# 2024 ReCalendar

## 2024

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34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

#### SEPTEMBER

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35 36 37	26	27	28	29	30	31	1	R
36	2	3	4	5	6	7	8	R
37	9	10	11	12	13	14	15	R
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#### **OCTOBER**

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

#### **NOVEMBER**

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

#### **DECEMBER**

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

WEEK « 31 »

29 JULY - 04 A	AUGUST	29 30 31	22	23	24	25	26		28	R
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
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Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
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JULY « **29** )

### **MONDAY**

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

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

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

July Monthly Notes

IULY « 30 »

TUESD	Д	١Y
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	<	JŲ	JL	20	24		>	
<b>N</b> #	Мо	Tu	We	Th	Fr	Sa	Su	Re
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28	8	9	10	11	12	13	14	R
29	15	16	17	18	19	20	21	R
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31	29	30	31	1	2	3	4	R

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

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

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	Measure Weight
	Raise Bed
	Build Inner Wall
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

July Monthly Notes

## JULY « **31** »

#### **WEDNESDAY**

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

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

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	Bucket List
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	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?
	25.5.

July Monthly Notes

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



AUGUST « 01 »

#### **THURSDAY**

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

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

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

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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?

AUGUST ( **02** 

**FRIDAY** 

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W#								
31 32 33	29	30	31	1	2	3	4	R
32	5	6	7	8	9	10	11	R
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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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

AUGUST « 03 »

#### **SATURDAY**

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

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

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

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

AUGUST « 04 »

#### **SUNDAY**

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

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

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

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

## WEEKLY REVIEW « 31 »

29 JULY - 04 AUGUST

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28 8 9 10 11 12 13 14 R
29 15 16 17 18 19 20 21 R
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WEEK REVIEW NOTES	

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

			33   20 27
05 AUG	Tuesday	06 AUG	Wednesday

**Thursday** 08 AUG Friday

Monday

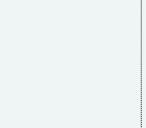
Sunday











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Saturday



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Unique	М	Т	W	Т	FS	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	
Dynamic	М	Т	W	Т	FS	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	FS	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	1
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Empowered	М	Т	W	Т	FS	Content	М	Т	W	Т	F	S	Troubled	М	Т	W	Т	F	9
Ambitious	М	Т	W		FS	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	T	W	T	F	
Powerful	М	Ť	W		FS	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ť	W	T	F	
Confident	М	T	VV		FS	Loving	М	Т	W	Т	F	S	- Ctailliea	М	Ť	W	T	F	
Bold	М	Ť	W		FS	Marvelous	М	Т	W	Т	F	S	Н	JRT	<u> </u>				i
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Desperate	М	Τ	W		F S	Fed up	М	T	W	T	F	S	Impaired	_	T	W	-	F	
Dejected	М	Т	VV		F S	Irritated	М	T	W	Ť	F	S	Damaged	M	T		T	· ·	1
Heavy	М	Т	W		F S	Mad	М	T	W	T	F	S	Criticized	M	T	W	T	F	
Crushed	М	Т	W		FS	Critical	М	Ť	W	Ť	F	S	Abused	М	T	W	T	F	
Disgusted	М	Т	W		FS	Resentful	M	T	W	<u> </u>	F	S	Crushed	М	T	W	T	F	
Upset	M	Τ	W		FS	-	M	T	W	T	F	S	Punished	М	Т	W	Т	F	
Hateful	M	Т	$\bigvee$	Т	FS	Disgusted	M	T	W	T	F	S	Rejected	М	Т	W	Т	F	
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Mournful	M	Τ	$\bigvee$	Т	FS	Raging	M	Т	W		-	S							
Weepy	M	Т	W	Т	FS	Furious	M	T	W	T	F	S							
Frustrated	M	Т	W	Т	FS	Livid	М	Т	W	Т	F	S							
CON	NFUS	ED				Bitter	М	Т	W	Т	F	S							
Uncertain	М	Т	W	Т	FS		М	Т	W	Т	F	S							
Upset	М	Т	W	Т	FS	ENE	RGIZ	ED											
Doubtful	М	Т	W	Т	FS	Determined	М	Т	W	Т	F	S							
Indecisive	М	T	W		FS	Inspired	М	Т	W	Т	F	S							
Perplexed	М	T	W		FS	Creative	М	Т	W	Т	F	S							
Embarrassed	М	T	W		FS	Healthy	М	Т	W	Т	F	S							
Hesitant	M	Ť	W		FS	Renewed	М	Т	W	Т	F	S							
Shy	M	T	W	-	F S	Vibrant	М	Т	W	Т	F	S							
Lost	M	÷	VV		FS	Strengthened	М	Т	W	Т	F	S							
Unsure	M	÷	W		FS	Motivated	М	Т	W	Т	F	S							
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Pessimistic	M	T	W V	-	_	Invigorated	М	Т	W	Т	F	S							
Tense	M	T	W		F S	Refreshed	М	Т	W	Т	F	S							
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#### MONDAY

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

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

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

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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?



#### **TUESDAY**

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

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

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

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

AUGUST « 07 »

#### **WEDNESDAY**

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

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

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

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

AUGUST « 08 »

#### **THURSDAY**

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

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

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

AUGUST « 09 »

**FRIDAY** 

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

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

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

AUGUST « 10 »

#### **SATURDAY**

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33	12	13	14	15	16	17	18	R
34	19	20	21	22	23	24	25	R
35	26	27	28	29	30	31	1	R

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

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

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

AUGUST « 11

**SUNDAY** 

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

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

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

WEEKLY REVIEW « 32 »

05 AUGUST - 11 AUGUST

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WEEK REVIEW NOTES		

WEEK « 33 » 12 AUG Tuesday

# 12 AUGUST - 18 AUGUST 13 AUG Wednesday

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

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**14 AUG** 

**Thursday** 15 AUG Friday

16 AUG Saturday

**17 AUG** 

**Monday** 

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

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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
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Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
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Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
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Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
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Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
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MONDAY

AUG 2024 >
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 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
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 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
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	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST

TUES

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The unexamined life is not worth living. Aurelius

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

## WEDNESDAY

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

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

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

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

# AUGUST $^{\circ}$ 15 $^{\circ}$

# **THURSDAY**

	<	Αl	JG	20	24	1	>	
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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
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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?

AUGUST « 16 »

**FRIDAY** 

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

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

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

DAY PLAN	August Monthly Notes
	Big Shoulders
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	Build Inner Wall
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	Why zebras dont get ulcerss, 10%
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
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	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

AUGUST « 17 »

**SATURDAY** 

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
31	29	30	31	1	2	3	4	R
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33	12	13	14	15	16	<b>17</b>	18	R
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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN	August Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
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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?

AUGUST « 18 »

SUNDAY

	<	Αl	JG	20	24	1	>	
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33	12	13	14	15	16	17	18	F
34	19	20	21	22	23	24	25	F
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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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

WEEKLY REVIEW « 33 »

## 12 AUGUST - 18 AUGUST

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WEEK REVIEW NOTES		

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19 AUG	Tuesday	20 AUG	

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Monday

22 AUG Friday

Thursday

Sunday



25 AUG



Plan week Send the weekly email

23 AUG Saturday



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

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

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

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

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

AUGUST « 20 »

# **TUESDAY**

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

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

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

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

# AUGUST « 21 »

#### **WEDNESDAY**

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

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

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

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

AUGUST « 22 »

#### THURSDAY

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

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

Not all those who wander are lost. JRR Tolkien

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

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

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

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

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

AUGUST « **24** )

## SATURDAY

AUG 2024 >
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31 29 30 31 1 2 3 4 R
32 5 6 7 8 9 10 11 R
33 12 13 14 15 16 17 18 R
34 19 20 21 22 23 24 25 R
35 26 27 28 29 30 31 1 R

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

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

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

AUGUST « 25 »

**SUNDAY** 

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	R
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What can I ask God for help with, or thank Him for? How are things?			
Current Emotions?			
What I'm grateful for (consider emotionally impactful things)?			
Mastery Priorities/To do Today			

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

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



19 AUGUST - 25 AUGUST

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< AUG 2024 >

WEEK REVIEW NOTES			

26 AUGUST - 01 SEPTEMBER

Monday 26 AUG **Tuesday** 27 AUG Wednesday

30 AUG

**Thursday** 29 AUG Friday

Sunday

Plan week

01 SEP

Send the weekly email

Saturday

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

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Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
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Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
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Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Т	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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# AUGUST « 26 »

#### MONDAY

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

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

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

AUGUST « 27

#### TUESDAY

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

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

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

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

AUGUST « 28 »

#### **WEDNESDAY**

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

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

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

AUGUST « 29

#### **THURSDAY**

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

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

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

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

AUGUST « 30

**FRIDAY** 

			JG					
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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34	19	20	21	22	23	24	25	R
25	24	27	20	20	20	21	4	Ь

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

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

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

# AUGUST « 31 »

### **SATURDAY**

	<	Αl	JG	20	24	1	>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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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

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

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

## SEPTEMBER

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

COMING MONTH GOALS



# SEPTEMBER « 01 »

**SUNDAY** 

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

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

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

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

# WEEKLY REVIEW « 35 »

26 AUGUST - 01 SEPTEMBER

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WEEK REVIEW NOTES	

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06 SEP

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02 SEPTEMBER - 08 SEPTEMBER 02 SEP Monday **Tuesday** 

03 SEP

Wednesday 04 SEP

SEP 2024

W# Mo Tu We Th Fr Sa Su Re

05 SEP

**Friday** 

Sunday

**Thursday** 

**08 SEP** 

Plan week Send the weekly email

**Saturday** 

07 SEP

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Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
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Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
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Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
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Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Т	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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# $\mathsf{SEPTEMBER}~^{\mathsf{W}}\mathbf{02}~^{\mathsf{w}}$

### MONDAY

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

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

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

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

SEPTEMBER « 03 »

#### **TUESDAY**

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

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Mastery Priorities/To do Today

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

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

SEPTEMBER « 04 »

#### **WEDNESDAY**

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

What can I ask God for help with, or thank Him for? How are things?
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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	September Monthly Notes
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	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# SEPTEMBER « 05 »

#### **THURSDAY**

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

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Mastery Priorities/To do Today

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

SEPTEMBER « 06 »

**FRIDAY** 

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

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Mastery Priorities/To do Today

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

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	Raise Bed
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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?

# $\mathsf{SEPTEMBER}~^{\mathsf{W}}\,\mathbf{07}~^{\mathsf{w}}$

### **SATURDAY**

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35 36 37 38 39	26	27	28	29	30	31	1	R
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37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

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

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

SEPTEMBER « 08 »

#### **SUNDAY**

 W#
 Mo Tu We Th Fr Sa Su Re

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

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

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

# WEEKLY REVIEW « 36 »

02 SEPTEMBER - 08 SEPTEMBER

	<	SE	ΕP	20	24		>	
<b>N</b> #	Мо	Tu	We	Th	Fr	Sa	Su	Re
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37	9	10	11	12	13	14	15	R
38	16	17	18	19	20	21	22	R
39	23	24	25	26	27	28	29	R

WEEK REVIEW NOTES		

WEEK « 37 »

26 27 28 29 30 **31 1** 

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

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09 SEPTEMBER - 15 SEPTEMBER

Wednesday

Saturday

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

Monday 09 SEP **Tuesday** 10 SEP

**Friday** 

**13 SEP** 

**Thursday** 12 SEP

**14 SEP** 

Sunday 15 SEP

Plan week Send the weekly email

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

SEPTEMBER « 09 »

### **MONDAY**

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

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

SEPTEMBER « 10 »

**TUESDAY** 

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

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Mastery Priorities/To do Today

There is no try

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

## SEPTEMBER « 11

**WEDNESDAY** 

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

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**SEPTEMBER** 

**THUF** 

_		<	SE	ΕP	20	24		>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
<b>&gt;&gt;</b>	35	26	27	28	29	30	31	1	
	36	2	3	4	5	6	7	8	
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RSDAY	38	16	17	18	19	20	21	22	
NJUA I	39	23	24	25	26	27	28	29	l

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

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

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SEPTEMBER « 13 »

FRIDAY

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

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

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

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

SEPTEMBER 4 14

#### **SATURDAY**

\*\* SEP 2024 \*\*

\*\* W# Mo Tu We Th Fr Sa Su Re

35 26 27 28 29 30 31 1 R

36 2 3 4 5 6 7 8 R

37 9 10 11 12 13 14 15 R

38 16 17 18 19 20 21 22 R

39 23 24 25 26 27 28 29 R

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

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

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

SEPTEMBER « 15 »

**SUNDAY** 

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

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

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

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

WEEKLY REVIEW « 37 »

09 SEPTEMBER - 15 SEPTEMBER

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

WEEK REVIEW NOTES		

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

16 SEPTEMBER - 22 SEPTEMBER

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

**18 SEP** 

< SEP 2024 >

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

				ı
Monday	16 SEP	Tuesday	17 SEP	Wednesday

Friday

Plan week

Send the weekly email

19 SEP

20 SEP

**Saturday 21 SEP** 

Sunday **22 SEP** 

**Thursday** 

	notior	15																	
ST	RON	G					APP	_					P.A	NIC					
Sure	М	Τ	W	Т	FS	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Τ	W	Т	FS	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	FS	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	
Dynamic	М	Т	W	Т	FS	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	FS	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	1
Hardy	М	Т	W	Т	FS	Grateful	M	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	9
Secure	М	Т	W	Т	FS	Optimistic	М	Т	W	Т	F	S	Anxious	М	Т	W	Т	F	9
Empowered	М	Т	W	Т	FS	Content	М	Т	W	Т	F	S	Troubled	М	Т	W	Т	F	9
Ambitious	М	Т	W		FS	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	T	W	T	F	
Powerful	М	Ť	W		FS	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ť	W	T	F	
Confident	М	T	VV		FS	Loving	М	Т	W	Т	F	S	- Ctailliea	М	Ť	W	T	F	
Bold	М	Ť	W		FS	Marvelous	М	Т	W	Т	F	S	Н	JRT	<u> </u>				i
Determined	М	Ť	W		FS		М	Т	W	Т	F	S	Let down	lΜ	Т	W	Ιπ	F	9
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	SAD		2.4.7		- 6	Annoyed	М	Т	W	Т	F	S	Wounded	M	H	VV	Ϊ́	F	
Depressed	М	Τ	W		FS	Agitated	М	Т	W	T	F	S		M		W	T	F	-
Desperate	М	Τ	W		F S	Fed up	М	T	W	T	F	S	Impaired	_	T	W	-	F	
Dejected	М	Т	VV		F S	Irritated	М	T	W	Ť	F	S	Damaged	M	T		T	· ·	1
Heavy	М	Т	W		F S	Mad	М	T	W	T	F	S	Criticized	M	T	W	T	F	
Crushed	М	Т	W		FS	Critical	М	Ť	W	Ť	F	S	Abused	М	T	W	Τ	F	
Disgusted	М	Т	W		FS	Resentful	M	T	W	<u> </u>	F	S	Crushed	М	T	W	T	F	
Upset	M	Τ	W		FS	-	M	T	W	T	F	S	Punished	М	Т	W	Т	F	
Hateful	M	Т	$\bigvee$	Т	FS	Disgusted	M	T	W	T	F	S	Rejected	М	Т	W	Т	F	
Sorrowful	M	Τ	$\bigvee$	Т	FS	Outraged	_			Т	F								
Mournful	M	Τ	$\bigvee$	Т	FS	Raging	M	Т	W		-	S							
Weepy	M	Т	W	Т	FS	Furious	M	T	W	T	F	S							
Frustrated	M	Т	W	Т	FS	Livid	М	Т	W	Т	F	S							
CON	NFUS	ED				Bitter	М	Т	W	Т	F	S							
Uncertain	М	Т	W	Т	FS		М	Т	W	Т	F	S							
Upset	М	Т	W	Т	FS	ENE	RGIZ	ED											
Doubtful	М	Т	W	Т	FS	Determined	М	Т	W	Т	F	S							
Indecisive	М	T	W		FS	Inspired	М	Т	W	Т	F	S							
Perplexed	М	T	W		FS	Creative	М	Т	W	Т	F	S							
Embarrassed	М	T	W		FS	Healthy	М	Т	W	Т	F	S							
Hesitant	M	Ť	W		FS	Renewed	М	Т	W	Т	F	S							
Shy	M	T	W	-	F S	Vibrant	М	Т	W	Т	F	S							
Lost	M	÷	VV		FS	Strengthened	М	Т	W	Т	F	S							
Unsure	M	÷	W		FS	Motivated	М	Т	W	Т	F	S							
	_	H-			1 3	Focused	М	Т	W	Т	F	S							
Pessimistic	M	T	W V	-	_	Invigorated	М	Т	W	Т	F	S							
Tense	M	T	W		F S	Refreshed	М	Т	W	Т	F	S							
	М	Т	W	T	C   J							-							

## SEPTEMBER « 16 »

**MONDAY** 

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

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

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

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

**SEPTEMBER** 

TUE

		<	SE	ĒΡ	20	24		>	
17	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
<b>&gt;&gt;</b>	35	26	27	28	29	30	31	1	
	36			4					١
	37	9	10	11	12	13	14	15	١
ESDAY	38	16	17	18	19	20	21	22	ı
JUAI	39	23	24	25	26	27	28	29	ı

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

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

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

SEPTEMBER « 18 »

#### **WEDNESDAY**

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

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

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

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

SEPTEMBER

#### **THURSDAY**

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

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

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

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

SEPTEMBER « 20 »

FRIDAY

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

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

The unexamined life is not worth living. Aurelius

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

## SEPTEMBER « 21 »

**SATURDAY** 

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

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

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

SEPTEMBER « 22

SUNDAY

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

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

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	Dare to Connect, 20%
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	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



16 SEPTEMBER - 22 SEPTEMBER

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

WEEK REVIEW NOTES	

week « **39** »

26 27 28 29 30 **31 1** 36 2 3 4 5 6 **7 8** R 37 9 10 11 12 13 **14 15** R 38 16 17 18 19 20 **21 22** R

< SEP 2024 >

W# Mo Tu We Th Fr Sa Su Re

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

23 3EP I	ICIVIDE	( - Z7 JEF	I EIVIDEI	`
Monday	23 SEP	Tuesday	24 SEP	We

ednesday **25 SEP** 

27 SEP

**Saturday 28 SEP** 

**Thursday** 

Sunday **29 SEP** 

Send the weekly email

Plan week

26 SEP Friday

# 22 CEDTENADED 20 CEDTENADED

	ΙΟΙΙΟΙ	Emotions																		
STRONG					\PP\		P.A	NIC												
Sure	М	Τ	VV	Т	F S	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	VV	Т	F S	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	VV	Т	F S	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F S	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	VV	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	VV	Т	_	5	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	ŀ
Secure	М	T	VV	Ť	_	5	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	VV	Ť		5	Content	М	Т	W	Т	F	S	Troubled	М	Ť	W	T	F	
Ambitious	М	T	W	T		5	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	5	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	T	Ė	
Confident	М	Ť	W	· -		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	÷		5	Marvelous	М	Т	W	Т	F	S	Ш	JRT	<u> </u>	VV		_	ľ
Determined	M	÷	W	H		5		М	Т	W	Т	F	S	Let down	M	Т	W	т	F	
			VV		F   3	2	ΔΝ	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	
Depressed	М	Т	VV	Т	_	5	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	i.	
Desperate	М	Т	$\vee\vee$	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Τ	$\vee\vee$	Т	_	5	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	$\vee\vee$	Т	_	S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	1
Crushed	М	Τ	$\bigvee$	Т	F S	S	Critical	M	T	VV	i i	F	S	Abused	М	Т	W	Т	F	
Disgusted	M	Τ	$\vee\!\vee$	Т	FS	S		_		W	+	F		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Τ	$\vee\!\vee$	Т	F S	S	Resentful	M	T		+	-	S	Punished	М	Т	W	Т	F	
Hateful	M	Τ	$\vee\!\vee$	Т	F S	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Т	F	
Sorrowful	М	Τ	$\bigvee$	Т	F S	S	Outraged	М	Т	W		F	S							
Mournful	М	Τ	$\vee\vee$	Т	F S	S	Raging	М	Т	W	Т	F	S							
Weepy	М	Т	$\vee\vee$	Т	F S	5	Furious	М	Т	W	Т	F	S							
Frustrated	М	Τ	VV	Т	F S	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	ED					Bitter	М	Т	W	Т	F	S							
Uncertain	Ιм	Т	VV	Т	F S	5		М	Т	W	Т	F	S							
Upset	М	T	VV	Ť		5	ENEI	RGIZ	ED											
Doubtful	М	T	VV	T		5	Determined	М	Т	W	Т	F	S							
Indecisive	М	Ť	W	T	_	5	Inspired	М	Т	W	Т	F	S							
Perplexed	М	Ť	W	Ť		5	Creative	М	Т	W	Т	F	S							
Embarrassed	М	Ť	W	Ť		5	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	W	Ť	_	5	Renewed	М	Т	W	Т	F	S							
Shy	M	T	W	T	_	S	Vibrant	М	Т	W	Т	F	S							
Lost	M	÷	W	H	_	S	Strengthened	М	Т	W	Т	F	S							
	M	÷	W	+		5	Motivated	М	Т	W	Т	F	S							
Unsure	_			1	1 \		Focused	М	Т	W	Т	F	S							
Pessimistic	M	T	W	H	F S		Invigorated	М	Т	W	Т	F	S							
Tense	M	T	W	T		S	Refreshed	М	Т	W	Т	F	S							
	М	Τ	$\bigvee$	Т	FS	5		1			-	-	-							

SEPTEMBER « 23 »

### MONDAY

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

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

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

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

# SEPTEMBER « 24 »

### **TUESDAY**

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

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

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

# SEPTEMBER « 25

### **WEDNESDAY**

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

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

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

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

# SEPTEMBER « 26 »

### **THURSDAY**

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

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

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

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

SEPTEMBER « 27 »

FRIDAY

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

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

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

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

SEPTEMBER « 28 »

### **SATURDAY**

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

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

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

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

SEPTEMBER « 29

**SUNDAY** 

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

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

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

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

WEEKLY REVIEW « 39 »

23 SEPTEMBER - 29 SEPTEMBER

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/#	Мо	Tu	We	Th	Fr	Sa	Su	Re
5	26	27	28	29	30	31	1	R
6	2 9	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	29	R

WEEK REVIEW NOTES	

WEEK 40 »

26 27 28 29 30 **31 1** 

3 4 5 6 **7 8** 

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

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

30 SEPTEMBER - 06 OCTOBER

Wednesday

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

**02 OCT** 

Monday

03 OCT Friday

**Saturday** 

**05 OCT** 

Sunday

**Thursday** 

06 OCT

Plan week

Send the weekly email

30 SEP **Tuesday** 01 OCT

04 OCT

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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Τ	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
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Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
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Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 1	-	V V	1	-	J							

# SEPTEMBER « 30 »

## **MONDAY**

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

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

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

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

**Habits** 

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

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

43 21 22 23 24 25 <b>26 27</b> R 44 28 29 30 31 1 2 3 R																								
43 21 22 23 24 25 <b>26 27</b> R													4	44	28	3 2	9 3	30	31	1	2	3	R	?
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COMING MONTH GOALS



# october « 01 »

## **TUESDAY**

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

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

The unexamined life is not worth living. Aurelius

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

# OCTOBER ( **02**

### **WEDNESDAY**

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

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

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

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

# OCTOBER « 03 »

### **THURSDAY**

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

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

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

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

october  $^{\circ}$  04  $^{\circ}$ 

## **FRIDAY**

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

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

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

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



## **SATURDAY**

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

What can I ask God for help with, or thank Him for? How are things?
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	Measure Weight
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	Current Reading
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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



## **SUNDAY**

		<	0	СТ	20	24		>	
W	/#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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4	2	14	15	16	17	18	19	20	R
4	3	21	22	23	24	25	26	27	R
4	4	28	29	30	31	1	2	3	R

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

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

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	Big Shoulders
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30 SEPTEMBER - 06 OCTOBER

 W#
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WEEK REVIEW NOTES		

WEEK "41"

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

10 OCT Friday

13 OCT

Plan week

Send the weekly email

**Thursday** 

Sunday

11 OCT

Saturday

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

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

44 28 29 30 31 1 2 3 R

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09 OCT

**12 OCT** 

	Emotions																			
STRONG				H	PANIC															
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Certain	М	Т	VV	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	VV	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	VV	Т	_	S	Charmed	М	Τ	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	VV	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	VV	T		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	VV	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	VV	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ť	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	<u> </u>		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	i i		S	Marvelous	М	Т	W	Т	F	S	ш	JRT	<u> </u>	VV	1	'	1
Determined	M	÷	W	i i		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
			VV	<u> </u>	Г	2	1A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	VV	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	$\vee\vee$	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Τ	$\vee\vee$	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	$\vee\vee$	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	$\bigvee$	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	F	S	Crushed	М	Т	W	Т	F	Ŀ
Upset	M	Τ	$\vee\!\vee$	Т	F.	S	Resentful	М	T		-	-		Punished	М	Т	W	Т	F	ŀ
Hateful	M	Τ	$\vee\!\vee$	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	M	Т	W	Т	F	
Sorrowful	М	Τ	$\bigvee\!$	Т	F	S	Outraged	М	Т	W		F	S							
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Weepy	М	Т	VV	Т	F	S	Furious	М	Τ	W	Τ	F	S							
Frustrated	М	Τ	VV	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	Т	VV	Т	F	S		М	Τ	W	Т	F	S							
Upset	М	T	VV	Ť		S	ENE	RGIZ	ED											
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Perplexed	М	Ť	VV	Ť		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	W	T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	W	H	_	S	Renewed	М	Т	W	Т	F	S							
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Pessimistic	M	T	W	1		S	Invigorated	М	Т	W	Т	F	S							
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# остовек « **07** »

#### MONDAY

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

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

DAY PLAN October Monthly No		
	Big Shoulders	
	Pistol Squat	
	Measure Weight	
	Raise Bed	
	Build Inner Wall	
	Current Reading	
	Models - Attract Woment Through Honesty, 5%	
	Why zebras dont get ulcerss, 10%	
	The explosive child, 20%	
	Dare to Connect, 20%	
	The Mindful Emotions Workbook, 20%	
	The Inflamed Mind, 1%	
	The Well of Ascension, 10%	
	5	
	Bucket List	
	Dance class	
	Sing in choir	
	Another cooking class	
	Try Amsterdam	
	Try England	
	Love?	

# october « 08 »

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43	21	22	23	24	25	26	27	R
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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

DAY PLAN October Monthly No		
	Big Shoulders	
	Pistol Squat	
	Measure Weight	
	Raise Bed	
	Build Inner Wall	
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	Why zebras dont get ulcerss, 10%	
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	The Well of Ascension, 10%	
	5	
	Bucket List	
	Dance class	
	Sing in choir	
	Another cooking class	
	Try Amsterdam	
	Try England	
	Love?	

#### WEDNESDAY

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

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

DAY PLAN October Monthly No		
	Big Shoulders	
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	5	
	Bucket List	
	Dance class	
	Sing in choir	
	Another cooking class	
	Try Amsterdam	
	Try England	
	Love?	

#### **THURSDAY**

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

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

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

DAY PLAN October Monthly No		
	Big Shoulders	
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	Measure Weight	
	Raise Bed	
	Build Inner Wall	
	Current Reading	
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	Love?	

**FRIDAY** 

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

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

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

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	Build Inner Wall
	Current Reading
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	Bucket List
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	Sing in choir
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	Try England
	Love?

#### **SATURDAY**

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

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

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

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

OCTOBER 4 13

**SUNDAY** 

W# Mo Tu We Th Fr Sa Su Re
40 30 1 2 3 4 5 6 R
41 7 8 9 10 11 12 13 R
42 14 15 16 17 18 19 20 R
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What can I ask God for help with, or thank Him for? How are things?
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DAY PLAN	October Monthly Notes
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	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 41 »

07 OCTOBER - 13 OCTOBER

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< OCT 2024 >

WEEK REVIEW NOTES		

14 OCTOBER - 20 OCTOBER

Monday 14 OCT **Tuesday 15 OCT** Wednesday

20 OCT

**Thursday** 

Sunday

17 OCT Friday

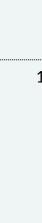
Plan week

Send the weekly email

18 OCT

Saturday

41



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

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Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
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Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
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#### MONDAY

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

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

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

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

# OCTOBER « 15 »

**TUESDAY** 

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

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

DAY PLAN	October Monthly Notes
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	Measure Weight
	Raise Bed
	Build Inner Wall
	<ul><li>Current Reading</li><li>Models - Attract Woment</li></ul>
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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?

### OCTOBER « **16** »

#### WEDNESDAY

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

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

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

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	Build Inner Wall
	Current Reading
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	5
	Bucket List
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	Sing in choir
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	Try England
	Love?

OCTOBER

#### **THURSDAY**

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

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

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

DAY PLAN	October Monthly Notes
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	5
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**FRIDAY** 

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

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

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	Love?

#### **SATURDAY**

OCT 2024 >

W# Mo Tu We Th Fr Sa Su Re

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43 21 22 23 24 25 26 27 R

44 28 29 30 31 1 2 3 R

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

DAY PLAN	October Monthly Notes
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	Bucket List
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	Sing in choir
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	Try England
	Love?

OCTOBER « 20 >

**SUNDAY** 

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

The unexamined life is not worth living. Aurelius

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	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
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	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

WEEKLY REVIEW « 42 »

14 OCTOBER - 20 OCTOBER

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WEEK REVIEW NOTES		

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

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Wednesday

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**Thursday** 

-Plan week Send the weekly email

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Unique	М	Т	VV	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	VV	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	VV	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	VV	T		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	VV	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	VV	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ť	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	<u> </u>		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
Bold	M	Ť	W	i i		S	Marvelous	М	Т	W	Т	F	S	ш	JRT	<u> </u>	VV	1	'	1
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			VV	<u> </u>	Г	2	1A	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	VV	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	$\vee\vee$	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Τ	$\vee\vee$	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	$\vee\vee$	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	$\bigvee$	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	F	S	Crushed	М	Т	W	Т	F	Ŀ
Upset	M	Τ	$\vee\!\vee$	Т	F.	S	Resentful	М	T		-	-		Punished	М	Т	W	Т	F	ŀ
Hateful	M	Τ	$\vee\!\vee$	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	M	Т	W	Т	F	
Sorrowful	М	Τ	$\bigvee\!$	Т	F	S	Outraged	М	Т	W		F	S							
Mournful	М	Τ	$\vee\vee$	Т	F	S	Raging	М	Т	W	Т	F	S							
Weepy	М	Т	VV	Т	F	S	Furious	М	Τ	W	Τ	F	S							
Frustrated	М	Τ	VV	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	Т	VV	Т	F	S		М	Τ	W	Т	F	S							
Upset	М	T	VV	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	VV	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	М	Ť	W	T		S	Inspired	М	Т	W	Т	F	S							
Perplexed	М	Ť	W	Ť		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	W	T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	W	H	_	S	Renewed	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Vibrant	М	Т	W	Т	F	S							
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Lost		÷		T		5	Motivated	М	Т	W	Т	F	S							
Unsure	M		W	1	1		Focused	М	Т	W	Т	F	S							
Pessimistic	M	T	W	1		S	Invigorated	М	Т	W	Т	F	S							
Tense	М	T	VV	T		S	Refreshed	М	Т	W	Т	F	S							
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# october $^{\circ}21$

MONDAY

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

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

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

OCTOBER « 22

TUESDAY

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

What can I ask God for help with, or thank Him for? How are things?	
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	October Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading
	Models - Attract Woment Through Honesty, 5%
	Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	5
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

# OCTOBER « **23** »

### WEDNESDAY

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

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

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

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

# OCTOBER « 24 »

### THURSDAY

 W#
 Mo Tu We Th Fr Sa Su Re

 40
 30
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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
There is no try

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

OCTOBER  $^{\circ}$  25  $^{\circ}$ 

FRIDAY

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

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

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

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

# OCTOBER « **26** »

### SATURDAY

 W# Mo Tu We Th Fr Sa Su Re

 40 30 1 2 3 4 5 6 R

 41 7 8 9 10 11 12 13 R

 42 14 15 16 17 18 19 20 R

 43 21 22 23 24 25 26 27 R

 44 28 29 30 31 1 2 3 R

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

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

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

OCTOBER « 27

SUNDAY

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

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

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

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

WEEKLY REVIEW « 43 »

21 OCTOBER - 27 OCTOBER

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

< OCT 2024 >

W# Mo Tu We Th Fr Sa Su Re

WEEK REVIEW NOTES		

WEEK 44 28 OCTOBER - 03 NOVEMBER

Monday Wednesday 28 OCT **Tuesday** 29 OCT

41

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

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

44 28 29 30 31 1 2 3

10 11 **12 13** R

**30 OCT** 

31 OCT Friday 01 NOV Saturday

02 NOV

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

**Thursday** 

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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	Ť	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
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OCTOBER « 28

### **MONDAY**

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

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

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

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

OCTOBER « 29 »

#### **TUESDAY**

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

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

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

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

# october « 30 »

### **WEDNESDAY**

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

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

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

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

# october $^{\circ}$ 31 $^{\circ}$

### **THURSDAY**

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

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

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

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

# NOVEMBER

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

COMING MONTH GOALS



NOVEMBER  $^{\circ}$  01  $^{\circ}$ 

**FRIDAY** 

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

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

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

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

# NOVEMBER « **02**

#### **SATURDAY**

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

What can I ask God for help with, or thank Him for? How are things?
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	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
	Current Reading  Models - Attract Woment
	Through Honesty, 5% Why zebras dont get ulcerss, 10%
	The explosive child, 20%
	Dare to Connect, 20%
	The Mindful Emotions Workbook, 20%
	The Inflamed Mind, 1%
	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

NOVEMBER « 03 »

## SUNDAY

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

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

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

DAY PLAN	November Monthly Notes
	Big Shoulders
	Pistol Squat
	Measure Weight
	Raise Bed
	Build Inner Wall
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	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?



28 OCTOBER - 03 NOVEMBER

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

WEEK REVIEW NOTES		

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

Wednesday

**Thursday** 07 NOV

**Friday** 

Send the weekly email

Saturday

**09 NOV** 

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

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

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

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Sunday

Monday

**10 NOV** Plan week

VON 80

Emotions																				
STRONG						\PP\	1			PANIC										
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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Τ	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
Confident	М	Ť	W	·		S	Loving	М	Т	W	Т	F	S	Starrica	М	Ť	W	T	F	
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Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
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Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
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Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
	М	Т	W	T	F	S	Refreshed	1 1 7 1	-	V V	1	-	J							

NOVEMBER « 04 »

### MONDAY

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

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

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

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	The explosive child, 20%
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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?

# NOVEMBER « 05 »

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

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

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

## NOVEMBER « 06 »

### **WEDNESDAY**

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

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	Love?



### **THURSDAY**

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

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

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

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	Love?

NOVEMBER « 08 »

### **FRIDAY**

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

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Mastery Priorities/To do Today

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

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	Bucket List
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	Another cooking class
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	Love?

NOVEMBER « 09

### **SATURDAY**

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

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

NOVEMBER

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$\cap$	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
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	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

### WEEKLY REVIEW « 45 »

04 NOVEMBER - 10 NOVEMBER

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WEEK REVIEW NOTES		

WEEK " **46** "

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

14 NOV Friday

′	Wednesday

NOV 2024

**13 NOV** 

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

15 NOV Saturday

**16 NOV** 

**Thursday** 

Sunday 17 NOV Plan week Send the weekly email

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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
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Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
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Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т	_	S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
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Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Т	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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### NOVEMBER

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

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

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

NOVEMBER 4 12

### **TUESDAY**

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

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

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

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NOVEMBER

### **WEDNESDAY**

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

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

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

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

NOVEMBER « 14

#### **THURSDAY**

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

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

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

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

NOVEMBER « 15 »

**FRIDAY** 

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

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

Not all those who wander are lost. JRR Tolkien

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

# NOVEMBER « 16 »

### SATURDAY

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

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

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

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

**NOVEMBER** 

**SUNDAY** 

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

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

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	Dance class
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	Love?



#### 11 NOVEMBER - 17 NOVEMBER

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

WEEK REVIEW NOTES		

WEEK 47

22 NOV

Saturday

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

< NOV 2024 > W#|MoTuWeThFrSaSu|Re

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

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

5 6 7 8 **9 10** R

**23 NOV** 

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21 NOV Friday

24 NOV

Plan week

Send the weekly email

18 NOV Tuesday

Monday

**Thursday** 

Sunday

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STRONG								\PP\	1					P.A	NIC					
Sure	М	Τ	VV	Т	F S	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	VV	Т	F S	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	VV	Т	F S	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F S	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	VV	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	VV	Т	_	5	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	ŀ
Secure	М	T	VV	Ť	_	5	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	VV	Ť		5	Content	М	Т	W	Т	F	S	Troubled	М	Ť	W	T	F	
Ambitious	М	T	VV	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	5	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	T	Ė	
Confident	М	Ť	W	· -		S	Loving	М	Т	W	Т	F	S	Sturried	М	Ť	W	T	F	
Bold	M	Ť	W	÷		5	Marvelous	М	Т	W	Т	F	S	LI	JRT	<u> </u>	VV		_	ľ
Determined	M	÷	W	H		5		М	Т	W	Т	F	S	Let down	M	Т	W	т	F	
			VV		F   3	2	Δ	NGEF						Tender	M	H	W	T	F	
	SAD						Annoyed	М	Т	W	Т	F	S		_	-		-	F	
Depressed	М	Т	VV	Т	_	5	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	i.	
Desperate	М	Т	$\vee\vee$	Т		S	Fed up	M	T	W	Ė	F	S	Impaired	M	T	W	T	F	
Dejected	М	Τ	$\vee\vee$	Т	_	5	Irritated	M	T	W	Ť	F	S	Damaged	M	T	W	T	F	ŀ
Heavy	М	Τ	$\vee\vee$	Т	_	S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	1
Crushed	М	Τ	$\bigvee$	Т	F S	S	Critical	M	T	VV	T	F	S	Abused	М	Т	W	Т	F	
Disgusted	M	Τ	$\vee\!\vee$	Т	FS	S		_		W	T	F		Crushed	М	Т	W	Т	F	Ŀ
Upset	M	Τ	$\vee\!\vee$	Т	F S	S	Resentful	M	T		  -	-	S	Punished	М	Т	W	Т	F	
Hateful	M	Τ	$\vee\!\vee$	Т	F S	S	Disgusted	М	T	W	T	F	S	Rejected	M	Т	W	Т	F	
Sorrowful	М	Τ	$\bigvee$	Т	F S	S	Outraged	М	Т	W		F	S							
Mournful	М	Τ	$\bigvee$	Т	F S	S	Raging	М	Т	W	Т	F	S							
Weepy	М	Т	$\vee\vee$	Т	F S	5	Furious	М	Т	W	T	F	S							
Frustrated	М	Τ	VV	Т	F S	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	ED					Bitter	М	Т	W	Т	F	S							
Uncertain	Ιм	Т	VV	Т	F S	5		М	Т	W	Т	F	S							
Upset	М	T	VV	Ť		5	ENE	RGIZ	ED											
Doubtful	М	T	VV	Ť		5	Determined	М	Т	W	Т	F	S							
Indecisive	М	Ť	W	T	_	5	Inspired	М	Т	W	Т	F	S							
Perplexed	М	Ť	W	Ť		5	Creative	М	Т	W	Т	F	S							
Embarrassed	М	Ť	W	Ť		5	Healthy	М	Т	W	Т	F	S							
Hesitant	M	Ť	W	Ť	_	5	Renewed	М	Т	W	Т	F	S							
Shy	M	T	W	T	_	S	Vibrant	М	Т	W	Т	F	S							
Lost	M	÷	W	H	_	S	Strengthened	М	Т	W	Т	F	S							
	M	÷	W	+		5	Motivated	М	Т	W	Т	F	S							
Unsure	_			1	1 \		Focused	М	Т	W	Т	F	S							
Pessimistic	M	T	W	H	F S		Invigorated	М	Т	W	Т	F	S							
Tense	M	T	W	T		S	Refreshed	М	Т	W	Т	F	S							
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NOVEMBER « 18 »

**MONDAY** 

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

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

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

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

NOVEMBER

**TUESDAY** 

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

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	Bucket List
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	Love?

NOVEMBER « 20 »

#### **WEDNESDAY**

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

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Mastery Priorities/To do Today

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

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### NOVEMBER « 21

#### **THURSDAY**

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

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

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	Love?

NOVEMBER « 22

		<	NO	VC	20	24	1	>	
$\mathbf{C}$	W#	Мо	Tu	We	Th	Fr	Sa	Su	F
<b>/</b>	44	28	29	30	31	1	2	3	
		4							
	46								
RIDAY	47								
NIDAI	48	25	26	27	28	29	30	1	

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

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

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NOVEMBER « 23 »

#### SATURDAY

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

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

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	Love?

NOVEMBER « 24

**SUNDAY** 

		<	NO	VC	20	24	1	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	R
<b>&gt;&gt;</b>	44	28	29	30	31	1	2	3	F
	45	4	5	6	7	8	9	10	F
		11							
V	47	18	19	20	21	22	23	24	F
<b>\</b> I	48	25	26	27	28	29	30	1	F

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WEEKLY REVIEW « 47 »

18 NOVEMBER - 24 NOVEMBER

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

WEEK REVIEW NOTES		

WEEK " 48 »
BER - 01 DECEMBER

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

Wednesday

Saturday

< NOV 2024 > W#|MoTuWeThFrSaSu|Re

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

48 25 26 27 28 29 30 1

**30 NOV** 

**27 NOV** 

7 8 **9 10** R

Thursday 28 NOV Friday 29 NOV

01 DEC

Sunday

Friday

Plan week

Send the weekly email

29 NOV

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

# NOVEMBER $^{\prime\prime}$ 25 $^{\circ\prime}$

**MONDAY** 

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

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

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

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

### NOVEMBER $^{\prime\prime}$ 26 $^{\circ\prime}$

#### **TUESDAY**

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

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

NOVEMBER « 27 »

#### WEDNESDAY

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

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

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

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

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

#### **THURSDAY**

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

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

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

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

NOVEMBER « 29

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

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

Not all those who wander are lost. JRR Tolkien

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

NOVEMBER « 30 »

#### **SATURDAY**

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

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

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

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

### DECEMBER

2 3 4 5 6 7 8

Habits

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

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

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

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

COMING MONTH GOALS	



DECEMBER « 01 »

**SUNDAY** 

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

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

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

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

December Monthly

WEEKLY REVIEW « 48 »

25 NOVEMBER - 01 DECEMBER

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

WEEK REVIEW NOTES		

week « **49** »

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

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#### 02 DECEMBER - 08 DECEMBER

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Thursday	05 DEC	Friday	06 DEC	Saturday	07 DEC

Sunday	08 DEC	Plan week Send the weekly email	

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	Disgusted	М	Т					Rejected	М	Т	W	Т	F	0
	Outraged	М	Т	W		F								Τ
	Raging	M	Τ	W	Т	F	S							
	Furious	М	Т	W	Т	F	S							
	Livid	М	Т	W	Т	F	S							
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## $_{\text{DECEMBER}} \ ^{\text{\tiny (}} 02\ ^{\text{\tiny )}}$

#### **MONDAY**

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

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

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

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

December Monthly

DECEMBER « 03 »

#### **TUESDAY**

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

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

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

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

DECEMBER « **04** »

### **WEDNESDAY**

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

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

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

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



#### **THURSDAY**

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

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

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

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

DECEMBER « 06 »

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

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

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

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

DECEMBER « 07

#### SATURDAY

			EC				>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
48	25 2 9 16	26	27	28	29	30	1	R
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50	9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R

52 23 24 25 26 27 **28 29** R 1 30 31 1 2 3 4 5 R

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

There is no try

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

DECEMBER « 08 »

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

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

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

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

## WEEKLY REVIEW « 49 »

02 DECEMBER - 08 DECEMBER

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<ul><li>49</li><li>50</li></ul>	2	3	4	5	6	7	8	R	
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51	16	17	18	19	20	21	22	R	
52	23	24	25	26	27	28	29	R	
1	30	31	1	2	3	4	5	R	

WEEK REVIEW NOTES		

**WEEK** « **50** »

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

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

09 DECEMBER - 15 DECEMBER Monday 09 DEC Tuesday

12 DEC Friday

**Thursday** 

Sunday	15 DEC	Plan week Send the weekly email	

	notior	15																		
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Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
Secure	М	T	W	Ť		S	Optimistic	М	Т	W	Т	F	S	Anxious	М	Ť	W	Т	F	
Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
Powerful	М	Ť	W	Ė	_	S	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ė	W	Ť	F	
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Determined	M	÷	W	H		S		М	Т	W	Т	F	S	Let down	M	Т	W	ĪΤ	F	
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Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
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Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
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Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
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Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Т	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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DECEMBER « 09 »

#### **MONDAY**

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

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

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

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

DECEMBER « 10 »

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

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

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

DECEMBER « 11

**WEDNESDAY** 

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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
Not all those who wander are lost. JRR Tolkien

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

DECEMBER « 12 »

#### **THURSDAY**

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	23 30	31	1	2	3	4	5	R

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

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

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

DECEMBER

FRI

		<	DI	EC	20	24	-	>	
	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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DAY	52	23	24	25	26	27	28	29	R
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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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

DECEMBER « 14 »

#### **SATURDAY**

	<	DI	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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51	16	17	18	19	20	21	22	R
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1	30	31	1	2	3	4	5	R

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

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

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

DECEMBER « 15

**SUNDAY** 

	<	DE	EC	20	24		>	
W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
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51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	23 30	31	1	2	3	4	5	R

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

The unexamined life is not worth living. Aurelius

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



#### 09 DECEMBER - 15 DECEMBER

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49	2 9	3	4	5	6	7	8	R
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< DEC 2024 >

WEEK REVIEW NOTES		

week " **51** "

16 DECEMBER - 22 DECEMBER

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

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

**18 DEC** 

17 DEC Wednesday Monday 16 DEC Tuesday

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

Sunday	22 DEC	Plan week Send the weekly email	

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Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
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Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
Ambitious	М	T	W	T		S	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	Ť	W	T	F	
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	SAD						Annoyed	М	Т	W	Т	F	S		-	-		-	F	╄
Depressed	М	Т	W	Т	_	S	Agitated	М	T	W	Ť	F	S	Wounded	M	T	W	T	-	
Desperate	М	Т	W	Т		S	Fed up	M	T	W	Ť	F	S	Impaired	М	T	W	T	F	
Dejected	М	Т	W	Т		S	Irritated	M	T	W	Ť	F	S	Damaged	М	T	W	T	F	ŀ
Heavy	М	Τ	W	Т		S	Mad	M	T	W	T	F	S	Criticized	М	Т	W	Т	F	ŀ
Crushed	М	Τ	W	Т	_	S	Critical	M	T	W	T	F	S	Abused	М	Т	W	Τ	F	ŀ
Disgusted	М	Τ	$\vee\vee$	Т	F	S		_		W	  -	-		Crushed	М	Т	W	Т	F	Ŀ
Upset	М	Т	$\vee\vee$	Т	F	S	Resentful	М	T		1	F	S	Punished	М	Т	W	Т	F	ŀ
Hateful	М	Т	W	Т	F	S	Disgusted	М	T	W	T	F	S	Rejected	М	Т	W	Τ	F	
Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
Upset	М	Ť	W	Ť		S	ENE	RGIZ	ED											
Doubtful	М	T	W	T		S	Determined	М	Т	W	Т	F	S							
Indecisive	M	Ť	W	Ť		S	Inspired	М	Т	W	Т	F	S							
Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
Embarrassed	M	T	VV	i T		S	Healthy	М	Т	W	Т	F	S							
Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
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# DECEMBER « 16 »

**MONDAY** 

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51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
48 49 50 51 52 1	30	31	1	2	3	4	5	R

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

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

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

DECEMBER « 17 »

#### **TUESDAY**

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

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

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

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

DECEMBER « 18 »

### **WEDNESDAY**

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

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

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

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

DECEMBER « 19 »

#### **THURSDAY**

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23	24	25	26	27	28	29	R
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What can I ask God for help with, or thank Him for? How are things?						
Current Emotions?						
What I'm grateful for (consider emotionally impactful things)?						
Mastery Priorities/To do Today						

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

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

DECEMBER « 20 »

FRIDAY

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

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

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

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

DECEMBER « 21

**SATURDAY** 

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

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

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

DECEMBER « 22 »

**SUNDAY** 

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

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

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

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

## WEEKLY REVIEW « 51 »

#### 16 DECEMBER - 22 DECEMBER

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

WEEK REVIEW NOTES		

WEEK \* **52** \*

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

**28 DEC** 

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

## 23 DECEMBER - 29 DECEMBER

26 DEC Friday

**Thursday** 

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

27 DEC Saturday

Sunday	29 DEC	Plan week Send the weekly email	

	notior	15																		
ST	RON	G						\PP\	1					P.A	NIC					
Sure	М	Τ	W	Т	F	S	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Т	W	Т	F	S	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	F	S	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	İ
Dynamic	М	Т	W	Т	F	S	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	_	S	Charmed	М	Τ	W	Т	F	S	Frozen	М	Т	W	Т	F	
Hardy	М	Т	W	Т		S	Grateful	М	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	İ
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Empowered	М	T	W	T	_	S	Content	М	Τ	W	Т	F	S	Troubled	М	T	W	T	F	
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Sorrowful	М	Т	W	Т	F	S	Outraged	М	Т	W	Т	F	S							
Mournful	М	Т	W	Т	F	S	Raging	М	Τ	W	Т	F	S							
Weepy	М	Т	W	Т	F	S	Furious	М	Т	W	Т	F	S							
Frustrated	М	Т	W	Т	F	S	Livid	М	Т	W	Т	F	S							
CON	NFUS	FD					Bitter	М	Т	W	Т	F	S							
Uncertain	M	T	W	Т	F	S		М	Т	W	Т	F	S							
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Perplexed	M	Ť	W	H		S	Creative	М	Т	W	Т	F	S							
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Hesitant	M	T	VV	T	_	S	Renewed	М	Т	W	Т	F	S							
							Vibrant	М	Т	W	Т	F	S							
Shy	M	T	W	T		S	Strengthened	М	Т	W	Т	F	S							
Lost	M	T	W	T		S	Motivated	М	Т	W	Т	F	S							
Unsure	М	Τ	W	Ш	1	S	Focused	М	T	W	Т	F	S							
Pessimistic	М	Τ	VV			S	Invigorated	М	T	W	T	F	S							
Tense	М	Τ	W	Т		S	Refreshed	М	T	W	T	F	S							
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DECEMBER « 23 »

## **MONDAY**

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51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
1	30	31	1	2	3	4	5	R

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

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

DECEMBER « 24 »

 W# Mo Tu We Th Fr Sa Su Re

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» Christmas

**TUESDAY** 

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

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

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

# DECEMBER « 25 »

## **WEDNESDAY**

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

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

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

DECEMBER « 26 »

#### **THURSDAY**

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

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

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

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

DECEMBER

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

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

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

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

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

#### **SATURDAY**

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

What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today
Not all those who wander are lost. JRR Tolkien

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

DECEMBER « 29 »

### SUNDAY

		<	DI	EC	20	24		>	
\	W#	Мо	Tu	We	Th	Fr	Sa	Su	Re
<b>&gt;&gt;</b>	48	25	26	27	28	29	30	1	R
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What can I ask God for help with, or thank Him for? How are things?
Current Emotions?
What I'm grateful for (consider emotionally impactful things)?
Mastery Priorities/To do Today

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

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

# WEEKLY REVIEW « 52 »

23 DECEMBER - 29 DECEMBER

48	25	26	27	28	29	30	1	R
49	2	3	4	5	6	7	8	R
50	2 9	10	11	12	13	14	15	R
51	16	17	18	19	20	21	22	R
52	23	24	25	26	27	28	29	R
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< DEC 2024 >

W# Mo Tu We Th Fr Sa Su Re

WEEK REVIEW NOTES		



30 DEC Tuesday

>>

51 16 17 18 19 20 **21 22** R 52 23 24 25 26 27 **28 29** R 30 31 1 2 3 4 5 31 DEC Wednesday 01 JAN

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

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

**Thursday** 

Monday

02 JAN Friday

03 JAN Saturday

**04 JAN** 

Sunday	05 JAN	Plan week Send the weekly email	

	notior	15																	
ST	RON	G					APP	_					P.A	NIC					
Sure	М	Τ	W	Т	FS	Amused	М	Т	W	Т	F	S	Mixed up	М	Т	W	Т	F	9
Certain	М	Τ	W	Т	FS	Delighted	М	Т	W	Т	F	S	Unsure	М	Т	W	Т	F	
Unique	М	Т	W	Т	FS	Glad	М	Т	W	Т	F	S	Stuck	М	Т	W	Т	F	
Dynamic	М	Т	W	Т	FS	Pleased	М	Т	W	Т	F	S	Hurt	М	Т	W	Т	F	
Tenacious	М	Т	W	Т	FS	Charmed	М	Т	W	Т	F	S	Frozen	М	Т	W	Т	F	1
Hardy	М	Т	W	Т	FS	Grateful	M	Т	W	Т	F	S	Desperate	М	Т	W	Т	F	9
Secure	М	Т	W	Т	FS	Optimistic	М	Т	W	Т	F	S	Anxious	М	Т	W	Т	F	9
Empowered	М	Т	W	Т	FS	Content	М	Т	W	Т	F	S	Troubled	М	Т	W	Т	F	9
Ambitious	М	Т	W		FS	Joyful	М	Т	W	Т	F	S	Uncomfortable	М	T	W	T	F	
Powerful	М	Ť	W		FS	Enthusiastic	М	Т	W	Т	F	S	Stunned	М	Ť	W	T	F	
Confident	М	T	VV		FS	Loving	М	Т	W	Т	F	S	- Ctailliea	М	Ť	W	T	F	
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Depressed	М	Τ	W		FS	Agitated	М	Т	W	T	F	S		M		W	T	F	-
Desperate	М	Τ	W		F S	Fed up	М	T	W	T	F	S	Impaired	_	T	W	-	F	
Dejected	М	Т	VV		F S	Irritated	М	T	W	Ť	F	S	Damaged	M	T		T	· ·	1
Heavy	М	Т	VV		F S	Mad	М	T	W	T	F	S	Criticized	M	T	W	T	F	
Crushed	М	Т	W		FS	Critical	М	Ť	W	Ť	F	S	Abused	М	T	W	T	F	
Disgusted	М	Т	W		FS	Resentful	M	T	W	<u> </u>	F	S	Crushed	М	T	W	T	F	
Upset	M	Τ	W		FS	-	M	T	W	T	F	S	Punished	М	Т	W	Т	F	
Hateful	M	Т	$\bigvee$	Т	FS	Disgusted	M	T	W	T	F	S	Rejected	М	Т	W	Т	F	
Sorrowful	M	Τ	$\bigvee$	Т	FS	Outraged	_			Т	F								
Mournful	M	Τ	$\bigvee$	Т	FS	Raging	M	Т	W		-	S							
Weepy	M	Т	W	Т	FS	Furious	M	T	W	T	F	S							
Frustrated	M	Т	W	Т	FS	Livid	М	Т	W	Т	F	S							
CON	NFUS	ED				Bitter	М	Т	W	Т	F	S							
Uncertain	М	Т	W	Т	FS		М	Т	W	Т	F	S							
Upset	М	Т	W	Т	FS	ENE	RGIZ	ED											
Doubtful	М	Т	W	Т	FS	Determined	М	Т	W	Т	F	S							
Indecisive	М	T	W		FS	Inspired	М	Т	W	Т	F	S							
Perplexed	М	T	W		FS	Creative	М	Т	W	Т	F	S							
Embarrassed	М	T	W		FS	Healthy	М	Т	W	Т	F	S							
Hesitant	M	Ť	W		FS	Renewed	М	Т	W	Т	F	S							
Shy	M	T	W	-	F S	Vibrant	М	Т	W	Т	F	S							
Lost	M	÷	VV		FS	Strengthened	М	Т	W	Т	F	S							
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#### **MONDAY**

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

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

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

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

## DECEMBER « 31

**TUESDAY** 

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

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

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

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

December Monthly

# JANUARY « 01 »

### **WEDNESDAY**

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

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

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

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	The explosive child, 20%
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	The Well of Ascension, 10%
	Bucket List
	Dance class
	Sing in choir
	Another cooking class
	Try Amsterdam
	Try England
	Love?

JANUARY « 02 »

## **THURSDAY**

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

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

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

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

JANUARY « 03 »

FRIDA	Y
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	<	JΔ	١N	20	25		>	
	Мо							
1	30 6 13	31	1	2	3	4	5	R
2	6	7	8	9	10	11	12	R
3	13	14	15	16	17	18	19	R
4	20	21	22	23	24	25	26	R
5	27	28	29	30	31	1	2	R

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

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

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	Another cooking class
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	Try England
	Love?

JANUARY « 04 »

#### **SATURDAY**

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

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

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

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	Love?		



# SUNDAY

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

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	Try England		
	Love?		

WEEKLY REVIEW «

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## 30 DECEMBER - 05 JANUARY

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

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

WEEK REVIEW NOTES		