAY

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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	February Monthly Notes Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



SATURD	AY(
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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	February Monthly Notes Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

FEBRUARY « 09 »

SUNDAY

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8	17	18	19	20	21	22	23	R
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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	February Monthly Notes
	Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
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WEEK REVIEW NOTES	



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Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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FEBRUARY « 10

MONDAY

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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	February Monthly Notes
	Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

TUESDAY

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How are things?	
Current Emotions?	
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Mastery Priorities/To do Today	

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

DAY PLAN	February Monthly Notes
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	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

WEDNESDAY

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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	February Monthly Notes
	Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

THURSDAY

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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

Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
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How are things?	
Current Emotions?	
What I'm grateful for (consider emotionally impactful things)?	
Mastery Priorities/To do Today	

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Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
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FEBRUARY « 15 »

SATURDAY

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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

Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
2x clients Get chest of drawers Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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FEBRUARY « 16 »

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How are things?
Current Emotions?
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Mastery Priorities/To do Today

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

Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
2x clients Get chest of drawers Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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WEEKLY REVIEW «

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WEEK REVIEW NOTES		



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Unique	М	Т	W	Т	FS	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	
Dynamic	М	Т	W	Т	FS	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	FS	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	1
Hardy	М	Т	W	Т	FS	Grateful	M	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	9
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Empowered	М	Т	W	Т	FS	Content	М	Т	W	Т	F	S	Troubled	М	Т	W	Т	F	9
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Embarrassed	М	T	W		FS	Healthy	М	Т	W	Т	F	S							
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MONDAY

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How are things?
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FEBRUARY « 18 »

TUESDAY

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What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
2x clients Get chest of drawers Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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		Try Amsterdam
Love?		Try England
		Love?

WEDNESDAY

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

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	

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

Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
2x clients Get chest of drawers Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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FEBRUARY « 20 »

THURSDAY

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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

Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
2x clients Get chest of drawers Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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FEBRUARY

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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

Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
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Love?		Try England
		Love?

FEBRUARY « 22

SATURDAY

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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

Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
2x clients Get chest of drawers Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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FEBRUARY ⁴ 23

SUNDAY

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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	February Monthly Notes Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW «

8 »

17 FEBRUARY - 23 FEBRUARY

FEB 2025 >
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6 3 4 5 6 7 8 9 R
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8 17 18 19 20 21 22 23 R
9 24 25 26 27 28 1 2 R

WEEK REVIEW NOTES	



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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
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Depressed	М	Т	W	Т	_	S	Agitated	М	Ť	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
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Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
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Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
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FEBRUARY « 24 »

MONDAY

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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	February Monthly Notes
	Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

FEBRUARY « 25 »

TUESDAY

	<	FE	В	20	25		>	
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7	10	11	12	13	14	15	16	R
8	3 10 17	18	19	20	21	22	23	R
9	24	25	26	27	28	1	2	R

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	February Monthly Notes
	Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

FEBRUARY « 26 »

WEDNESDAY

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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	February Monthly Notes
	Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

FEBRUARY « 27 »

THURSDAY

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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	February Monthly Notes
	Hard work on cardinal v
	Compassion re teaching
	2x clients
	Get chest of drawers
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

FEBRUARY « 28 »

FRIDAY

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9	24	25	26	27	28	1	2	R

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

Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England Love?	DAY PLAN	February Monthly Notes Hard work on cardinal v
2x clients Get chest of drawers Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
Current Reading End of the Affair? Watership Down Bucket List Dance class Sing in choir Another cooking class Try Amsterdam Try England		
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Sing in choir Another cooking class Try Amsterdam Try England		
Another cooking class Try Amsterdam Try England		
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		Try Amsterdam
Love?		Try England
		Love?

MONTH REVIEW

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12 17 18 19 20 21 22 23 R
13 24 25 26 27 28 29 30 R

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Notes for			
Review			
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MARCH PLAN

MAR 2025

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

Details

Date	Day	Details
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COMING MONTH GOALS								

$\mathsf{MARCH} \ ^{\mathsf{W}} \mathbf{01} \ ^{\mathsf{W}}$

SATURDAY

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How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
There is no two

DAY PLAN	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

максн « **02** »

SUNDAY

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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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW «

9

24 FEBRUARY - 02 MARCH

 W# Mo Tu We Th Fr Sa Su Re

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 27 28 29 30 31 1 2 R

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< FEB 2025 >

WEEK REVIEW NOTES		

WEEK « 10 »

03 MARCH - 09 MARCH

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

MAR 2025

W# Mo Tu We Th Fr Sa Su Re

Monday	03 MAR	Tuesday	04 MAR

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Sunday

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Friday **Saturday** 07 MAR Plan week Send the weekly email

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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
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Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
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Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Т	W	Ш	1	S	Focused	М	T	W	Т	F	S							
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MARCH « **03** »

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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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « **04** »

TUESDAY

	<	M	AR	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



WEDNESDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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12	17	18	19	20	21	22	23	R
13	24 3 10 17 24	25	26	27	28	29	30	R

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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



THURSDAY

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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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « **07** »

FRIDAY

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11	10	11	12	13	14	15	16	F
12	17	18	19	20	21	22	23	F
13	24 3 10 17 24	25	26	27	28	29	30	F

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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



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13	24	25	26	27	28	29	30	F

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	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

MARCH « 09 »

SUNDAY

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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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 10 »

03 MARCH - 09 MARCH

MAR 2025 >
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WEEK REVIEW NOTES		

WEEK « 11 »

10 MARCH - 16 MARCH

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16 MAR

Plan week

Send the weekly email

Monday

Sunday

Friday 14 MAR

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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Depressed	М	Т	W	Т	_	S	Agitated	М	Ť	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
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Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
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Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
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Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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MARCH « **10** »

MONDAY

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12	17	18	19	20	21	22	23	F
13	24	25	26	27	28	29	30	F

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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « 11 »

TUESDAY

			ΑR				>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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11	10	11	12	13	14	15	16	F
12	17	18	19	20	21	22	23	F
13	24	25	26	27	28	29	30	F

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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « **12** »

WEDNESDAY

	<	М	ΑR	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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11	10	11	12	13	14	15	16	F
12	17	18	19	20	21	22	23	F
13	24 3 10 17 24	25	26	27	28	29	30	F

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	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

 $\mathsf{MARCH} \ ^{\mathsf{C}} \mathbf{13} \ ^{\mathsf{D}}$

THURSDAY

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11	10	11	12	13	14	15	16	ı
12	17	18	19	20	21	22	23	ı
13	24	25	26	27	28	29	30	

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	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

MARCH $^{\prime}$ 14 $^{\prime}$

FRIDAY

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11	10	11	12	13	14	15	16	R
12	17	18	19	20	21	22	23	R
13	24	25	26	27	28	29	30	R

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	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

MARCH « **15** »

SATURDAY

			ΑR				>	
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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	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

MARCH « **16** »

SUNDAY

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W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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12	17	18	19	20	21	22	23	F
13	24	25	26	27	28	29	30	F

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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 11 %

10 MARCH - 16 MARCH

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

WEEK REVIEW NOTES		

week « **12** »

17 MARCH - 23 MARCH

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

MAR 2025

W# Mo Tu We Th Fr Sa Su Re

17 MAR Tuesday

Monday 18 MAR Wednesday

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19 MAR

Thursday 20 MAR **Friday**

Saturday

22 MAR

Sunday 23 MAR

Plan week Send the weekly email

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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
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Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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MARCH « **17** »

MONDAY

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12	17	18	19	20	21	22	23	F
13	24 3 10 17 24	25	26	27	28	29	30	F

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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « **18** »

TUESDAY

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

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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « **19**

WEDNESDAY

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

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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

$\mathsf{MARCH} \ ^{\mathsf{C}} \, \mathbf{20} \ ^{\mathsf{D}}$

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11	10	11	12	13	14	15	16	F
12	17	18	19	20	21	22	23	F
13	24 3 10 17 24	25	26	27	28	29	30	F

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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « 21 »

FRIDAY

			AR					
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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11	10	11	12	13	14	15	16	F
12	17	18	19	20	21	22	23	F
13	24	25	26	27	28	29	30	F

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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH * **22**

SATURDAY

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

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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

 $\mathsf{MARCH} \ ^{\mathsf{C}} \mathbf{23} \ ^{\mathsf{D}}$

SUNDAY

	<	M	ΑR	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 12 »

17 MARCH - 23 MARCH

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

WEEK REVIEW NOTES		

week « **13** »

24 MARCH - 30 MARCH

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

MAR 2025

W# Mo Tu We Th Fr Sa Su Re

Monday	24 MAR	Tuesday	25 MAR

26 MAR

Friday **Thursday** 27 MAR

Saturday **29 MAR**

Sunday

30 MAR

Plan week

Send the weekly email

28 MAR

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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	Ť	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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MARCH « **24** »

MONDAY

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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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

$\mathsf{MARCH}~^{\texttt{\textit{X}}}\,\mathbf{25}~^{\texttt{\textit{N}}}$

TUESDAY

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

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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

$\mathsf{MARCH}~^{\texttt{\tiny 4}}\mathbf{26}~^{\texttt{\tiny 8}}$

WEDNESDAY

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

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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MARCH « **27** »

THURSDAY

			٩R					
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
9	24	25	26	27	28	1	2	R
10	3 10	4	5	6	7	8	9	R
11	10	11	12	13	14	15	16	R
12	17	18	19	20	21	22	23	R
13	24	25	26	27	28	29	30	R

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	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

MARCH « **28** »

FRIDAY

	<	M	٩R	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
9	24	25	26	27	28	1	2	R
10	3 10	4	5	6	7	8	9	R
11	10	11	12	13	14	15	16	R
12	17	18	19	20	21	22	23	R
13	24	25	26	27	28	29	30	R

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	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

MARCH « **29** »

SATURDAY

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

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	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

 $\mathsf{MARCH} \; ^{\mathsf{W}} \; \mathbf{30} \; ^{\mathsf{W}} \; \frac{\mathsf{W}}{\mathsf{M}} \; \mathbf{30} \; ^{\mathsf{W}} \; \mathbf{30} \; \mathbf{30} \; ^{\mathsf{W}} \; \mathbf{30} \; ^{\mathsf{W}} \; \mathbf{30} \; \mathbf{30} \; ^{\mathsf{W}} \; \mathbf{30} \; \mathbf{30} \; ^{\mathsf{W}} \; \mathbf{30} \; \mathbf{30} \; ^{\mathsf{W}} \; \mathbf{30} \; \mathbf{30} \; ^{\mathsf{W}} \; \mathbf{30} \; \mathbf{30} \; ^{\mathsf{W}} \; \mathbf{30} \; \mathbf{30} \; ^{\mathsf{W}} \; \mathbf{30} \; \mathbf{30} \; ^{\mathsf{W}} \; \mathbf{30} \; \mathbf{30} \; \mathbf{30} \; ^{\mathsf{W}} \; \mathbf{30} \; \mathbf$

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12	17	18	19	20	21	22	23	R
13	24	25	26	27	28	29	30	R

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	March Monthly Notes		
	Be More social		
	2x Climbing		
	Book Jan Holiday		
	Current Reading		
	End of the Affair?		
	Watership Down		
	Bucket List		
	Dance class		
	Sing in choir		
	Another cooking class		
	Try Amsterdam		
	Try England		
	Love?		

WEEKLY REVIEW « 13 »

24 MARCH - 30 MARCH

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

WEEK REVIEW NOTES		

WEEK « 14 »

VVEEK	_	
31 MARCH	- 06 A	PRIL

3 4 5 6 7 **8 9** 11 10 11 12 13 14 **15 16** R

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MAR 2025

W# Mo Tu We Th Fr Sa Su Re

31 MAR Tuesday 01 APR

Wednesday

Thursday 03 APR

Monday

05 APR

Sunday 06 APR

Friday 04 APR

Plan week

Send the weekly email

Saturday

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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
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Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
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Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
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Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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$\mathsf{MARCH} \ ^{\mathsf{G}} \mathbf{1} \ ^{\mathsf{M}}$

MONDAY

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11	10	11	12	13	14	15	16	F
12	17	18	19	20	21	22	23	F
13	24 3 10 17 24	25	26	27	28	29	30	F

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	March Monthly Notes
	Be More social
	2x Climbing
	Book Jan Holiday
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MONTH REVIEW

 W#
 Mo Tu We Th Fr Sa Su Re

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Notes		
for		
for Review		
of		
Month		

APRIL PLAN

W# Mo Tu We Th Fr Sa Su Re

14 31 1 2 3 4 5 6 R

15 7 8 9 10 11 12 13 R

16 14 15 16 17 18 19 20 R

17 21 22 23 24 25 26 27 R

18 28 29 30 1 2 3 4 R

Habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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Pistol Squat in May, June, July, Aug																														
Celebrate others																														

Date	Day	Details
1	Tue	
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23	Wed	
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25	Fri	
26	Sat	
27	Sun	
28	Mon	
29	Tue	
30	Wed	

COMING MONTH GOALS

APRIL « **01** »

TUESDAY

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

April Monthly Notes

APRIL « **02** »

WEDNESDAY

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

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	April Monthly Notes			
	Be Good			
	Current Reading			
	End of the Affair?			
	Watership Down			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			
	LOVE:			

April Monthly Notes

APRIL « 03 »
THURSDAY

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

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	April Monthly Notes			
	Be Good			
	Current Reading			
	End of the Affair?			
	Watership Down			
	Bucket List			
	Dance class			
	Sing in choir			
	Another cooking class			
	Try Amsterdam			
	Try England			
	Love?			
	LOVE:			

April Monthly Notes

APRIL « **04** » FRIDAY

	<	ΑF	PR	20	25		>	
N #	Мо	Tu	We	Th	Fr	Sa	Su	Re
14	31 7 14	1	2	3	4	5	6	R
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16	14	15	16	17	18	19	20	R
17	21 28	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	·
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



SATURDAY

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14	31 7 14	1	2	3	4	5	6	R
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17	21 28	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	·
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

APRIL « 06 »

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16	14	15	16	17	18	19	20	R
17	21 28	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

April Monthly Notes

WEEKLY REVIEW « 14 »

31 MARCH - 06 APRIL

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 3 4 5 6 7 8 9 R

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 24 25 26 27 28 29 30 R

< MAR 2025 >

WEEK REVIEW NOTES	

07 APRIL - 13 APRIL

07 APR Tuesday

16 14 15 16 17 18 **19 20** R 17 21 22 23 24 25 **26 27** R 18 28 29 30 1 2 3 4 R

15

09 APR

< APR 2025 W# Mo Tu We Th Fr Sa Su Re 31 1 2 3 4 5 6

8 9 10 11 **12 13** R

Thursday

Monday

10 APR Friday

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Sunday

13 APR

Plan week

Send the weekly email

11 APR Saturday

08 APR Wednesday

	notior	15																		
ST	RON	G					HAPPY							PANIC						
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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APRIL « **07** » MONDAY

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.7	21	22	23	24	25	26	27	R
8	28	29	30	1	2	3	4	R

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 08 »

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 09 »

WEDNESDAY

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 10 »

THURSDAY

	<						>	
	Мо							
.4	31 7 14	1	2	3	4	5	6	R
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.6	14	15	16	17	18	19	20	R
.7	21	22	23	24	25	26	27	R
8	28	29	30	1	2	3	4	R

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL

FRI

		<	ΑI	PR	20	25		>	
4	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
>>	14	31	1	2	3	4	5	6	
		7							
		14							
IDAY	17	21	22	23	24	25	26	27	
IDAT	18	28	29	30	1	2	3	4	

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 12 »

SATURDAY

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 13 » SUNDAY

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

WEEKLY REVIEW « 15 »

07 APRIL - 13 APRIL

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

WEEK REVIEW NOTES		

week « **16** » 14 APRIL - 20 APRIL

14 APR Tuesday

16 14 15 16 17 18 **19 20** R 17 21 22 23 24 25 **26 27** R 18 28 29 30 1 2 3 4 R

15 7

15 APR Wednesday

< APR 2025

W# Mo Tu We Th Fr Sa Su Re 14 31 1 2 3 4 5 6

8 9 10 11 **12 13** R

19 APR

16 APR

Thursday 17 APR Friday

Monday

18 APR Saturday

Sunday 20 APR

Plan week Send the weekly email

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ST	RON	G						\PP\	1					P.A	NIC					
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

APRIL « 14 » MONDAY

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16	14	15	16	17	18	19	20	R
17	21	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 15 »

TUESDAY

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL " **16** "

WEDNESDAY

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL " **17**

THURSDAY

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

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

DAY PLAN	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « **18** »

FRIDAY

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 19

SATURDAY

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL " 20 »

SUNDAY

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

WEEKLY REVIEW « 16 »

14 APRIL - 20 APRIL

		,	PR				>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
14	31	1	2	3	4	5	6	R
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16	14	15	16	17	18	19	20	R
17	21	22	23	24	25	26	27	R
14 15 16 17 18	28	29	30	1	2	3	4	R

WEEK " 17 »

21 APRIL - 27 APRIL											
21 APR	Tuesday	22 APR	W	'e							

18 28 29 30 1 2 3 4 R

24 APR Friday

27 APR

Plan week

Send the weekly email

Monday

Thursday

Sunday

ednesday 23 APR

< APR 2025 >

W# Mo Tu We Th Fr Sa Su Re

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

8 9 10 11 **12 13** R

25 APR Saturday

26 APR

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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	Ť	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

APRIL « 21 »

MONDAY

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL " **22** "

TUESDAY

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16	14	15	16	17	18	19	20	R
17	21 28	22	23	24	25	26	27	R
18	28	29	30	1	2	3	4	R

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 23 »

WEDNESDAY

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 24 »

THURSDAY

 W#
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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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « **25**)

FRIDAY

		<	АΙ	PR	20	25		>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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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	April Monthly Notes Be Good						
	Be Good						
	Current Reading						
	End of the Affair?						
	Watership Down						
	Bucket List						
	Dance class						
	Sing in choir						
	Another cooking class						
	Try Amsterdam						
	Try England						
	Love?						
	LOVE:						

APRIL " **26** "

SATURDAY

		<							
٧	N #	Мо	Tu	We	Th	Fr	Sa	Su	Re
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	17	21	22	23	24	25	26	27	R
	18	31 7 14 21 28	29	30	1	2	3	4	R

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	April Monthly Notes Be Good						
	Be Good						
	Current Reading						
	End of the Affair?						
	Watership Down						
	Bucket List						
	Dance class						
	Sing in choir						
	Another cooking class						
	Try Amsterdam						
	Try England						
	Love?						
	LOVE:						

APRIL « 27 »

SUNDAY

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

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	April Monthly Notes Be Good						
	Be Good						
	Current Reading						
	End of the Affair?						
	Watership Down						
	Bucket List						
	Dance class						
	Sing in choir						
	Another cooking class						
	Try Amsterdam						
	Try England						
	Love?						
	LOVE:						

WEEKLY REVIEW « 17 »

21 APRIL - 27 APRIL

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

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WEEK REVIEW NOTES		

week « **18** »

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				16	14	15	16	17	18	19	20	R
	28 APRIL -	04 144	,	17	21	22	23	24	25	26	27	R
4	20 APRIL -			18	28	29	30	1	2	3	4	R
28 APR	Tuesday	29 APR	W	edne	esda	ay		3	30 /	ΑP	R	

< APR 2025 >

W# Mo Tu We Th Fr Sa Su Re

03 MAY

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Monday

Sunday

You

» May The Fourth Be With

04 MAY

Plan week

Send the weekly email



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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
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Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
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Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

APRIL « **28** »

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL " **29**

TUESDAY

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

APRIL « 30 »

WEDNESDAY

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

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	April Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	LOVE:

MONTH REVIEW

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

Notes for Review			
Review of			
Month			

MAY PLAN

Date

Day

MAY 2025

19 5 6 7 8 9 **10 11** R 20 12 13 14 15 16 **17 18** R

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

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Habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Pistol Squat in																															
May, June,																															
July, Aug																															
Celebrate others																															

Details

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23	Fri	
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25	Sun	
26	Mon	
27	Tue	
28	Wed	
29	Thu	
30	Fri	
31	Sat	

COMING MONTH GOALS

 $_{\text{MAY}} < 01 >$

THURSDAY

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21	19	20	21	22	23	24	25	F
22	26	27	28	29	30	31	1	F

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 May Monthly N		
	Be Good	
	Current Reading	
	End of the Affair?	
	Watership Down	
	Bucket List	
	Dance class	
	Sing in choir	
	Another cooking class	
	Try Amsterdam	
	Try England	
	Love?	

MAY (**02**

FRIDAY

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

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 May Monthly N		
	Be Good	
	Current Reading	
	End of the Affair?	
	Watership Down	
	Bucket List	
	Dance class	
	Sing in choir	
	Another cooking class	
	Try Amsterdam	
	Try England	
	Love?	

 $_{\text{MAY}} ~^{\text{\tiny $(0,0)$}}$

SATURDAY

			ΑY				>	
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20	12	13	14	15	16	17	18	R
21	19	20	21	22	23	24	25	R
18 19 20 21 22	26	27	28	29	30	31	1	R

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 May Monthly N		
	Be Good	
	Current Reading	
	End of the Affair?	
	Watership Down	
	Bucket List	
	Dance class	
	Sing in choir	
	Another cooking class	
	Try Amsterdam	
	Try England	
	Love?	

MAY « **04** »

» May The Fourth Be With You

SUNDAY

	<	M	ΔY	20	25	5	>	
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20	12	13	14	15	16	17	18	R
21	19	20	21	22	23	24	25	R
22	26	27	20	20	30	21	4	D

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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 18 »

28 APRIL - 04 MAY

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< APR 2025

WEEK REVIEW NOTES		

WEEK " **19** » 05 MAY - 11 MAY

05 MAY Tuesday

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Saturday

06 MAY

09 MAY

nesday

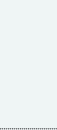
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26 27 28 29 30 **31 1** R

8 9 **10 11** R

07 MAY



10 MAY

08 MAY Friday

11 MAY

Monday

Thursday

Sunday

day

Send the weekly email

Plan week

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ST	RON	G						\PP\	1					P.A	NIC					
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
		Ш	VV	Ш	Г	2	AA A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	T	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

MAY « **05** »

MO	NC)AY

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	28							
19	5	6	7	8	9	10	11	F
20	12	13	14	15	16	17	18	F
	19							
22	26	27	28	29	30	31	1	F

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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



TUESDAY

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

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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **07**

WEDNESDAY

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

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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

« **80** » YAM

THURSDAY

	<	M	ΑY	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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18 19 20 21 22	26	27	28	29	30	31	1	F

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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

FRI

		<	M	ΑY	20	25	5	>	
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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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **10**

SATURDAY

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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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY " **11**

SUNDAY

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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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 19 »

05 MAY - 11 MAY

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WEEK REVIEW NOTES		

12 MAY -	18 MAY	Y
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MAY 2025 W# Mo Tu We Th Fr Sa Su Re 18 28 29 30 1 2 **3** 4 19 5 6 7 8 9 **10 11** R 20 12 13 14 15 16 **17 18** R

Thursday 15 MAY Friday

Monday

12 MAY

16 MAY

Saturday

17 MAY

Sunday **18 MAY**

Plan week Send the weekly email

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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
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Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	T	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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MAY « **12** »

MONDAY

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How are tnings?
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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **13**

TUESDAY

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

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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEDNESDAY

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

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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **15** »

THURSDAY

	<	M	ΑY	20	25	5	>	
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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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **16** »

FRIDAY

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21	19	20	21	22	23	24	25	F
22	26	27	28	29	30	31	1	F

How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

 $To morrow\ is\ a\ new\ day\ with\ no\ mistakes\ in\ it\ yet\ -\ Anne\ Shirley$

DAY PLAN	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

SATURDAY

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

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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « **18** »

SUNDAY

	<	M	ΑY	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	F
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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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



12 MAY - 18 MAY

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

< MAY 2025 > W# Mo Tu We Th Fr Sa Su Re

WEEK REVIEW NOTES		

WEEK " 21 »

Monday

Thursday

Sunday

19 MAY

22 MAY Friday

25 MAY

Plan week

Send the weekly email

19 5 6 7 8 9 **10 11** R 20 12 13 14 15 16 **17 18** R

MAY 2025 > W# Mo Tu We Th Fr Sa Su Re

21 MAY

24 MAY

18 28 29 30 **1 2 3 4**

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uesday	20 MAY

23 MAY

21 19 20 21 22 23 **24 25** R 22 26 27 28 29 30 **31 1** R Wednesday

Saturday

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Sure	М	Τ	VV	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	VV	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	VV	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	VV	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	VV	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	VV	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	T	W	Т	F	
Empowered	М	T	VV	T	_	S	Content	М	Т	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	VV	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	VV	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	$\vee\vee$	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	$\vee\vee$	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	$\vee\vee$	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	$\bigvee\!$	Т	_	S	Critical	M	T	W	H	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	F		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Τ	$\vee\!\vee$	Т	F	S	Resentful	М	T		ļ.	-	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	\bigvee	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	\bigvee	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	VV	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	VV	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	VV	Т	F	S		М	Т	W	Т	F	S							
Upset	М	T	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	T	W		1		Focused	М	Т	W	Т	F	S							
Pessimistic	М	Τ	VV	I		S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	VV	Т		S	Refreshed	М	T	W	T	F	S							
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MAY « **19** »

MONDAY

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20	12	13	14	15	16	17	18	
21	19	20	21	22	23	24	25	
22	26	27	28	29	30	31	1	

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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

 $_{\text{MAY}} \ ^{\text{\tiny $^{\prime}$}} 20 \ ^{\text{\tiny $^{\prime}$}}$

TUESDAY

	<	M	ΑY	20	25	5	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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20	12	13	14	15	16	17	18	F
21	19	20	21	22	23	24	25	F
18 19 20 21 22	26	27	28	29	30	31	1	F

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	May Monthly Notes
	Be Good
	Current Reading
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	Dance class
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	Try England
	Love?

WEDNESDAY

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

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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
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	Bucket List
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	Sing in choir
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	Try England
	Love?

THURSDAY

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

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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

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The unexamined life is not worth living. Aurelius

DAY PLAN	May Monthly Notes							
	Be Good							
	Current Reading							
	End of the Affair?							
	Watership Down							
	Bucket List							
	Dance class							
	Sing in choir							
	Another cooking class							
	Try Amsterdam							
	Try England							
	Love?							

MAY « **24** »

SATURDAY

		<	M	ΑY	20	25	5	>	
1	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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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	May Monthly Notes							
	Be Good							
	Current Reading							
	End of the Affair?							
	Watership Down							
	Bucket List							
	Dance class							
	Sing in choir							
	Another cooking class							
	Try Amsterdam							
	Try England							
	Love?							

SUNDAY

			ΑY				>	
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21	19	20	21	22	23	24	25	F
22	28 5 12 19 26	27	28	29	30	31	1	F
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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	May Monthly Notes							
	Be Good							
	Current Reading							
	End of the Affair?							
	Watership Down							
	Bucket List							
	Dance class							
	Sing in choir							
	Another cooking class							
	Try Amsterdam							
	Try England							
	Love?							

WEEKLY REVIEW « 21 »

19 MAY - 25 MAY

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

< MAY 2025 >

W# Mo Tu We Th Fr Sa Su Re

WEEK REVIEW NOTES		

WEEK * **22** * 26 MAY - 01 JUNE

27 MAY

30 MAY

26 MAY Tuesday

Friday

Plan week

Send the weekly email

20	12 19	13	14	15	16	17	18	R
21	19	20	21	22	23	24	25	R
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Saturday

28 MAY

31 MAY

MAY 2025 W# Mo Tu We Th Fr Sa Su Re

28 29 30 **1 2 3 4** 19 5 6 7 8 9 **10 11** R

Thursday	29 MAY

01 JUN

Monday

Sunday

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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		S	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
		Ш	VV	Ш	Г	2	AA A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	 -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	T	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

MAY « **26** »

MONDAY

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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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

TUESDAY

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

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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

MAY « 28 »

WEDNESDAY

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

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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

THURSDAY

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

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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

FRIDAY

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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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

 $_{\text{MAY}} ~~31~~$

SATURDAY

	<	M	ΑΥ	20	25	5	>	
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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	May Monthly Notes
	Be Good
	Current Reading
	End of the Affair?
	Watership Down
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

IUNE « **01** »

SUNDAY

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26	22	24	25	26	27	28	20	D

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	June Monthly Notes
	Be Good
	-
	Current Reading
	End of the Affair?
	Watership Down
	_
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 22 »

26 MAY - 01 JUNE

W#								
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19 20 21 22	26	27	28	29	30	31	1	R

WEEK REVIEW NOTES		