

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



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

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

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



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



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



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



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



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



It is now 1 January 2026, I am married and I feel more in control of my life.

2026

ReCalendar

2026 Planner ATKPlanner

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

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

Use the highlight function in book to link

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

< DEC 2025 >

WEEK PLAN - WEEK

«

1

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29 DECEMBER - 04 JANUARY

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

What I'm doing for others this week?

Monday | 29 Dec

Tuesday | 30 Dec

Wednesday | 31 Dec

Thursday | 01 Jan

» New Year!

Friday | 02 Jan

Saturday | 03 Jan

Sunday | 04 Jan

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

DECEMBER

29

MONDAY

< DEC 2025 >

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

I can do all this through him who gives me strength. - Philippians 4:13

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

If today was perfect, what would it look like?

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

I am deserving of happiness

Day Plan - Mon, 29 Dec 2025

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< DEC 2025 >

DECEMBER « **30** »
TUESDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

Not all those who wander are lost. JRR Tolkien

My ideas are important and worthy of attention and respect

Day Plan - Tue, 30 Dec 2025

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< DEC 2025 >

DECEMBER « **31** »
WEDNESDAY

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

We love because he first loved us. - 1 John 4:19

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I can be the adult / I am an adult

Day Plan - Wed, 31 Dec 2025

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

December Stay in Energy Env.

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

MONTH REVIEW

DECEMBER

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

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

MONTH REVIEW

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

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

< JAN 2026 >

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

JANUARY PLAN

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

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

< JAN 2026 >

JANUARY « 01 »

» New Year!

THURSDAY

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

A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.' - John 13:34-35

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What to be optimistic about today?

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

I am lovable

Day Plan - Thu, 01 Jan 2026

Links

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **02** » FRIDAY

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

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. - Colossians 3:17

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

Can I do a 2 minute game today (sociability, rejection therapy)? _____

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

I'm allowed to have fun

Day Plan - Fri, 02 Jan 2026

Links

URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

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Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **03** » SATURDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

If today was perfect, what would it look like? _____

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

I am deserving of happiness

Day Plan - Sat, 03 Jan 2026

Links

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **04** » SUNDAY

< JAN 2026 >

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

For the director of music. A psalm of David. The heavens declare the glory of God; the skies proclaim the work of his hands. - Psalm 19:1

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I can speak my ideas loud enough with emphasis and force

Day Plan - Sun, 04 Jan 2026

Links

URGENT

DO NOW

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Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

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Current Reading

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The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< DEC 2025 >

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

WEEKLY REVIEW «

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29 DECEMBER - 04 JANUARY

What I'm doing for others this week?

Monday | 29 Dec

Tuesday | 30 Dec

Wednesday | 31 Dec

Thursday | 01 Jan

» New Year!

Friday | 02 Jan

Saturday | 03 Jan

Sunday | 04 Jan

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< JAN 2026 >

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

WEEK PLAN - WEEK

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05 JANUARY - 11 JANUARY

What I'm doing for others this week?

Monday | 05 Jan

Tuesday | 06 Jan

Wednesday | 07 Jan

Thursday | 08 Jan

Friday | 09 Jan

Saturday | 10 Jan

Sunday | 11 Jan

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

JANUARY « **05** » MONDAY

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

But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. - John 16:13

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I choose where to spend my energy

Day Plan - Mon, 05 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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06-07
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09-10
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17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **06** » TUESDAY

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

For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.' - Mark 10:45

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I can love my brother

Day Plan - Tue, 06 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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06-07
07-08
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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « 07 »

WEDNESDAY

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

But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.' - 1 Peter 1:15-16

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

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

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

I'm allowed to have fun

Day Plan - Wed, 07 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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18-19

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « 08 »

THURSDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

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

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

I can plan / I do plan eg life plans, 10 years from now plans

Day Plan - Thu, 08 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

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Book Music and Theatre

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Current Reading

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The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **09** » FRIDAY

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

For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.' - Mark 10:45

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I'm allowed to relax

Day Plan - Fri, 09 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **10** »
SATURDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

The unexamined life is not worth living. Aurelius

I deserve good things

Day Plan - Sat, 10 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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January Focus on Business

Reverse sensor

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Book Music and Theatre

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Current Reading

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The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **11** »
SUNDAY

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

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. - Romans 12:2

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

How could I practice rejection therapy (take risks) today? _____

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

I am fierce

Day Plan - Sun, 11 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

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January Focus on Business

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Current Reading

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The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW

« **2** »

05 JANUARY - 11 JANUARY

< JAN 2026 >

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

What I'm doing for others this week?

Monday | 05 Jan

Tuesday | 06 Jan

Wednesday | 07 Jan

Thursday | 08 Jan

Friday | 09 Jan

Saturday | 10 Jan

Sunday | 11 Jan

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< JAN 2026 >

WEEK PLAN - WEEK

«

3

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12 JANUARY - 18 JANUARY

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

What I'm doing for others this week?

Monday | 12 Jan

Tuesday | 13 Jan

Wednesday | 14 Jan

Thursday | 15 Jan

Friday | 16 Jan

Saturday | 17 Jan

Sunday | 18 Jan

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

JANUARY

12

MONDAY

< JAN 2026 >

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

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. -
2 Timothy 1:7

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

How could combat fear today?

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

I am safe

Day Plan - Mon, 12 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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06-07

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17-18

18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **13** »
TUESDAY

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

Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.' - John 14:6

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

There is no try

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

Day Plan - Tue, 13 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **14** » WEDNESDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What to be optimistic about today?

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

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

Day Plan - Wed, 14 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **15** »
THURSDAY

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

Give thanks to the Lord, for he is good. His love endures forever. - Psalm 136:1

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

Can I do a 2 minute game today (sociability, rejection therapy)?

Not all those who wander are lost. JRR Tolkien

I am worthy of love and respect

Day Plan - Thu, 15 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

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Current Reading

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The explosive child, 20%

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The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **16** »
FRIDAY

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

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. - Joshua 1:9

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

If today was perfect, what would it look like?

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

I can be relaxed in the presence of others

Day Plan - Fri, 16 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

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The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **17** »
SATURDAY

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

Your word is a lamp for my feet, a light on my path. - Psalm 119:105

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I can do all things through Him who gives me strength

Day Plan - Sat, 17 Jan 2026

Links

URGENT

DO NOW

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **18** »
SUNDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I can be an older brother

Day Plan - Sun, 18 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW

3

12 JANUARY - 18 JANUARY

< JAN 2026 >

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

What I'm doing for others this week?

Monday | 12 Jan

Tuesday | 13 Jan

Wednesday | 14 Jan

Thursday | 15 Jan

Friday | 16 Jan

Saturday | 17 Jan

Sunday | 18 Jan

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< JAN 2026 >

WEEK PLAN - WEEK

«

4

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19 JANUARY - 25 JANUARY

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

What I'm doing for others this week?

Monday | 19 Jan

Tuesday | 20 Jan

Wednesday | 21 Jan

Thursday | 22 Jan

Friday | 23 Jan

Saturday | 24 Jan

Sunday | 25 Jan

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

JANUARY

19

MONDAY

< JAN 2026 >

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

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. - John 16:33

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What tasks will bring me the most energy and joy?

Day Plan - Mon, 19 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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06-07
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09-10
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14-15
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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **20** »
TUESDAY

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

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. - Galatians 5:22-23

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

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

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

I am capable of succeeding

Day Plan - Tue, 20 Jan 2026

Links

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URGENT

DO NOW

NOT URGENT

PLAN

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **21** »
WEDNESDAY

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

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. - 1 Thessalonians 5:16-18

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I stand up for others

Day Plan - Wed, 21 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **22** »
THURSDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

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

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

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

Day Plan - Thu, 22 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY

23

FRIDAY

< JAN 2026 >

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can ask for help when needed

Day Plan - Fri, 23 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **24** » SATURDAY

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

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken. - Psalm 55:22

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

How could I practice rejection therapy (take risks) today?

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

I can have fun with other people

Day Plan - Sat, 24 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **25** » SUNDAY

< JAN 2026 >

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

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind.
Then you will be able to test and approve what God's will is his good, pleasing and perfect will.* - Romans 12:2

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

How could combat fear today? _____

'Get off the cross, we need the wood' – Fr Emmerich Vogt re the Twelve Steps

I'm allowed to be loud

Day Plan - Sun, 25 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW

4

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

19 JANUARY - 25 JANUARY

What I'm doing for others this week?

Monday | 19 Jan

Tuesday | 20 Jan

Wednesday | 21 Jan

Thursday | 22 Jan

Friday | 23 Jan

Saturday | 24 Jan

Sunday | 25 Jan

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< JAN 2026 >

WEEK PLAN - WEEK

5

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26 JANUARY - 01 FEBRUARY

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

What I'm doing for others this week?

Monday | 26 Jan

Tuesday | 27 Jan

Wednesday | 28 Jan

Thursday | 29 Jan

Friday | 30 Jan

Saturday | 31 Jan

Sunday | 01 Feb

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

< JAN 2026 >

JANUARY « **26** »
MONDAY

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

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. - Romans 5:3-4

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

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

I can be happy in losing a chess game that I'm learning

Day Plan - Mon, 26 Jan 2026

Links

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URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **27** »
TUESDAY

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

Doxology To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen. - Jude 1:24-25

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

What to be optimistic about today?

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

I speak up

Day Plan - Tue, 27 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **28** »
WEDNESDAY

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

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. -
2 Timothy 1:7

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

Can I do a 2 minute game today (sociability, rejection therapy)?

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

I can heal so much / I am healing so much

Day Plan - Wed, 28 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JANUARY « **29** »
THURSDAY

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

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. - Romans 8:28

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

If today was perfect, what would it look like? _____

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

I speak up

Day Plan - Thu, 29 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **30** »
FRIDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

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

Day Plan - Fri, 30 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

JANUARY « **31** »
SATURDAY

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

For it is by grace you have been saved, through faith and this is not from yourselves, it is the gift of God not by works, so that no one can boast. - Ephesians 2:8-9

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

Some women are very attracted to me

Day Plan - Sat, 31 Jan 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

January Focus on Business

Reverse sensor

Book Holidays x2!

Book Music and Theatre

Sell personal diary service \$10

Current Reading

No Bad Parts, Schwarz

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Healing Power of Vagus, 20%

The Murder of Roger Ackroyd

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

MONTH REVIEW

JANUARY

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

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

MONTH REVIEW

Notes for
Review of
Month
January
Monthly
Notes

Longer
Get
Healthy
45%
Affirmation
thpy Fr

Exciting
..Build info
screen wall
February
Monthly
Notes

Current
Reading

< FEB 2026 >

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

FEBRUARY PLAN

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

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

< FEB 2026 >

FEBRUARY « 01 »
SUNDAY

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

I can do all this through him who gives me strength. - Philippians 4:13

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What to be optimistic about today?

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

I deserve good things

Day Plan - Sun, 01 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JAN 2026 >

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

WEEKLY REVIEW «

5 »

26 JANUARY - 01 FEBRUARY

What I'm doing for others this week?

Monday | 26 Jan

Tuesday | 27 Jan

Wednesday | 28 Jan

Thursday | 29 Jan

Friday | 30 Jan

Saturday | 31 Jan

Sunday | 01 Feb

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< FEB 2026 >

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

WEEK PLAN - WEEK

6

«

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02 FEBRUARY - 08 FEBRUARY

What I'm doing for others this week?

Monday | 02 Feb

Tuesday | 03 Feb

Wednesday | 04 Feb

Thursday | 05 Feb

Friday | 06 Feb

Saturday | 07 Feb

Sunday | 08 Feb

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

< FEB 2026 >

FEBRUARY

02

MONDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

Can I do a 2 minute game today (sociability, rejection therapy)?

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

I'm allowed to be moody

Day Plan - Mon, 02 Feb 2026

Links

URGENT

DO NOW

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY

03

TUESDAY

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

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. - 1 Timothy 4:12

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

If today was perfect, what would it look like?

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

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

Day Plan - Tue, 03 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **04** »
WEDNESDAY

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

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. - John 14:27

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I'm allowed to be moody

Day Plan - Wed, 04 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « 05 »

THURSDAY

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

A song of ascents. I lift up my eyes to the mountains where does my help come from? My help comes from the Lord, the Maker of heaven and earth. - Psalm 121:1-2

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can and do represent others at times, when I feel the need

Day Plan - Thu, 05 Feb 2026

Links

URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY

06

FRIDAY

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

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age. - Matthew 28:19-20

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What tasks will bring me the most energy and joy?

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

I can be the adult / I am an adult

Day Plan - Fri, 06 Feb 2026

Links

URGENT

DO NOW

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « 07 »

SATURDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

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

Day Plan - Sat, 07 Feb 2026

Links

URGENT

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Notes

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what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY 08 SUNDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

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

Day Plan - Sun, 08 Feb 2026

Links

URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW

6

02 FEBRUARY - 08 FEBRUARY

< FEB 2026 >

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

What I'm doing for others this week?

Monday | 02 Feb

Tuesday | 03 Feb

Wednesday | 04 Feb

Thursday | 05 Feb

Friday | 06 Feb

Saturday | 07 Feb

Sunday | 08 Feb

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< FEB 2026 >

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

WEEK PLAN - WEEK

«

7

»

09 FEBRUARY - 15 FEBRUARY

What I'm doing for others this week?

Monday | 09 Feb

Tuesday | 10 Feb

Wednesday | 11 Feb

Thursday | 12 Feb

Friday | 13 Feb

Saturday | 14 Feb

Sunday | 15 Feb

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

FEBRUARY « **09** » MONDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I'm allowed to have fun

Day Plan - Mon, 09 Feb 2026

Links

URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **10** »
TUESDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

'Get off the cross, we need the wood' – Fr Emmerich Vogt re the Twelve Steps

I can heal so much / I am healing so much

Day Plan - Tue, 10 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **11** »
WEDNESDAY

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

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. - Proverbs 3:5-6

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

How could I practice rejection therapy (take risks) today?

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

My ideas are important and worthy of attention and respect

Day Plan - Wed, 11 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

FEBRUARY « **12** » THURSDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

How could combat fear today?

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

I am deserving of happiness

Day Plan - Thu, 12 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **13** »
FRIDAY

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

But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.' - 1 Peter 1:15-16

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

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

I am capable of succeeding

< FEB 2026 >

FEBRUARY « **14** » SATURDAY

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

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. - 1 Corinthians 13:4-7

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

What to be optimistic about today?

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

I can stretch each day

< FEB 2026 >

FEBRUARY « **15** »
SUNDAY

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

Your word is a lamp for my feet, a light on my path. - Psalm 119:105

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

Can I do a 2 minute game today (sociability, rejection therapy)?

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

I can have close relationships / I do have close relationships

Day Plan - Sun, 15 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

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

WEEKLY REVIEW «

7

»

09 FEBRUARY - 15 FEBRUARY

What I'm doing for others this week?

Monday | 09 Feb

Tuesday | 10 Feb

Wednesday | 11 Feb

Thursday | 12 Feb

Friday | 13 Feb

Saturday | 14 Feb

Sunday | 15 Feb

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< FEB 2026 >

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

WEEK PLAN - WEEK

8

«

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16 FEBRUARY - 22 FEBRUARY

What I'm doing for others this week?

Monday | 16 Feb

Tuesday | 17 Feb

Wednesday | 18 Feb

Thursday | 19 Feb

Friday | 20 Feb

Saturday | 21 Feb

Sunday | 22 Feb

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

< FEB 2026 >

FEBRUARY

« **16** »

MONDAY

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

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.' - Matthew 11:28-30

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

If today was perfect, what would it look like?

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

I can ask for help when needed

Day Plan - Mon, 16 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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06-07
07-08
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09-10
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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **17** »
TUESDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can be the adult / I am an adult

Day Plan - Tue, 17 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **18** »
WEDNESDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

Stretching is helpful for me

Day Plan - Wed, 18 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **19** »
THURSDAY

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

Jesus answered, 'It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' '' - Matthew 4:4

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

What tasks will bring me the most energy and joy?

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

I can ask for help when needed

Day Plan - Thu, 19 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

FEBRUARY « **20** » FRIDAY

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

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. - John 16:33

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I can ask for help when needed

Day Plan - Fri, 20 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **21** » SATURDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I can have adult relationships / I do have adult relationships (adult to adult, not inner child to adult)

Day Plan - Sat, 21 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **22** »
SUNDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

Stretching is helpful for me

Day Plan - Sun, 22 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW

8

16 FEBRUARY - 22 FEBRUARY

< FEB 2026 >

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

What I'm doing for others this week?

Monday | 16 Feb

Tuesday | 17 Feb

Wednesday | 18 Feb

Thursday | 19 Feb

Friday | 20 Feb

Saturday | 21 Feb

Sunday | 22 Feb

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< FEB 2026 >

WEEK PLAN - WEEK

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23 FEBRUARY - 01 MARCH

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

What I'm doing for others this week?

Monday | 23 Feb

Tuesday | 24 Feb

Wednesday | 25 Feb

Thursday | 26 Feb

Friday | 27 Feb

Saturday | 28 Feb

Sunday | 01 Mar

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

< FEB 2026 >

FEBRUARY « **23** »
MONDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I am deserving of happiness

Day Plan - Mon, 23 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **24** »
TUESDAY

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

The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance. - 2 Peter 3:9

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

How could I practice rejection therapy (take risks) today?

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

I'm allowed to be moody

Day Plan - Tue, 24 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY

25

WEDNESDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

How could combat fear today?

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

I can be an older brother

Day Plan - Wed, 25 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY

« **26** »

THURSDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

I am capable of achieving my goals with effort and perseverance

Day Plan - Thu, 26 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **27** »
FRIDAY

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

'For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.' - Jeremiah 29:11

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

What to be optimistic about today?

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

I can have feelings / I do have feelings

Day Plan - Fri, 27 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< FEB 2026 >

FEBRUARY « **28** »
SATURDAY

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

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. - Joshua 1:9

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

Can I do a 2 minute game today (sociability, rejection therapy)?

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

I am a person

Day Plan - Sat, 28 Feb 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

February Self Compassion

2x clients

Cholesterol

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

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

MONTH REVIEW

FEBRUARY

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

MONTH REVIEW

Notes for
Review of
Month
February

Monthly
Notes

Longer

Get
Healthy
45%

Affirmation
thpy Fr

Exciting

..Build info
screen wall

March
Monthly
Notes

Current
Reading

< MAR 2026 >

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

MARCH PLAN

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

Date	Day	Details
1	Sun	
2	Mon	
3	Tue	
4	Wed	
5	Thu	
6	Fri	
7	Sat	
8	Sun	
9	Mon	
10	Tue	
11	Wed	
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27	Fri	
28	Sat	
29	Sun	
30	Mon	
31	Tue	

< MAR 2026 >

MARCH « 01 »
SUNDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What to be optimistic about today?

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

If necessary I will rest when needed

Day Plan - Sun, 01 Mar 2026

Links

URGENT

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW

9

»

23 FEBRUARY - 01 MARCH

< FEB 2026 >

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

What I'm doing for others this week?

Monday | 23 Feb

Tuesday | 24 Feb

Wednesday | 25 Feb

Thursday | 26 Feb

Friday | 27 Feb

Saturday | 28 Feb

Sunday | 01 Mar

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< MAR 2026 >

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

WEEK PLAN - WEEK

« 10 »

02 MARCH - 08 MARCH

What I'm doing for others this week?

Monday | 02 Mar

Tuesday | 03 Mar

Wednesday | 04 Mar

Thursday | 05 Mar

Friday | 06 Mar

Saturday | 07 Mar

Sunday | 08 Mar

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

< MAR 2026 >

MARCH « 02 »
MONDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

Can I do a 2 minute game today (sociability, rejection therapy)?

There is no try

I can speak my ideas loud enough with emphasis and force

Day Plan - Mon, 02 Mar 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « 03 »
TUESDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

If today was perfect, what would it look like?

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

I can be an older brother

Day Plan - Tue, 03 Mar 2026

Links

URGENT

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « 04 »

WEDNESDAY

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

for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus. - Romans 3:23-24

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I choose where to spend my energy

Day Plan - Wed, 04 Mar 2026

Links

URGENT

DO NOW

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « 05 »
THURSDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

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

Day Plan - Thu, 05 Mar 2026

Links

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « 06 »
FRIDAY

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

A song of ascents. I lift up my eyes to the mountains where does my help come from? My help comes from the Lord, the Maker of heaven and earth. - Psalm 121:1-2

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What tasks will bring me the most energy and joy?

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

I can be relaxed in the presence of others

Day Plan - Fri, 06 Mar 2026

Links

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « 07 »
SATURDAY

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

A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.' - John 13:34-35

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I'm allowed to have fun

Day Plan - Sat, 07 Mar 2026

Links

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « 08 »
SUNDAY

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

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. - Romans 8:28

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can speak my ideas loud enough with emphasis and force

Day Plan - Sun, 08 Mar 2026

Links

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

< MAR 2026 >

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

WEEKLY REVIEW « **10** »

02 MARCH - 08 MARCH

What I'm doing for others this week?

Monday | 02 Mar

Tuesday | 03 Mar

Wednesday | 04 Mar

Thursday | 05 Mar

Friday | 06 Mar

Saturday | 07 Mar

Sunday | 08 Mar

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< MAR 2026 >

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

WEEK PLAN - WEEK

« **11** »

09 MARCH - 15 MARCH

What I'm doing for others this week?

Monday | 09 Mar

Tuesday | 10 Mar

Wednesday | 11 Mar

Thursday | 12 Mar

Friday | 13 Mar

Saturday | 14 Mar

Sunday | 15 Mar

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

< MAR 2026 >

MARCH « 09 »
MONDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can get my work done today

Day Plan - Mon, 09 Mar 2026

Links

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH **10**

TUESDAY

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

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken. - Psalm 55:22

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I am deserving of happiness

< MAR 2026 >

MARCH « **11** »

WEDNESDAY

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

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. - John 16:33

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

How could I practice rejection therapy (take risks) today?

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

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

Day Plan - Wed, 11 Mar 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MARCH « **12** »

THURSDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

How could combat fear today?

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

I speak up

Day Plan - Thu, 12 Mar 2026

Links

URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MARCH « **13** »
FRIDAY

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

Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' - Matthew 22:37-39

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

I am allowed to rest

Day Plan - Fri, 13 Mar 2026

Links

URGENT

DO NOW

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Notes

Monthly Notes

Longer

Get Healthy 45%

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Current Reading

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Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MARCH « **14** »

SATURDAY

< MAR 2026 >

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

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind.
Then you will be able to test and approve what God's will is his good, pleasing and perfect will.* -
Romans 12:2

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What to be optimistic about today?

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

I can love

Day Plan - Sat, 14 Mar 2026

Links

URGENT

DO NOW

NOT URGENT

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Current Reading

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Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **15** »
SUNDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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Can I do a 2 minute game today (sociability, rejection therapy)?

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

Some women are very attracted to me

Day Plan - Sun, 15 Mar 2026

Links

URGENT

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Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

WEEKLY REVIEW « 11 »

09 MARCH - 15 MARCH

< MAR 2026 >

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

What I'm doing for others this week?

Monday | 09 Mar

Tuesday | 10 Mar

Wednesday | 11 Mar

Thursday | 12 Mar

Friday | 13 Mar

Saturday | 14 Mar

Sunday | 15 Mar

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< MAR 2026 >

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

WEEK PLAN - WEEK

« **12** »

16 MARCH - 22 MARCH

What I'm doing for others this week?

Monday | 16 Mar

Tuesday | 17 Mar

Wednesday | 18 Mar

Thursday | 19 Mar

Friday | 20 Mar

Saturday | 21 Mar

Sunday | 22 Mar

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

< MAR 2026 >

MARCH « **16** »
MONDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

If today was perfect, what would it look like?

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

I can have feelings / I do have feelings

Day Plan - Mon, 16 Mar 2026

Links

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **17** »
TUESDAY

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

Do not be afraid of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer persecution for ten days. Be faithful, even to the point of death, and I will give you life as your victor's crown. - Revelation 2:10

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I am worthy of love and respect

Day Plan - Tue, 17 Mar 2026

Links

URGENT

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Notes

Monthly Notes

Longer

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Exciting

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March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

MARCH « **18** »

WEDNESDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can ask for help when needed

Day Plan - Wed, 18 Mar 2026

Links

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

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March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **19** »

THURSDAY

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

For we live by faith, not by sight. - 2 Corinthians 5:7

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What tasks will bring me the most energy and joy?

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

I can heal so much / I am healing so much

Day Plan - Thu, 19 Mar 2026

Links

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Current Reading

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

Bucket List

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Another cooking class

Try Amsterdam, England

Love?

MARCH **20** FRIDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I have permission to be me

Day Plan - Fri, 20 Mar 2026

Links

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DO NOW

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **21** »
SATURDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can dream / I dream

Day Plan - Sat, 21 Mar 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

< MAR 2026 >

MARCH « **22** »
SUNDAY

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

so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. - Isaiah 55:11

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

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

WEEKLY REVIEW «

12 »

16 MARCH - 22 MARCH

< MAR 2026 >

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

What I'm doing for others this week?

Monday | 16 Mar

Tuesday | 17 Mar

Wednesday | 18 Mar

Thursday | 19 Mar

Friday | 20 Mar

Saturday | 21 Mar

Sunday | 22 Mar

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< MAR 2026 >

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

WEEK PLAN - WEEK

« 13 »

23 MARCH - 29 MARCH

What I'm doing for others this week?

Monday | 23 Mar

Tuesday | 24 Mar

Wednesday | 25 Mar

Thursday | 26 Mar

Friday | 27 Mar

Saturday | 28 Mar

Sunday | 29 Mar

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

< MAR 2026 >

MARCH « **23** »
MONDAY

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

A Time for Everything There is a time for everything, and a season for every activity under the heavens: - Ecclesiastes 3:1

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can have feelings / I do have feelings

Day Plan - Mon, 23 Mar 2026

Links

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MARCH « **24** »

TUESDAY

< MAR 2026 >

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

A song of ascents. I lift up my eyes to the mountains where does my help come from? My help comes from the Lord, the Maker of heaven and earth. - Psalm 121:1-2

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

How could I practice rejection therapy (take risks) today?

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

I am a force

Day Plan - Tue, 24 Mar 2026

Links

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

< MAR 2026 >

MARCH « **25** »

WEDNESDAY

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

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. - Isaiah 43:2

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

How could combat fear today?

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

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

Day Plan - Wed, 25 Mar 2026

Links

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MARCH « **26** »

THURSDAY

< MAR 2026 >

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

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me. - Revelation 3:20

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

'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

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

Day Plan - Thu, 26 Mar 2026

Links

URGENT

DO NOW

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Notes

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Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

< MAR 2026 >

MARCH « **27** »
FRIDAY

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

Your word is a lamp for my feet, a light on my path. - Psalm 119:105

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What to be optimistic about today?

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

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

Day Plan - Fri, 27 Mar 2026

Links

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **28** »
SATURDAY

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

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me. - Revelation 3:20

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

Can I do a 2 minute game today (sociability, rejection therapy)?

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

If necessary I will rest when needed

Day Plan - Sat, 28 Mar 2026

Links

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **29** »
SUNDAY

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

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.' - Matthew 11:28-30

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

If today was perfect, what would it look like?

'Get off the cross, we need the wood' – Fr Emmerich Vogt re the Twelve Steps

I can dream / I dream

Day Plan - Sun, 29 Mar 2026

Links

URGENT

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NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW «

13 »

23 MARCH - 29 MARCH

< MAR 2026 >

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

What I'm doing for others this week?

Monday | 23 Mar

Tuesday | 24 Mar

Wednesday | 25 Mar

Thursday | 26 Mar

Friday | 27 Mar

Saturday | 28 Mar

Sunday | 29 Mar

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< MAR 2026 >

WEEK PLAN - WEEK 14

« »

30 MARCH - 05 APRIL

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

What I'm doing for others this week?

Monday | 30 Mar

Tuesday | 31 Mar

Wednesday | 01 Apr

» April Fools Day

Thursday | 02 Apr

Friday | 03 Apr

Saturday | 04 Apr

Sunday | 05 Apr

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

< MAR 2026 >

MARCH « **30** »
MONDAY

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

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. - Romans 5:3-4

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I am lovable

Day Plan - Mon, 30 Mar 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAR 2026 >

MARCH « **31** »
TUESDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

'Get off the cross, we need the wood' – Fr Emmerich Vogt re the Twelve Steps

I am deserving of happiness

Day Plan - Tue, 31 Mar 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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18-19

Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

March Be More social

2x Climbing

Current Reading

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

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< APR 2026 >

MONTH REVIEW

MARCH

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

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

MONTH REVIEW

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

Current
Reading

< APR 2026 >

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

APRIL PLAN

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

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

< APR 2026 >

APRIL « **01** »

» April Fools Day

WEDNESDAY

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

but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. - Isaiah 40:31

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

What to be optimistic about today?

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

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

APRIL « **02** »
THURSDAY

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

Give thanks to the Lord, for he is good; his love endures forever. - 1 Chronicles 16:34

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

Can I do a 2 minute game today (sociability, rejection therapy)?

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

I matter

Day Plan - Thu, 02 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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15-16
16-17
17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **03** »
FRIDAY

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

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. - 1 Timothy 4:12

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

If today was perfect, what would it look like?

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

I speak up

APRIL « **04** »

SATURDAY

< APR 2026 >

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

I can do all this through him who gives me strength. - Philippians 4:13

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

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

Day Plan - Sat, 04 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **05** »
SUNDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I'm allowed to relax

Day Plan - Sun, 05 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW «

14 »

30 MARCH - 05 APRIL

< MAR 2026 >

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

What I'm doing for others this week?

Monday | 30 Mar

Tuesday | 31 Mar

Wednesday | 01 Apr

» April Fools Day

Thursday | 02 Apr

Friday | 03 Apr

Saturday | 04 Apr

Sunday | 05 Apr

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< APR 2026 >

WEEK PLAN - WEEK 15

« »

06 APRIL - 12 APRIL

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

What I'm doing for others this week?

Monday | 06 Apr

Tuesday | 07 Apr

Wednesday | 08 Apr

Thursday | 09 Apr

Friday | 10 Apr

Saturday | 11 Apr

Sunday | 12 Apr

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

APRIL « **06** » MONDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

The unexamined life is not worth living. Aurelius

I'm allowed to have fun

Day Plan - Mon, 06 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

APRIL « **07** »
TUESDAY

< APR 2026 >

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can be relaxed in the presence of others

Day Plan - Tue, 07 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< APR 2026 >

APRIL « 08 »
WEDNESDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I am safe

Day Plan - Wed, 08 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< APR 2026 >

APRIL « 09 »
THURSDAY

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

A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.' - John 13:34-35

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I am a person

Day Plan - Thu, 09 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **10** » FRIDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I can stretch each day

Day Plan - Fri, 10 Apr 2026

Links

URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL **11**

SATURDAY

< APR 2026 >

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

For I know the plans I have for you' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future. - Jeremiah 29:11

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

How could I practice rejection therapy (take risks) 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

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

Day Plan - Sat, 11 Apr 2026

Links

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17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **12** » SUNDAY

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

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is his good, pleasing and perfect will. - Romans 12:2

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

How could combat fear today? _____

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

I speak up

Day Plan - Sun, 12 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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12-13
13-14
14-15
15-16
16-17
17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< APR 2026 >

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

WEEKLY REVIEW « **15** »

06 APRIL - 12 APRIL

What I'm doing for others this week?

Monday | 06 Apr

Tuesday | 07 Apr

Wednesday | 08 Apr

Thursday | 09 Apr

Friday | 10 Apr

Saturday | 11 Apr

Sunday | 12 Apr

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< APR 2026 >

WEEK PLAN - WEEK 16

« »

13 APRIL - 19 APRIL

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

What I'm doing for others this week?

Monday | 13 Apr

Tuesday | 14 Apr

Wednesday | 15 Apr

Thursday | 16 Apr

Friday | 17 Apr

Saturday | 18 Apr

Sunday | 19 Apr

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

APRIL **13** MONDAY

< APR 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa
14	30	31	1	2	3	4
15	5	6	7	8	9	10
16	11	12	13	14	15	16
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18	25	26	27	28	29	30
	1	2	3			

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. - 1 Timothy 4:12

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

I am allowed to rest

Day Plan - Mon, 13 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL **14**

TUESDAY

< APR 2026 >

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

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. -
2 Timothy 1:7

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What to be optimistic about today?

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

I can stand up for myself / I do stand up for myself

Day Plan - Tue, 14 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL **15**

WEDNESDAY

< APR 2026 >

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

We love because he first loved us. - 1 John 4:19

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

Can I do a 2 minute game today (sociability, rejection therapy)?

Not all those who wander are lost. JRR Tolkien

I can feel love for my brother

Day Plan - Wed, 15 Apr 2026

Links

URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **16** »

THURSDAY

< APR 2026 >

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

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind.
Then you will be able to test and approve what God's will is his good, pleasing and perfect will.* -
Romans 12:2

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

If today was perfect, what would it look like?

There is no try

I can be relaxed in the presence of others

Day Plan - Thu, 16 Apr 2026

Links

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DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **17** »
FRIDAY

< APR 2026 >

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

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind.
Then you will be able to test and approve what God's will is his good, pleasing and perfect will.* - Romans 12:2

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I can feel love for my brother

Day Plan - Fri, 17 Apr 2026

Links

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NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL **18**

SATURDAY

< APR 2026 >

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

Do not be afraid of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer persecution for ten days. Be faithful, even to the point of death, and I will give you life as your victor's crown. - Revelation 2:10

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can heal so much / I am healing so much

Day Plan - Sat, 18 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **19** »
SUNDAY

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

Your word is a lamp for my feet, a light on my path. - Psalm 119:105

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

What tasks will bring me the most energy and joy?

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

I can feel love for my brother

Day Plan - Sun, 19 Apr 2026

Links

URGENT

DO NOW

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< APR 2026 >

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

WEEKLY REVIEW « 16 »

13 APRIL - 19 APRIL

What I'm doing for others this week?

Monday | 13 Apr

Tuesday | 14 Apr

Wednesday | 15 Apr

Thursday | 16 Apr

Friday | 17 Apr

Saturday | 18 Apr

Sunday | 19 Apr

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< APR 2026 >

WEEK PLAN - WEEK 17

« »

20 APRIL - 26 APRIL

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

What I'm doing for others this week?

Monday | 20 Apr

Tuesday | 21 Apr

Wednesday | 22 Apr

Thursday | 23 Apr

Friday | 24 Apr

Saturday | 25 Apr

Sunday | 26 Apr

Emotions													
STRONG		HAPPY											
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S
Determined	M	T	W	T	F	S		M	T	W	T	F	S
SAD		ANGER											
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S
CONFUSED		BETRAYED											
Uncertain	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
Tense	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
HURT		PANIC											
Mixed up	M	T	W	T	F	S	Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S	Stunned	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
ENERGIZED													
Determined	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
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APRIL **20** MONDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

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

Day Plan - Mon, 20 Apr 2026

Links

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL **21** TUESDAY

< APR 2026 >

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

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. - 1 Corinthians 10:13

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

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

Day Plan - Tue, 21 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **22** »

WEDNESDAY

< APR 2026 >

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

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. - 1 Corinthians 13:4-7

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

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

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

I can have fun with other people

Day Plan - Wed, 22 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **23** »
THURSDAY

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

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me. - Revelation 3:20

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

I speak up

Day Plan - Thu, 23 Apr 2026

Links

URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **24** »
FRIDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

How could I practice rejection therapy (take risks) today?

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

I stand up for others

Day Plan - Fri, 24 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **25** »

SATURDAY

< APR 2026 >

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

How could combat fear today?

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

I am proud of my efforts

Day Plan - Sat, 25 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **26** »
SUNDAY

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

I can do all this through him who gives me strength. - Philippians 4:13

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

My resources are enough to handle today's tasks

Day Plan - Sun, 26 Apr 2026

Links

URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW « 17 »

20 APRIL - 26 APRIL

< APR 2026 >

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

What I'm doing for others this week?

Monday | 20 Apr

Tuesday | 21 Apr

Wednesday | 22 Apr

Thursday | 23 Apr

Friday | 24 Apr

Saturday | 25 Apr

Sunday | 26 Apr

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< APR 2026 >

WEEK PLAN - WEEK 18

« »

27 APRIL - 03 MAY

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

What I'm doing for others this week?

Monday | 27 Apr

Tuesday | 28 Apr

Wednesday | 29 Apr

Thursday | 30 Apr

Friday | 01 May

Saturday | 02 May

Sunday | 03 May

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

APRIL **27** MONDAY

< APR 2026 >

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What to be optimistic about today?

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

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

Day Plan - Mon, 27 Apr 2026

Links

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Notes

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

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

APRIL « **28** »
TUESDAY

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

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

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday?

Current Emotions? _____

Future vision _____

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

Can I do a 2 minute game today (sociability, rejection therapy)?

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

Some women are very attracted to me

Day Plan - Tue, 28 Apr 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< APR 2026 >

APRIL « **29** »
WEDNESDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

If today was perfect, what would it look like?

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

I am worthy of love and respect

Day Plan - Wed, 29 Apr 2026

Links

URGENT

DO NOW

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18-19

Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

APRIL « **30** »
THURSDAY

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

For it is by grace you have been saved, through faith and this is not from yourselves, it is the gift of God not by works, so that no one can boast. - Ephesians 2:8-9

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

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

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

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

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

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

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

Day Plan - Thu, 30 Apr 2026

Links

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

April Pacing ME 30%

Couns Business 10%

Get Healthy 15%

House Deposit 15%

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAY 2026 >

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

MONTH REVIEW

APRIL

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

MONTH REVIEW

Notes for
Review of
Month
April
Monthly
Notes
Longer
Get
Healthy
45%
Affirmation
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Exciting
..Build info
screen wall
May
Monthly
Notes

Current
Reading

< MAY 2026 >

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

MAY PLAN

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

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

MAY « **01** »
FRIDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

What to be optimistic about today?

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

I can love my brother

Day Plan - Fri, 01 May 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **02** »
SATURDAY

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

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

What I'm grateful for:

generally?

who?

about myself?

yesterday?

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

What I learnt yesterday?

Current Emotions?

Future vision

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

Can I do a 2 minute game today (sociability, rejection therapy)?

Go confidently in the direction of your dreams. Live the life you have imagined - Henry David Thoreau

I am safe

Day Plan - Sat, 02 May 2026

Links

URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **03** »
SUNDAY

	< MAY 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. - Galatians 5:22-23

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

If today was perfect, what would it look like?

Take action. An inch of movement will bring you closer to your goals than a mile of intention”
- Steve Maraboli

I can and do represent others at times, when I feel the need

Day Plan - Sun, 03 May 2026

Links

URGENT

DO NOW

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW « 18 »

27 APRIL - 03 MAY

< APR 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
14	30	31	1	2	3	4	5	R
15	6	7	8	9	10	11	12	R
16	13	14	15	16	17	18	19	R
17	20	21	22	23	24	25	26	R
18	27	28	29	30	1	2	3	R

What I'm doing for others this week?

Monday | 27 Apr

Tuesday | 28 Apr

Wednesday | 29 Apr

Thursday | 30 Apr

Friday | 01 May

Saturday | 02 May

Sunday | 03 May

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< MAY 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

WEEK PLAN - WEEK

« **19** »

04 MAY - 10 MAY

What I'm doing for others this week?

Monday | 04 May

Tuesday | 05 May

Wednesday | 06 May

Thursday | 07 May

Friday | 08 May

Saturday | 09 May

Sunday | 10 May

Emotions													
STRONG		HAPPY											
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S
Determined	M	T	W	T	F	S		M	T	W	T	F	S
SAD		ANGER											
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S
CONFUSED		BETRAYED											
Uncertain	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
Tense	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
HURT		PANIC											
Mixed up	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
ENERGIZED													
Determined	M	T	W	T	F	S		M	T	W	T	F	S
Inspired	M	T	W	T	F	S		M	T	W	T	F	S
Creative	M	T	W	T	F	S		M	T	W	T	F	S
Healthy	M	T	W	T	F	S		M	T	W	T	F	S
Renewed	M	T	W	T	F	S		M	T	W	T	F	S
Vibrant	M	T	W	T	F	S		M	T	W	T	F	S
Strengthened	M	T	W	T	F	S		M	T	W	T	F	S
Motivated	M	T	W	T	F	S		M	T	W	T	F	S
Focused	M	T	W	T	F	S		M	T	W	T	F	S
Invigorated	M	T	W	T	F	S		M	T	W	T	F	S
Refreshed	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S

MAY « **04** »
MONDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

God is our refuge and strength, an ever-present help in trouble. - Psalm 46:1

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How do I want to feel at the end of this day?

'Do you want to be right or happy?' – Fr Emmerich Vogt re the Twelve Steps

I am worthy of love and respect

Day Plan - Mon, 04 May 2026

Links

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **05** »
TUESDAY

	< MAY 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.' - Isaiah 30:21

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What one thing can I do today to move closer to my bigger goals?

The slower you go, the further you get (re counselling session). Nigel Polak

I'm allowed to relax

Day Plan - Tue, 05 May 2026

Links

URGENT

DO NOW

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18-19

Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **06** »
WEDNESDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

But seek first his kingdom and his righteousness, and all these things will be given to you as well. - Matthew 6:33

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What tasks will bring me the most energy and joy?

'Get off the cross, we need the wood' – Fr Emmerich Vogt re the Twelve Steps

My resources are enough to handle today's tasks

Day Plan - Wed, 06 May 2026

Links

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **07** »
THURSDAY

< MAY 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. - Philippians 2:3-4

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What boundaries do I need to set today to protect my energy and time?

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

Stretching is helpful for me

Day Plan - Thu, 07 May 2026

Links

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **08** »
FRIDAY

	< MAY 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

Philippians 4:8 - Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How can I incorporate moments of rest or joy into my schedule today?

Decide upon your major definite purpose in life and then organize all your activities around it." – Brain Tracy

I can feel love for my brother

Day Plan - Fri, 08 May 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **09** »
SATURDAY

< MAY 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

Your word is a lamp for my feet, a light on my path. - Psalm 119:105

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What healthy habits (like movement, hydration, or nutrition) do I want to prioritize today?

'Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too.' – Mark Twain

I can stretch each day

Day Plan - Sat, 09 May 2026

Links

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **10** »
SUNDAY

	< MAY 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age. - Matthew 28:19-20

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

At the end of the day, what will make me feel proud of how I spent my time?

'Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.' —Dale Carnegie

I matter

Day Plan - Sun, 10 May 2026

Links

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW « 19 »

04 MAY - 10 MAY

< MAY 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

What I'm doing for others this week?

Monday | 04 May

Tuesday | 05 May

Wednesday | 06 May

Thursday | 07 May

Friday | 08 May

Saturday | 09 May

Sunday | 10 May

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< MAY 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

WEEK PLAN - WEEK

« **20** »

11 MAY - 17 MAY

What I'm doing for others this week?

Monday | 11 May

Tuesday | 12 May

Wednesday | 13 May

Thursday | 14 May

Friday | 15 May

Saturday | 16 May

Sunday | 17 May

Emotions													
STRONG		HAPPY											
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S
Determined	M	T	W	T	F	S		M	T	W	T	F	S
SAD		ANGER											
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S
CONFUSED		BETRAYED											
Uncertain	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
Tense	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
HURT		PANIC											
Mixed up	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
ENERGIZED													
Determined	M	T	W	T	F	S		M	T	W	T	F	S
Inspired	M	T	W	T	F	S		M	T	W	T	F	S
Creative	M	T	W	T	F	S		M	T	W	T	F	S
Healthy	M	T	W	T	F	S		M	T	W	T	F	S
Renewed	M	T	W	T	F	S		M	T	W	T	F	S
Vibrant	M	T	W	T	F	S		M	T	W	T	F	S
Strengthened	M	T	W	T	F	S		M	T	W	T	F	S
Motivated	M	T	W	T	F	S		M	T	W	T	F	S
Focused	M	T	W	T	F	S		M	T	W	T	F	S
Invigorated	M	T	W	T	F	S		M	T	W	T	F	S
Refreshed	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S

MAY « **11** » MONDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa Su	Re	
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. - Psalm 32:8

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How could I practice rejection therapy (take risks) today? _____

'Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too.' – Mark Twain

I can do all things through Him who gives me strength

Day Plan - Mon, 11 May 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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06-07
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18-19

Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **12** »
TUESDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa Su	Re	
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. - 1 John 1:9

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How could combat fear today?

Decide upon your major definite purpose in life and then organize all your activities around it." – Brain Tracy

I have permission to be me

Day Plan - Tue, 12 May 2026

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **13** »
WEDNESDAY

< MAY 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

Your word is a lamp for my feet, a light on my path. - Psalm 119:105

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

Success is not final; failure is not fatal: It is the courage to continue that counts. – Winston S. Churchill

I can be the adult / I am an adult

Day Plan - Wed, 13 May 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **14** »
THURSDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa Su	Re	
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. - 1 John 5:11-12

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What to be optimistic about today?

'Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus.' – Alexander Graham Bell

I can ask for help when needed

Day Plan - Thu, 14 May 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **15** »
FRIDAY

< MAY 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa
18	27	28	29	30	1	2
19	4	5	6	7	8	9
20	11	12	13	14	15	16
21	18	19	20	21	22	23
22	25	26	27	28	29	30
						31

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.
- Romans 5:8

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

Can I do a 2 minute game today (sociability, rejection therapy)?

'A smooth sea never made a skilled sailor' - Franklin D. Roosevelt'

I can do 20 minutes of breathing exercises a day, it is helpful to me to do 20 min breathing a day

Day Plan - Fri, 15 May 2026

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **16** »
SATURDAY

< MAY 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa Su
18	27	28	29	30	1	2 3 R
19	4	5	6	7	8	9 10 R
20	11	12	13	14	15	16 17 R
21	18	19	20	21	22	23 24 R
22	25	26	27	28	29	30 31 R

Trust in the LORD with all your heart and lean not on your own understanding; - Proverbs 3:5

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

If today was perfect, what would it look like?

Go confidently in the direction of your dreams. Live the life you have imagined - Henry David Thoreau

Negative feedback is a growth opportunity and an opportunity to see what is important to others and an opportunity for conversation and to show that I care what others think and want

Day Plan - Sat, 16 May 2026

Links

URGENT

DO NOW

NOT URGENT

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16-17
17-18
18-19

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **17** »
SUNDAY

< MAY 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:6-7

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How do I want to feel at the end of this day?

Go confidently in the direction of your dreams. Live the life you have imagined – Henry David Thoreau

Losing a chess game is a growth opportunity and evidence that I've tried

Day Plan - Sun, 17 May 2026

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

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Monthly Notes

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May Jog

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WEEKLY REVIEW « **20** »

11 MAY - 17 MAY

< MAY 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

What I'm doing for others this week?

Monday | 11 May

Tuesday | 12 May

Wednesday | 13 May

Thursday | 14 May

Friday | 15 May

Saturday | 16 May

Sunday | 17 May

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< MAY 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

WEEK PLAN - WEEK

« **21** »

18 MAY - 24 MAY

What I'm doing for others this week?

Monday | 18 May

Tuesday | 19 May

Wednesday | 20 May

Thursday | 21 May

Friday | 22 May

Saturday | 23 May

Sunday | 24 May

Emotions													
STRONG		HAPPY											
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S
Determined	M	T	W	T	F	S		M	T	W	T	F	S
SAD		ANGER											
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S
CONFUSED		BETRAYED											
Uncertain	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
Tense	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
HURT		PANIC											
Mixed up	M	T	W	T	F	S	Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S	Stunned	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
ENERGIZED													
Determined	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S

MAY « **18** »
MONDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

But seek first his kingdom and his righteousness, and all these things will be given to you as well. - Matthew 6:33

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What one thing can I do today to move closer to my bigger goals?

Success is not final; failure is not fatal: It is the courage to continue that counts. – Winston S. Churchill

I can have close relationships / I do have close relationships

Day Plan - Mon, 18 May 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **19** »
TUESDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

Ask, Seek, Knock 'Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. - Matthew 7:7

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What tasks will bring me the most energy and joy?

Men fall in love with their eyes and women fall in love with their ears

I am capable of succeeding

Day Plan - Tue, 19 May 2026

Links

URGENT

DO NOW

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18-19

Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< MAY 2026 >

MAY « **20** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. - Isaiah 55:11

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What boundaries do I need to set today to protect my energy and time?

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

It's good to ask for help when needed.

Day Plan - Wed, 20 May 2026

Links

URGENT

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NOT URGENT

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18-19

Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **21** »
THURSDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, - Hebrews 12:28

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How can I incorporate moments of rest or joy into my schedule today?

There is no try

I can feel love for my brother

Day Plan - Thu, 21 May 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **22** »
FRIDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

A song of ascents. I lift up my eyes to the mountains where does my help come from? My help comes from the Lord, the Maker of heaven and earth. - Psalm 121:1-2

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What healthy habits (like movement, hydration, or nutrition) do I want to prioritize today?

Imagine your life is perfect in every respect; what would it look like?" - Brian Tracy

I can speak my ideas loud enough with emphasis and force

Day Plan - Fri, 22 May 2026

Links

URGENT

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18-19

Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **23** »
SATURDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa Su	Re	
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. - Isaiah 40:31

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

At the end of the day, what will make me feel proud of how I spent my time?

'Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.' —Dale Carnegie

I am proud of my efforts

Day Plan - Sat, 23 May 2026

Links

URGENT

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **24** »
SUNDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. - James 1:5

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How could I practice rejection therapy (take risks) today?

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' – Thomas Jefferson

I am a person

Day Plan - Sun, 24 May 2026

Links

URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW «

21 »

18 MAY - 24 MAY

< MAY 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

What I'm doing for others this week?

Monday | 18 May

Tuesday | 19 May

Wednesday | 20 May

Thursday | 21 May

Friday | 22 May

Saturday | 23 May

Sunday | 24 May

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< MAY 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

WEEK PLAN - WEEK

« **22** »

25 MAY - 31 MAY

What I'm doing for others this week?

Monday | 25 May

Tuesday | 26 May

Wednesday | 27 May

Thursday | 28 May

Friday | 29 May

Saturday | 30 May

Sunday | 31 May

Emotions													
STRONG		HAPPY											
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S
Determined	M	T	W	T	F	S		M	T	W	T	F	S
SAD		ANGER											
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S
CONFUSED		BETRAYED											
Uncertain	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
Tense	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
HURT		PANIC											
Mixed up	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
ENERGIZED													
Determined	M	T	W	T	F	S		M	T	W	T	F	S
Inspired	M	T	W	T	F	S		M	T	W	T	F	S
Creative	M	T	W	T	F	S		M	T	W	T	F	S
Healthy	M	T	W	T	F	S		M	T	W	T	F	S
Renewed	M	T	W	T	F	S		M	T	W	T	F	S
Vibrant	M	T	W	T	F	S		M	T	W	T	F	S
Strengthened	M	T	W	T	F	S		M	T	W	T	F	S
Motivated	M	T	W	T	F	S		M	T	W	T	F	S
Focused	M	T	W	T	F	S		M	T	W	T	F	S
Invigorated	M	T	W	T	F	S		M	T	W	T	F	S
Refreshed	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
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MAY « **25** »
MONDAY

< MAY 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

You alone are the Lord . You made the heavens, even the highest heavens, and all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything, and the multitudes of heaven worship you. - Nehemiah 9:6

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How could combat fear today?

The slower you go, the further you get (re counselling session). Nigel Polak

I'm allowed to have fun

Day Plan - Mon, 25 May 2026

Links

URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **26** »
TUESDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa Su	Re	
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. - Psalm 32:8

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

Success is not final; failure is not fatal: It is the courage to continue that counts. – Winston S. Churchill

I can get my work done today

Day Plan - Tue, 26 May 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **27** »
WEDNESDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. - James 1:6

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What to be optimistic about today?

'Either you run the day or the day runs you.' – Jim Rohn

I am fierce

Day Plan - Wed, 27 May 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **28** »
THURSDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

For the director of music. Of the Sons of Korah. According to alamoth. A song. God is our refuge and strength, an ever-present help in trouble. - Psalm 46:1

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

Can I do a 2 minute game today (sociability, rejection therapy)?

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' – Thomas Jefferson

Losing a chess game is a growth opportunity and evidence that I've tried

Day Plan - Thu, 28 May 2026

Links

URGENT

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NOT URGENT

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18-19

Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **29** »
FRIDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

In their hearts humans plan their course, but the Lord establishes their steps. - Proverbs 16:9

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

If today was perfect, what would it look like?

We generate fears while we sit. We overcome them by action" – Dr. Henry Link

I can be the adult / I am an adult

Day Plan - Fri, 29 May 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **30** »
SATURDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. - James 5:16

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How do I want to feel at the end of this day?

The slower you go, the further you get (re counselling session). Nigel Polak

I do rest

Day Plan - Sat, 30 May 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

MAY « **31** »
SUNDAY

< MAY 2026 >								
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away.' - Revelation 21:4

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What one thing can I do today to move closer to my bigger goals?

Decide upon your major definite purpose in life and then organize all your activities around it." – Brain Tracy

I can be a good friend

Day Plan - Sun, 31 May 2026

Links

URGENT

DO NOW

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

May Jog

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW «

22 »

25 MAY - 31 MAY

< MAY 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
18	27	28	29	30	1	2	3	R
19	4	5	6	7	8	9	10	R
20	11	12	13	14	15	16	17	R
21	18	19	20	21	22	23	24	R
22	25	26	27	28	29	30	31	R

What I'm doing for others this week?

Monday | 25 May

Tuesday | 26 May

Wednesday | 27 May

Thursday | 28 May

Friday | 29 May

Saturday | 30 May

Sunday | 31 May

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< JUN 2026 >

WEEK PLAN - WEEK 23

« »

01 JUNE - 07 JUNE

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

What I'm doing for others this week?

Monday | 01 Jun

Tuesday | 02 Jun

Wednesday | 03 Jun

Thursday | 04 Jun

Friday | 05 Jun

Saturday | 06 Jun

» AKs Bday!

Sunday | 07 Jun

Emotions													
STRONG		HAPPY											
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S
Determined	M	T	W	T	F	S		M	T	W	T	F	S
SAD		ANGER											
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S
CONFUSED		BETRAYED											
Uncertain	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
Tense	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
HURT		PANIC											
Mixed up	M	T	W	T	F	S	Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S	Stunned	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
ENERGIZED													
Determined	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S

< JUN 2026 >

MONTH REVIEW

MAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

[Link to Update Month Goals/Review Document](#)

MONTH REVIEW

Notes for
Review of
Month May

Monthly
Notes

Longer

Get
Healthy
45%

Affirmation
thpy Fr

Exciting

..Build info
screen wall

June
Monthly
Notes

Current
Reading

< JUN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

JUNE PLAN

Habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Shoulders workout																														
Self-compassion																														
Celebrate others																														

Date	Day	Details
1	Mon	
2	Tue	
3	Wed	
4	Thu	
5	Fri	
6	Sat	
7	Sun	
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9	Tue	
10	Wed	
11	Thu	
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16	Tue	
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18	Thu	
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25	Thu	
26	Fri	
27	Sat	
28	Sun	
29	Mon	
30	Tue	

JUNE **01** MONDAY

< JUN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.' - Isaiah 30:21

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What to be optimistic about today?

Go confidently in the direction of your dreams. Live the life you have imagined – Henry David Thoreau

I can feel love for my brother

Day Plan - Mon, 01 Jun 2026

Links

URGENT

DO NOW

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Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « 02 »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. - Isaiah 41:10

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

Can I do a 2 minute game today (sociability, rejection therapy)?

'Don't let yesterday take up too much of today.' – Will Rogers

I am worthy of love and respect

Day Plan - Tue, 02 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **03** »

WEDNESDAY

< JUN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

Trust in the LORD with all your heart and lean not on your own understanding; - Proverbs 3:5

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

If today was perfect, what would it look like?

Not all those who wander are lost. JRR Tolkien

I can heal so much / I am healing so much

Day Plan - Wed, 03 Jun 2026

Links

URGENT

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18-19

Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « 04 »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

The Lord is near to all who call on him, to all who call on him in truth. - Psalm 145:18

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How do I want to feel at the end of this day?

The slower you go, the further you get (re counselling session). Nigel Polak

I am worthy of love and respect

Day Plan - Thu, 04 Jun 2026

Links

URGENT

DO NOW

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **05** »
FRIDAY

< JUN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
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24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

Your word is a lamp for my feet, a light on my path. - Psalm 119:105

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What one thing can I do today to move closer to my bigger goals?

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena... Theodore Roosevelt

I am allowed to rest

Day Plan - Fri, 05 Jun 2026

Links

URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « 06 »
» AKs Bday!
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. - James 1:12

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What tasks will bring me the most energy and joy?

Do you want to be a slave to your whims? Jordan Peterson. Compare this with an idea of freedom which means to do whatever we feel. Different to whatever we choose. Implying choice might not be always what we feel like. It struck me at the time Dec 7, 2023

I'm allowed to be moody

Day Plan - Sat, 06 Jun 2026

Links

URGENT

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « 07 »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

For since the creation of the world God's invisible qualities his eternal power and divine nature have been clearly seen, being understood from what has been made, so that people are without excuse. - Romans 1:20

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What boundaries do I need to set today to protect my energy and time?

'Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.' —Dale Carnegie

My ideas are important and worthy of attention and respect

Day Plan - Sun, 07 Jun 2026

Links

URGENT

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Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW « **23** »

01 JUNE - 07 JUNE

< JUN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

What I'm doing for others this week?

Monday | 01 Jun

Tuesday | 02 Jun

Wednesday | 03 Jun

Thursday | 04 Jun

Friday | 05 Jun

Saturday | 06 Jun

» AKs Bday!

Sunday | 07 Jun

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< JUN 2026 >

WEEK PLAN - WEEK « **24** »

08 JUNE - 14 JUNE

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

What I'm doing for others this week?

Monday | 08 Jun

Tuesday | 09 Jun

Wednesday | 10 Jun

Thursday | 11 Jun

Friday | 12 Jun

Saturday | 13 Jun

Sunday | 14 Jun

Emotions													
STRONG		HAPPY											
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S
Determined	M	T	W	T	F	S		M	T	W	T	F	S
SAD		ANGER											
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S
CONFUSED		BETRAYED											
Uncertain	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
Tense	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
HURT		PANIC											
Mixed up	M	T	W	T	F	S	Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S	Stunned	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
ENERGIZED													
Determined	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S

< JUN 2026 >

JUNE « 08 »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. - 1 Thessalonians 5:16-18

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How can I incorporate moments of rest or joy into my schedule today?

'Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.' —Dale Carnegie

I'm allowed to relax

Day Plan - Mon, 08 Jun 2026

Links

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « 09 »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. - Matthew 11:28-30

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What healthy habits (like movement, hydration, or nutrition) do I want to prioritize today?

Decide upon your major definite purpose in life and then organize all your activities around it." – Brain Tracy

Losing a chess game is a growth opportunity and evidence that I've tried

Day Plan - Tue, 09 Jun 2026

Links

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Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **10** »

WEDNESDAY

< JUN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. - Isaiah 41:10

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

At the end of the day, what will make me feel proud of how I spent my time?

'Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus.' – Alexander Graham Bell

I choose where to spend my energy

Day Plan - Wed, 10 Jun 2026

Links

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **11** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

For the entire law is fulfilled in keeping this one command: 'Love your neighbor as yourself.' - Galatians 5:14

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How could I practice rejection therapy (take risks) today?

The slower you go, the further you get (re counselling session). Nigel Polak

I can love

Day Plan - Thu, 11 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **12** »

FRIDAY

< JUN 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa
23	1	2	3	4	5	6
24	8	9	10	11	12	13
25	15	16	17	18	19	20
26	22	23	24	25	26	27
27	28	29	30	1	2	3
				4	5	R
				6	7	R
				8	9	R
				10	11	R
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				15	16	R
				17	18	R
				19	20	R
				21		
				22	23	R
				24	25	R
				26	27	R
				28		
				29	30	R
				1	2	R
				3	4	R
				5	6	R

God is our refuge and strength, an ever-present help in trouble. - Psalm 46:1

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How could combat fear 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

It's OK for me to be proud of something that I've done

Day Plan - Fri, 12 Jun 2026

Links

URGENT

DO NOW

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **13** »

SATURDAY

< JUN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

- Matthew 7:7

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

'Don't let yesterday take up too much of today.' – Will Rogers

I can dream / I dream

Day Plan - Sat, 13 Jun 2026

Links

URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **14** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. - 1 Corinthians 10:13

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What to be optimistic about today?

'Opportunity is missed by most people because it is dressed in overalls and looks like work.' – Thomas Edison

I am an older brother

Day Plan - Sun, 14 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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07-08
08-09
09-10
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18-19

Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW « **24** »

08 JUNE - 14 JUNE

< JUN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

What I'm doing for others this week?

Monday | 08 Jun

Tuesday | 09 Jun

Wednesday | 10 Jun

Thursday | 11 Jun

Friday | 12 Jun

Saturday | 13 Jun

Sunday | 14 Jun

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< JUN 2026 >

WEEK PLAN - WEEK « **25** »

15 JUNE - 21 JUNE

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

What I'm doing for others this week?

Monday | 15 Jun

Tuesday | 16 Jun

Wednesday | 17 Jun

Thursday | 18 Jun

Friday | 19 Jun

Saturday | 20 Jun

Sunday | 21 Jun

Emotions													
STRONG		HAPPY											
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S
Determined	M	T	W	T	F	S		M	T	W	T	F	S
SAD		ANGER											
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S
CONFUSED		BETRAYED											
Uncertain	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
Tense	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
HURT		PANIC											
Mixed up	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
ENERGIZED													
Determined	M	T	W	T	F	S		M	T	W	T	F	S
Inspired	M	T	W	T	F	S		M	T	W	T	F	S
Creative	M	T	W	T	F	S		M	T	W	T	F	S
Healthy	M	T	W	T	F	S		M	T	W	T	F	S
Renewed	M	T	W	T	F	S		M	T	W	T	F	S
Vibrant	M	T	W	T	F	S		M	T	W	T	F	S
Strengthened	M	T	W	T	F	S		M	T	W	T	F	S
Motivated	M	T	W	T	F	S		M	T	W	T	F	S
Focused	M	T	W	T	F	S		M	T	W	T	F	S
Invigorated	M	T	W	T	F	S		M	T	W	T	F	S
Refreshed	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S

< JUN 2026 >

JUNE « **15** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. - John 3:16

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

Can I do a 2 minute game today (sociability, rejection therapy)?

Decide upon your major definite purpose in life and then organize all your activities around it." - Brain Tracy

I'm allowed to be moody

Day Plan - Mon, 15 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **16** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. - John 3:16

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

If today was perfect, what would it look like?

Take action. An inch of movement will bring you closer to your goals than a mile of intention”
- Steve Maraboli

I can stand up for myself / I do stand up for myself

Day Plan - Tue, 16 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **17** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

'If you can?' said Jesus. 'Everything is possible for one who believes.' - Mark 9:23

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How do I want to feel at the end of this day?

'Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus.' – Alexander Graham Bell

I have permission to be me

Day Plan - Wed, 17 Jun 2026

Links

URGENT

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NOT URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **18** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. - 1 Thessalonians 5:16-18

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What one thing can I do today to move closer to my bigger goals?

The unexamined life is not worth living. Aurelius

I am capable of succeeding

Day Plan - Thu, 18 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **19** »
FRIDAY

< JUN 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa Su	Re
23	1	2	3	4	5	6	7 R
24	8	9	10	11	12	13	14 R
25	15	16	17	18	19	20	21 R
26	22	23	24	25	26	27	28 R
27	29	30	1	2	3	4	5 R

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. - James 1:5

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What tasks will bring me the most energy and joy?

'Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus.' – Alexander Graham Bell

It's good to ask for help when needed.

Day Plan - Fri, 19 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE **20** SATURDAY

< JUN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. - 1 John 4:7-8

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What boundaries do I need to set today to protect my energy and time?

'Either you run the day or the day runs you.' – Jim Rohn

Some women are very attracted to me

Day Plan - Sat, 20 Jun 2026

Links

URGENT

DO NOW

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **21** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.' - Mark 10:45

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How can I incorporate moments of rest or joy into my schedule today?

'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

My resources are enough to handle today's tasks

Day Plan - Sun, 21 Jun 2026

Links

URGENT

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW « **25** »

15 JUNE - 21 JUNE

< JUN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

What I'm doing for others this week?

Monday | 15 Jun

Tuesday | 16 Jun

Wednesday | 17 Jun

Thursday | 18 Jun

Friday | 19 Jun

Saturday | 20 Jun

Sunday | 21 Jun

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< JUN 2026 >

WEEK PLAN - WEEK « **26** »

22 JUNE - 28 JUNE

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

What I'm doing for others this week?

Monday | 22 Jun

Tuesday | 23 Jun

Wednesday | 24 Jun

Thursday | 25 Jun

Friday | 26 Jun

Saturday | 27 Jun

Sunday | 28 Jun

Emotions													
STRONG		HAPPY											
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S
Determined	M	T	W	T	F	S		M	T	W	T	F	S
SAD		ANGER											
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S
CONFUSED		BETRAYED											
Uncertain	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
Tense	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
HURT		PANIC											
Mixed up	M	T	W	T	F	S	Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S	Stunned	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
ENERGIZED													
Determined	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S

< JUN 2026 >

JUNE « **22** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:6-7

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What healthy habits (like movement, hydration, or nutrition) do I want to prioritize today?

The slower you go, the further you get (re counselling session). Nigel Polak

I can be relaxed in the presence of others

Day Plan - Mon, 22 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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18-19

Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **23** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

Your word is a lamp for my feet, a light on my path. - Psalm 119:105

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

At the end of the day, what will make me feel proud of how I spent my time?

'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

Negative feedback is a growth opportunity and an opportunity to see what is important to others and an opportunity for conversation and to show that I care what others think and want

Day Plan - Tue, 23 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **24** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

God is our refuge and strength, an ever-present help in trouble. - Psalm 46:1

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How could I practice rejection therapy (take risks) today?

Take action. An inch of movement will bring you closer to your goals than a mile of intention”
- Steve Maraboli

I can and do represent others at times, when I feel the need

Day Plan - Wed, 24 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **25** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction. - Proverbs 1:7

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How could combat fear today?

'Opportunity is missed by most people because it is dressed in overalls and looks like work.' – Thomas Edison

I deserve good things

Day Plan - Thu, 25 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **26** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. - Hebrews 4:12

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

'Either you run the day or the day runs you.' – Jim Rohn

Women sometimes want for me to go up to them and say hello, especially if they are at a singles event

Day Plan - Fri, 26 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **27** »

SATURDAY

< JUN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. - Galatians 6:9

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What to be optimistic about 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

A woman I'm attracted to might also be attracted to me

Day Plan - Sat, 27 Jun 2026

Links

URGENT

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Notes

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<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JUNE « **28** »
SUNDAY

< JUN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

I can do all this through him who gives me strength. - Philippians 4:13

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

Can I do a 2 minute game today (sociability, rejection therapy)?

We generate fears while we sit. We overcome them by action" – Dr. Henry Link

I can have fun with other people

Day Plan - Sun, 28 Jun 2026

Links

URGENT

DO NOW

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18-19

Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW « **26** »

22 JUNE - 28 JUNE

< JUN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

What I'm doing for others this week?

Monday | 22 Jun

Tuesday | 23 Jun

Wednesday | 24 Jun

Thursday | 25 Jun

Friday | 26 Jun

Saturday | 27 Jun

Sunday | 28 Jun

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< JUN 2026 >

WEEK PLAN - WEEK **27**

« »

29 JUNE - 05 JULY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

What I'm doing for others this week?

Monday | 29 Jun

Tuesday | 30 Jun

Wednesday | 01 Jul

Thursday | 02 Jul

Friday | 03 Jul

Saturday | 04 Jul

Sunday | 05 Jul

Emotions														
STRONG		HAPPY												
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S	
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S	
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S	
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S	
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S	
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S	
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S	
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S	
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S	
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S	
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S	
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S	
Determined	M	T	W	T	F	S		M	T	W	T	F	S	
SAD		ANGER												
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S	
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S	
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S	
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S	
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S	
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S	
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S	
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S	
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S	
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S	
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S	
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S	
CONFUSED		BITTER												
Uncertain	M	T	W	T	F	S		M	T	W	T	F	S	
Upset	M	T	W	T	F	S	ENERGIZED							
Doubtful	M	T	W	T	F	S	Determined	M	T	W	T	F	S	
Indecisive	M	T	W	T	F	S	Inspired	M	T	W	T	F	S	
Perplexed	M	T	W	T	F	S	Creative	M	T	W	T	F	S	
Embarrassed	M	T	W	T	F	S	Healthy	M	T	W	T	F	S	
Hesitant	M	T	W	T	F	S	Renewed	M	T	W	T	F	S	
Shy	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S	
Lost	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S	
Unsure	M	T	W	T	F	S	Motivated	M	T	W	T	F	S	
Pessimistic	M	T	W	T	F	S	Focused	M	T	W	T	F	S	
Tense	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S	
	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S	
HURT		PANIC												
Mixed up	M	T	W	T	F	S	Unsure	M	T	W	T	F	S	
Unsure	M	T	W	T	F	S	Stuck	M	T	W	T	F	S	
Hurt	M	T	W	T	F	S	Frozen	M	T	W	T	F	S	
Desperate	M	T	W	T	F	S	Anxious	M	T	W	T	F	S	
Troubled	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S	
Stunned	M	T	W	T	F	S		M	T	W	T	F	S	
	M	T	W	T	F	S		M	T	W	T	F	S	

JUNE « **29** »
MONDAY

< JUN 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa Su	Re
23	1	2	3	4	5	6	7 R
24	8	9	10	11	12	13	14 R
25	15	16	17	18	19	20	21 R
26	22	23	24	25	26	27	28 R
27	29	30	1	2	3	4	5 R

he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, - Titus 3:5

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

If today was perfect, what would it look like?

Do you want to be a slave to your whims? Jordan Peterson. Compare this with an idea of freedom which means to do whatever we feel. Different to whatever we choose. Implying choice might not be always what we feel like. It struck me at the time Dec 7, 2023

I can be an older brother

Day Plan - Mon, 29 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

JUNE « **30** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

Give thanks to the Lord, for he is good. His love endures forever. - Psalm 136:1

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How do I want to feel at the end of this day?

The unexamined life is not worth living. Aurelius

I can be happy in losing a chess game that I'm learning

Day Plan - Tue, 30 Jun 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

June

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

MONTH REVIEW

JUNE

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

[Link to Update Month Goals/Review Document](#)

MONTH REVIEW

Notes for
Review of
Month
June
Monthly
Notes
Longer
Get
Healthy
45%
Affirmation
thpy Fr
Exciting
..Build info
screen wall
July
Monthly
Notes

Current
Reading

< JUL 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

JULY PLAN

Habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							
	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Mon	Tue	Wed	Thu	Fri	Sat
Shoulders workout																																						
Self-compassion																																						
Celebrate others																																						

Date	Day	Details
1	Wed	
2	Thu	
3	Fri	
4	Sat	
5	Sun	
6	Mon	
7	Tue	
8	Wed	
9	Thu	
10	Fri	
11	Sat	
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28	Tue	
29	Wed	
30	Thu	
31	Fri	

< JUL 2026 >

JULY « 01 »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

Matthew 5:9 - Blessed are the peacemakers, for they will be called children of God.

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What to be optimistic about today?

'The secret of getting ahead is getting started' – Mark Twain

I can love

Day Plan - Wed, 01 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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17-18
18-19

Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **02** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

But seek first his kingdom and his righteousness, and all these things will be given to you as well. - Matthew 6:33

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

Can I do a 2 minute game today (sociability, rejection therapy)?

The unexamined life is not worth living. Aurelius

If necessary I will rest when needed

Day Plan - Thu, 02 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **03** »
FRIDAY

< JUL 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa Su	Re
27	29	30	1	2	3	4	R
28	6	7	8	9	10	11	R
29	13	14	15	16	17	18	R
30	20	21	22	23	24	25	R
31	27	28	29	30	31	1	R

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. - John 3:16

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

If today was perfect, what would it look like?

'A smooth sea never made a skilled sailor' - Franklin D. Roosevelt'

Women want to find happiness and love and appreciate being treated with respect and

Day Plan - Fri, 03 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « 04 »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

Your word is a lamp for my feet, a light on my path. - Psalm 119:105

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How do I want to feel at the end of this day?

'When we strive to become better than we are, everything around us becomes better too.' –
Paulo Coelho

I am a force

Day Plan - Sat, 04 Jul 2026

Links

URGENT

DO NOW

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « 05 »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.' - Deuteronomy 31:6

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What one thing can I do today to move closer to my bigger goals?

'It is 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

My resources are enough to handle today's tasks

Day Plan - Sun, 05 Jul 2026

Links

URGENT

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUN 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
23	1	2	3	4	5	6	7	R
24	8	9	10	11	12	13	14	R
25	15	16	17	18	19	20	21	R
26	22	23	24	25	26	27	28	R
27	29	30	1	2	3	4	5	R

WEEKLY REVIEW « **27** »

29 JUNE - 05 JULY

What I'm doing for others this week?

Monday | 29 Jun

Tuesday | 30 Jun

Wednesday | 01 Jul

Thursday | 02 Jul

Friday | 03 Jul

Saturday | 04 Jul

Sunday | 05 Jul

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< JUL 2026 >

WEEK PLAN - WEEK 28

« »

06 JULY - 12 JULY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

What I'm doing for others this week?

Monday | 06 Jul

Tuesday | 07 Jul

Wednesday | 08 Jul

Thursday | 09 Jul

Friday | 10 Jul

Saturday | 11 Jul

Sunday | 12 Jul

Emotions													
STRONG		HAPPY											
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S
Determined	M	T	W	T	F	S		M	T	W	T	F	S
SAD		ANGER											
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S
CONFUSED		BITTER											
Uncertain	M	T	W	T	F	S		M	T	W	T	F	S
Upset	M	T	W	T	F	S	ENERGIZED						
Doubtful	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Tense	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
HURT		PANIC											
Mixed up	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S		M	T	W	T	F	S

< JUL 2026 >

JULY « **06** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea. - Micah 7:18-19

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What tasks will bring me the most energy and joy?

Do you want to be a slave to your whims? Jordan Peterson. Compare this with an idea of freedom which means to do whatever we feel. Different to whatever we choose. Implying choice might not be always what we feel like. It struck me at the time Dec 7, 2023

I stand up for others

Day Plan - Mon, 06 Jul 2026

Links

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **07** »
TUESDAY

< JUL 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa Su	Re
27	29	30	1	2	3	4	5 R
28	6	7	8	9	10	11	12 R
29	13	14	15	16	17	18	19 R
30	20	21	22	23	24	25	26 R
31	27	28	29	30	31	1	2 R

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. - Colossians 3:17

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What boundaries do I need to set today to protect my energy and time?

'A smooth sea never made a skilled sailor' - Franklin D. Roosevelt'

Resting is a great and necessary activity

Day Plan - Tue, 07 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « 08 »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. - John 10:10

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How can I incorporate moments of rest or joy into my schedule today?

'The secret of getting ahead is getting started' – Mark Twain

I can be the adult / I am an adult

Day Plan - Wed, 08 Jul 2026

Links

URGENT

DO NOW

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « 09 »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

Jesus said to her, 'I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?' - John 11:25-26

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What healthy habits (like movement, hydration, or nutrition) do I want to prioritize today?

Not all those who wander are lost. JRR Tolkien

I am a force

Day Plan - Thu, 09 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **10** »
FRIDAY

	< JUL 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.' - John 14:6

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

At the end of the day, what will make me feel proud of how I spent my time?

Go confidently in the direction of your dreams. Live the life you have imagined - Henry David Thoreau

I can be a good friend

Day Plan - Fri, 10 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **11** »
SATURDAY

< JUL 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa Su	Re
27	29	30	1	2	3	4	5 R
28	6	7	8	9	10	11	12 R
29	13	14	15	16	17	18	19 R
30	20	21	22	23	24	25	26 R
31	27	28	29	30	31	1	2 R

The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction. - Proverbs 1:7

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How could I practice rejection therapy (take risks) today?

'Don't let yesterday take up too much of today.' – Will Rogers

I am capable of succeeding

Day Plan - Sat, 11 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **12** »
SUNDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. - Psalm 23:4

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How could combat fear today?

'I'm a greater believer in luck, and I find the harder I work the more I have of it.' – Thomas Jefferson

Resting is a great and necessary activity

Day Plan - Sun, 12 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW « 28 »

06 JULY - 12 JULY

< JUL 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

What I'm doing for others this week?

Monday | 06 Jul

Tuesday | 07 Jul

Wednesday | 08 Jul

Thursday | 09 Jul

Friday | 10 Jul

Saturday | 11 Jul

Sunday | 12 Jul

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< JUL 2026 >

WEEK PLAN - WEEK « **29** »**13 JULY - 19 JULY**

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

What I'm doing for others this week?

Monday | 13 Jul

Tuesday | 14 Jul

Wednesday | 15 Jul

Thursday | 16 Jul

Friday | 17 Jul

Saturday | 18 Jul

Sunday | 19 Jul

Emotions													
STRONG		HAPPY											
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S
Determined	M	T	W	T	F	S		M	T	W	T	F	S
SAD		ANGER											
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S
CONFUSED		BETRAYED											
Uncertain	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
Tense	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
HURT		PANIC											
Mixed up	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
ENERGIZED													
Determined	M	T	W	T	F	S		M	T	W	T	F	S
Inspired	M	T	W	T	F	S		M	T	W	T	F	S
Creative	M	T	W	T	F	S		M	T	W	T	F	S
Healthy	M	T	W	T	F	S		M	T	W	T	F	S
Renewed	M	T	W	T	F	S		M	T	W	T	F	S
Vibrant	M	T	W	T	F	S		M	T	W	T	F	S
Strengthened	M	T	W	T	F	S		M	T	W	T	F	S
Motivated	M	T	W	T	F	S		M	T	W	T	F	S
Focused	M	T	W	T	F	S		M	T	W	T	F	S
Invigorated	M	T	W	T	F	S		M	T	W	T	F	S
Refreshed	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S

JULY « **13** »
MONDAY

< JUL 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa Su
27	29	30	1	2	3	4 5 R
28	6	7	8	9	10	11 12 R
29	13	14	15	16	17	18 19 R
30	20	21	22	23	24	25 26 R
31	27	28	29	30	31	1 2 R

Your word is a lamp for my feet, a light on my path. - Psalm 119:105

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

Men fall in love with their eyes and women fall in love with their ears

I stand up for others

Day Plan - Mon, 13 Jul 2026

Links

URGENT

DO NOW

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18-19

Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **14** »
TUESDAY

< JUL 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa Su	Re
27	29	30	1	2	3	4	5 R
28	6	7	8	9	10	11	12 R
29	13	14	15	16	17	18	19 R
30	20	21	22	23	24	25	26 R
31	27	28	29	30	31	1	2 R

'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away.' - Revelation 21:4

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What to be optimistic about today?

There is no try

I can plan / I do plan eg life plans, 10 years from now plans

Day Plan - Tue, 14 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

PLAN

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Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **15** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, - Hebrews 12:28

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

Can I do a 2 minute game today (sociability, rejection therapy)?

There is no try

I can speak my ideas loud enough with emphasis and force

Day Plan - Wed, 15 Jul 2026

Links

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DO NOW

NOT URGENT

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Notes

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<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **16** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

Psalm 34:18 - The LORD is close to the brokenhearted and saves those who are crushed in spirit.

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

If today was perfect, what would it look like?

'Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.' —Dale Carnegie

If necessary I will rest when needed

Day Plan - Thu, 16 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

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Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **17** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

Ask, Seek, Knock 'Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. - Matthew 7:7

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How do I want to feel at the end of this day?

Go confidently in the direction of your dreams. Live the life you have imagined – Henry David Thoreau

My ideas are important and worthy of attention and respect

Day Plan - Fri, 17 Jul 2026

Links

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **18** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

If you declare with your mouth, 'Jesus is Lord' and believe in your heart that God raised him from the dead, you will be saved. - Romans 10:9

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What one thing can I do today to move closer to my bigger goals?

'The secret of getting ahead is getting started' – Mark Twain

I can love my brother

Day Plan - Sat, 18 Jul 2026

Links

URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **19** »
SUNDAY

< JUL 2026 >						
W#	Mo	Tu	We	Th	Fr	Sa Su
27	29	30	1	2	3	4 5 R
28	6	7	8	9	10 11 12 R	
29	13	14	15	16	17 18 19 R	
30	20	21	22	23	24 25 26 R	
31	27	28	29	30	31 1 2 R	

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. - John 14:27

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What tasks will bring me the most energy and joy?

'Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus.' – Alexander Graham Bell

I choose where to spend my energy

Day Plan - Sun, 19 Jul 2026

Links

URGENT

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18-19

Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

WEEKLY REVIEW « **29** »

13 JULY - 19 JULY

What I'm doing for others this week?

Monday | 13 Jul

Tuesday | 14 Jul

Wednesday | 15 Jul

Thursday | 16 Jul

Friday | 17 Jul

Saturday | 18 Jul

Sunday | 19 Jul

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< JUL 2026 >

WEEK PLAN - WEEK 30

« »

20 JULY - 26 JULY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

What I'm doing for others this week?

Monday | 20 Jul

Tuesday | 21 Jul

Wednesday | 22 Jul

Thursday | 23 Jul

Friday | 24 Jul

Saturday | 25 Jul

Sunday | 26 Jul

Emotions													
STRONG		HAPPY											
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S
Determined	M	T	W	T	F	S		M	T	W	T	F	S
SAD		ANGER											
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S
CONFUSED		BETRAYED											
Uncertain	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
Tense	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
HURT		PANIC											
Mixed up	M	T	W	T	F	S	Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S	Stunned	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
ENERGIZED													
Determined	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S

JULY « **20** »
MONDAY

	< JUL 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

Give thanks to the Lord, for he is good. His love endures forever. - Psalm 136:1

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What boundaries do I need to set today to protect my energy and time?

Go confidently in the direction of your dreams. Live the life you have imagined - Henry David Thoreau

I can feel love for my brother

Day Plan - Mon, 20 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **21** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. - Isaiah 40:31

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How can I incorporate moments of rest or joy into my schedule today?

Go confidently in the direction of your dreams. Live the life you have imagined – Henry David Thoreau

I can be relaxed in the presence of others

Day Plan - Tue, 21 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **22** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.' - Matthew 28:20

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What healthy habits (like movement, hydration, or nutrition) do I want to prioritize today?

We generate fears while we sit. We overcome them by action" – Dr. Henry Link

I can and do represent others at times, when I feel the need

Day Plan - Wed, 22 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **23** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

Do not be afraid of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer persecution for ten days. Be faithful, even to the point of death, and I will give you life as your victor's crown. - Revelation 2:10

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

At the end of the day, what will make me feel proud of how I spent my time?

Do you want to be a slave to your whims? Jordan Peterson. Compare this with an idea of freedom which means to do whatever we feel. Different to whatever we choose. Implying choice might not be always what we feel like. It struck me at the time Dec 7, 2023

I can love my brother

Day Plan - Thu, 23 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **24** »
FRIDAY

< JUL 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa Su	Re
27	29	30	1	2	3	4	5 R
28	6	7	8	9	10	11	12 R
29	13	14	15	16	17	18	19 R
30	20	21	22	23	24	25	26 R
31	27	28	29	30	31	1	2 R

Your word is a lamp for my feet, a light on my path. - Psalm 119:105

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday? _____

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How could I practice rejection therapy (take risks) today?

'A smooth sea never made a skilled sailor' - Franklin D. Roosevelt'

I can be an older brother

Day Plan - Fri, 24 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **25** »
SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. - Hebrews 4:12

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How could combat fear today?

'Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.' —Dale Carnegie

I am a force

Day Plan - Sat, 25 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

JULY « **26** »
SUNDAY

< JUL 2026 >							
W#	Mo	Tu	We	Th	Fr	Sa Su	Re
27	29	30	1	2	3	4	5 R
28	6	7	8	9	10	11	12 R
29	13	14	15	16	17	18	19 R
30	20	21	22	23	24	25	26 R
31	27	28	29	30	31	1	2 R

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. - John 3:16

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

'Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus.' – Alexander Graham Bell

I'm allowed to have fun

Day Plan - Sun, 26 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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18-19

Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

WEEKLY REVIEW « **30** »

20 JULY - 26 JULY

< JUL 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

What I'm doing for others this week?

Monday | 20 Jul

Tuesday | 21 Jul

Wednesday | 22 Jul

Thursday | 23 Jul

Friday | 24 Jul

Saturday | 25 Jul

Sunday | 26 Jul

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< JUL 2026 >

WEEK PLAN - WEEK 31

« 31 »

27 JULY - 02 AUGUST

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

What I'm doing for others this week?

Monday | 27 Jul

Tuesday | 28 Jul

Wednesday | 29 Jul

Thursday | 30 Jul

Friday | 31 Jul

Saturday | 01 Aug

Sunday | 02 Aug

Emotions													
STRONG		HAPPY											
Sure	M	T	W	T	F	S	Amused	M	T	W	T	F	S
Certain	M	T	W	T	F	S	Delighted	M	T	W	T	F	S
Unique	M	T	W	T	F	S	Glad	M	T	W	T	F	S
Dynamic	M	T	W	T	F	S	Pleased	M	T	W	T	F	S
Tenacious	M	T	W	T	F	S	Charmed	M	T	W	T	F	S
Hardy	M	T	W	T	F	S	Grateful	M	T	W	T	F	S
Secure	M	T	W	T	F	S	Optimistic	M	T	W	T	F	S
Empowered	M	T	W	T	F	S	Content	M	T	W	T	F	S
Ambitious	M	T	W	T	F	S	Joyful	M	T	W	T	F	S
Powerful	M	T	W	T	F	S	Enthusiastic	M	T	W	T	F	S
Confident	M	T	W	T	F	S	Loving	M	T	W	T	F	S
Bold	M	T	W	T	F	S	Marvelous	M	T	W	T	F	S
Determined	M	T	W	T	F	S		M	T	W	T	F	S
SAD		ANGER											
Depressed	M	T	W	T	F	S	Annoyed	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Agitated	M	T	W	T	F	S
Dejected	M	T	W	T	F	S	Fed up	M	T	W	T	F	S
Heavy	M	T	W	T	F	S	Irritated	M	T	W	T	F	S
Crushed	M	T	W	T	F	S	Mad	M	T	W	T	F	S
Disgusted	M	T	W	T	F	S	Critical	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Resentful	M	T	W	T	F	S
Hateful	M	T	W	T	F	S	Disgusted	M	T	W	T	F	S
Sorrowful	M	T	W	T	F	S	Outraged	M	T	W	T	F	S
Mournful	M	T	W	T	F	S	Raging	M	T	W	T	F	S
Weepy	M	T	W	T	F	S	Furious	M	T	W	T	F	S
Frustrated	M	T	W	T	F	S	Livid	M	T	W	T	F	S
CONFUSED		BETRAYED											
Uncertain	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Upset	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Doubtful	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Indecisive	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Perplexed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Embarrassed	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Hesitant	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Shy	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Lost	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Pessimistic	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
Tense	M	T	W	T	F	S		M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
HURT		PANIC											
Mixed up	M	T	W	T	F	S	Mixed up	M	T	W	T	F	S
Unsure	M	T	W	T	F	S	Unsure	M	T	W	T	F	S
Stuck	M	T	W	T	F	S	Stuck	M	T	W	T	F	S
Hurt	M	T	W	T	F	S	Hurt	M	T	W	T	F	S
Frozen	M	T	W	T	F	S	Frozen	M	T	W	T	F	S
Desperate	M	T	W	T	F	S	Desperate	M	T	W	T	F	S
Anxious	M	T	W	T	F	S	Anxious	M	T	W	T	F	S
Troubled	M	T	W	T	F	S	Troubled	M	T	W	T	F	S
Uncomfortable	M	T	W	T	F	S	Uncomfortable	M	T	W	T	F	S
Stunned	M	T	W	T	F	S	Stunned	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S
ENERGIZED													
Determined	M	T	W	T	F	S	Determined	M	T	W	T	F	S
Inspired	M	T	W	T	F	S	Inspired	M	T	W	T	F	S
Creative	M	T	W	T	F	S	Creative	M	T	W	T	F	S
Healthy	M	T	W	T	F	S	Healthy	M	T	W	T	F	S
Renewed	M	T	W	T	F	S	Renewed	M	T	W	T	F	S
Vibrant	M	T	W	T	F	S	Vibrant	M	T	W	T	F	S
Strengthened	M	T	W	T	F	S	Strengthened	M	T	W	T	F	S
Motivated	M	T	W	T	F	S	Motivated	M	T	W	T	F	S
Focused	M	T	W	T	F	S	Focused	M	T	W	T	F	S
Invigorated	M	T	W	T	F	S	Invigorated	M	T	W	T	F	S
Refreshed	M	T	W	T	F	S	Refreshed	M	T	W	T	F	S
	M	T	W	T	F	S		M	T	W	T	F	S

< JUL 2026 >

JULY « **27** »
MONDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

For I know the plans I have for you' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future. - Jeremiah 29:11

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What to be optimistic about today?

There is no try

I am a person

Day Plan - Mon, 27 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **28** »
TUESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. - Micah 6:8

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

Can I do a 2 minute game today (sociability, rejection therapy)?

'Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too.' – Mark Twain

I can be proud of something I have done / I am proud of things that I have done

Day Plan - Tue, 28 Jul 2026

Links

URGENT

DO NOW

NOT URGENT

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Notes

Your brain generally tries to find answers, so trick it nicely eg,
what wins have you had lately

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **29** »
WEDNESDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. - Galatians 5:22-23

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

If today was perfect, what would it look like?

There is no try

I can speak my ideas loud enough with emphasis and force

Day Plan - Wed, 29 Jul 2026

Links

URGENT

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **30** »
THURSDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.' - Matthew 28:20

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

How do I want to feel at the end of this day?

'Either you run the day or the day runs you.' – Jim Rohn

Negative feedback is a growth opportunity and an opportunity to see what is important to others and an opportunity for conversation and to show that I care what others think and want

Day Plan - Thu, 30 Jul 2026

Links

URGENT

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

JULY « **31** »
FRIDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved. - Romans 10:9

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What one thing can I do today to move closer to my bigger goals?

Success is not final; failure is not fatal: It is the courage to continue that counts. – Winston S. Churchill

I'm allowed to relax

Day Plan - Fri, 31 Jul 2026

Links

URGENT

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Notes

Omega 3 fatty acids 1mg of EPA a day is great for depression,
ADHD - doi:10.1016/j.bbi.2024.02.029, additudemag.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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July

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< AUG 2026 >

AUGUST « 01 »

SATURDAY

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
31	27	28	29	30	31	1	2	R
32	3	4	5	6	7	8	9	R
33	10	11	12	13	14	15	16	R
34	17	18	19	20	21	22	23	R
35	24	25	26	27	28	29	30	R

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers. - Galatians 6:9-10

What I'm grateful for:

generally? _____

who? _____

about myself? _____

yesterday? _____

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions? _____

Future vision _____

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

What to be optimistic about today?

'Do you want to be right or happy?' – Fr Emmerich Vogt re the Twelve Steps

I can be the adult / I am an adult

Day Plan - Sat, 01 Aug 2026

Links

URGENT

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Notes

Creatine is pretty great for cognitive and mood -
<https://www.uclahealth.org/>

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

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August

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

AUGUST 02

SUNDAY

< AUG 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
31	27	28	29	30	31	1	2	R
32	3	4	5	6	7	8	9	R
33	10	11	12	13	14	15	16	R
34	17	18	19	20	21	22	23	R
35	24	25	26	27	28	29	30	R

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. - 1 Corinthians 13:4-7

What I'm grateful for:

generally?

who?

about myself?

yesterday?

Negativity bias leads us to focus on negative experiences, which can skew our perception of reality & affect wellbeing. To counteract this, practice mindfulness, focus on positive experiences & consciously cultivate gratitude to shift attention. Regularly engaging in these steps can enhance positivity & improve overall mental health.

What I learnt yesterday?

Current Emotions?

Future vision

eg Nice house in lots of trees - Building my future, and my adhd non-verbal imagination one line at a time.

Can I do a 2 minute game today (sociability, rejection therapy)?

Decide upon your major definite purpose in life and then organize all your activities around it." – Brain Tracy

A woman I'm attracted to might also be attracted to me

Day Plan - Sun, 02 Aug 2026

Links

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Notes

Be careful with speech, it confirms and leads you, eg better is I am healing, not the opposite.

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall

August

Current Reading

Bucket List

Dance Class, Sing in choir

Another cooking class

Try Amsterdam, England

Love?

< JUL 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

WEEKLY REVIEW « 31 »

27 JULY - 02 AUGUST

What I'm doing for others this week?

Monday | 27 Jul

Tuesday | 28 Jul

Wednesday | 29 Jul

Thursday | 30 Jul

Friday | 31 Jul

Saturday | 01 Aug

Sunday | 02 Aug

Notes on Week

Recent Successes

Next Success/Dreams

Grateful/Best thing this week

What I learnt this week?

< JUL 2026 >

W#	Mo	Tu	We	Th	Fr	Sa	Su	Re
27	29	30	1	2	3	4	5	R
28	6	7	8	9	10	11	12	R
29	13	14	15	16	17	18	19	R
30	20	21	22	23	24	25	26	R
31	27	28	29	30	31	1	2	R

YEARLY REVIEW « 31 »

27 JULY - 02 AUGUST

January Focus on Business Reverse sensor Book Holidays x2! Book Music and Theatre Sell personal diary service \$10	February Self Compassion 2x clients Cholesterol	March Be More social 2x Climbing
April Pacing ME 30% Couns Business 10% Get Healthy 15% House Deposit 15%	May Jog	June
July	August	September Big shoulders
October	November Plan something different for new years or stay home.	December Stay in Energy Env.
Common Items Across Months:		

Monthly Notes

Longer

Get Healthy 45%

Affirmation thpy Fr

Exciting

..Build info screen wall