

2024
ReCalendar

2024

JUNE

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

JULY

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

WEEK « 22 »
27 MAY - 02 JUNE

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

Monday	27 MAY	Tuesday	28 MAY	Wednesday	29 MAY
Thursday	30 MAY	Friday	31 MAY	Saturday	01 JUN
Sunday	02 JUN	Plan week Send the weekly email			

MAY « 27 »
MONDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

May Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

MAY « 28 »
TUESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

There is no try

DAY PLAN

May Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

MAY « 29 »
WEDNESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

May Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

MAY « 30 »
THURSDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

May Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

MAY « 31 »
FRIDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

May Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

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Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE

< JUN 2024 >

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

[illegible]

COMING MONTH GOALS

COMING MONTH GOALS

JUNE « 01 »
SATURDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 02 »
SUNDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

WEEKLY REVIEW « 22 »

27 MAY - 02 JUNE

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

WEEK REVIEW NOTES

WEEK « 23 »

03 JUNE - 09 JUNE

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

Monday	03 JUN	Tuesday	04 JUN	Wednesday	05 JUN
Thursday	06 JUN	Friday	07 JUN	Saturday	08 JUN
Sunday	09 JUN	Plan week Send the weekly email			

JUNE « 03 »
MONDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 04 »
TUESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 05 »
WEDNESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

Not all those who wander are lost. JRR Tolkien

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 06 »
THURSDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 07 »
FRIDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 08 »
SATURDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 09 »
SUNDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

WEEKLY REVIEW « 23 »

03 JUNE - 09 JUNE

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

WEEK REVIEW NOTES

WEEK « 24 »

10 JUNE - 16 JUNE

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

Monday	10 JUN	Tuesday	11 JUN	Wednesday	12 JUN
Thursday	13 JUN	Friday	14 JUN	Saturday	15 JUN
Sunday	16 JUN	Plan week Send the weekly email			

JUNE « **10** »
MONDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « **11** »
TUESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

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Current Reading

Models - Attract Woment
Through Honesty, 5%

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The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 12 »
WEDNESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

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Current Reading

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Through Honesty, 5%

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Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « **13** »
THURSDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

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Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « **14** »
FRIDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « **15** »
SATURDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « **16** »
SUNDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

WEEKLY REVIEW « 24 »

10 JUNE - 16 JUNE

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

WEEK REVIEW NOTES

WEEK « 25 »
17 JUNE - 23 JUNE

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

Monday	17 JUN	Tuesday	18 JUN	Wednesday	19 JUN
Thursday	20 JUN	Friday	21 JUN	Saturday	22 JUN
Sunday	23 JUN	Plan week Send the weekly email			

JUNE « **17** »
MONDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « **18** »
TUESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 19 »
WEDNESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 20 »
THURSDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

There is no try

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 21 »
FRIDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 22 »
SATURDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 23 »
SUNDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

WEEKLY REVIEW « 25 »

17 JUNE - 23 JUNE

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

WEEK REVIEW NOTES

WEEK « 26 »
24 JUNE - 30 JUNE

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

Monday	24 JUN	Tuesday	25 JUN	Wednesday	26 JUN
Thursday	27 JUN	Friday	28 JUN	Saturday	29 JUN
Sunday	30 JUN	Plan week Send the weekly email			

JUNE « 24 »
MONDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 25 »
TUESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 26 »
WEDNESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 27 »
THURSDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 28 »
FRIDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 29 »
SATURDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

There is no try

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JUNE « 30 »
SUNDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

June Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

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Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

WEEKLY REVIEW « 26 »

24 JUNE - 30 JUNE

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

WEEK REVIEW NOTES

WEEK « 27 »

01 JULY - 07 JULY

< JUL 2024 >

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

Monday

01 JUL

Tuesday

02 JUL

Wednesday

03 JUL

Thursday

04 JUL

Friday

05 JUL

Saturday

06 JUL

Sunday

07 JUL

Plan week
Send the weekly email

JULY

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

[illegible]

COMING MONTH GOALS

JULY « **01** »
MONDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

There is no try

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « 02 »
TUESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

There is no try

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « 03 »
WEDNESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « 04 »
THURSDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **05** »
FRIDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « 06 »
SATURDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « 07 »
SUNDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

WEEKLY REVIEW « 27 »

01 JULY - 07 JULY

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

WEEK REVIEW NOTES

WEEK « 28 »

08 JULY - 14 JULY

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

Monday	08 JUL	Tuesday	09 JUL	Wednesday	10 JUL
Thursday	11 JUL	Friday	12 JUL	Saturday	13 JUL
Sunday	14 JUL	Plan week Send the weekly email			

JULY « 08 »
MONDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

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Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « 09 »
TUESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

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Current Reading

Models - Attract Woment
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Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **10** »
WEDNESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

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Build Inner Wall

Current Reading

Models - Attract Woment
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Dare to Connect, 20%

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Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **11** »
THURSDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

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Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **12** »
FRIDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **13** »
SATURDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

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The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **14** »
SUNDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

WEEKLY REVIEW « 28 »

08 JULY - 14 JULY

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

WEEK REVIEW NOTES

WEEK « 29 »

15 JULY - 21 JULY

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

Monday	15 JUL	Tuesday	16 JUL	Wednesday	17 JUL
Thursday	18 JUL	Friday	19 JUL	Saturday	20 JUL
Sunday	21 JUL	Plan week Send the weekly email			

JULY « **15** »
MONDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **16** »
TUESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **17** »
WEDNESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **18** »
THURSDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **19** »
FRIDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

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Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **20** »
SATURDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

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Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **21** »
SUNDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

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Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

WEEKLY REVIEW « 29 »

15 JULY - 21 JULY

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

WEEK REVIEW NOTES

WEEK « 30 »

22 JULY - 28 JULY

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

Monday	22 JUL	Tuesday	23 JUL	Wednesday	24 JUL
Thursday	25 JUL	Friday	26 JUL	Saturday	27 JUL
Sunday	28 JUL	Plan week Send the weekly email			

JULY « 22 »
MONDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

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Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **23** »
TUESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « 24 »
WEDNESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

The unexamined life is not worth living. Aurelius

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **25** »
THURSDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **26** »
FRIDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **27** »
SATURDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

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Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

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The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **28** »
SUNDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

There is no try

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

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Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

WEEKLY REVIEW « 30 »

22 JULY - 28 JULY

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

WEEK REVIEW NOTES

WEEK « 31 »

29 JULY - 04 AUGUST

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

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

JULY « 29 »
MONDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

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Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « 30 »
TUESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

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The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

JULY « **31** »
WEDNESDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

July Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

AUGUST « 01 »

THURSDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

August Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

AUGUST « 02 »
FRIDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

August Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

AUGUST « 03 »
SATURDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

August Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

AUGUST « 04 »
SUNDAY

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

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

Current Emotions? _____

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

Mastery Priorities/To do Today

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

DAY PLAN

August Monthly Notes

Big Shoulders

Pistol Squat

Measure Weight

Raise Bed

Build Inner Wall

Current Reading

Models - Attract Woment
Through Honesty, 5%

Why zebras dont get ulcers, 10%

The explosive child, 20%

Dare to Connect, 20%

The Mindful Emotions
Workbook, 20%

The Inflamed Mind, 1%

The Well of Ascension, 10%

Bucket List

Dance class

Sing in choir

Another cooking class

Try Amsterdam

Try England

Love?

WEEKLY REVIEW « 31 »

29 JULY - 04 AUGUST

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

WEEK REVIEW NOTES