

Year 2025

۶۷

Index

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	

26	
27	
28	
29	
30	
31	
32	
33	
34	
35	
36	
37	
38	
39	
40	
41	
42	
43	
44	
45	
46	
47	
48	
49	
50	

Index

51	
52	
53	
54	
55	
56	
57	
58	
59	
60	
61	
62	
63	
64	
65	
66	
67	
68	
69	
70	
71	
72	
73	
74	
75	

76	
77	
78	
79	
80	
81	
82	
83	
84	
85	
86	
87	
88	
89	
90	
91	
92	
93	
94	
95	
96	
97	
98	
99	
100	

Future Log: January - June 2025

Year

Future

Events

Highlights

Multi

Grids

J w01

w02

w03

JANUARY

F w05

w06

w07

w08

M w09

w10

w11

w12

w13

A w14

w15

w16

w17

M w18

w19

w20

FEBRUARY

J w22

w23

w24

w25

w26

J w27

w28

w29

w30

A w31

w32

w33

w34

w35

S w36

w37

w38

MARCH

w39

O w40

w41

w42

w43

N w44

w45

w46

w47

w48

D w49

w50

w51

w52

w53

APRIL

MAY

JUNE

Future Log: July - December 2025

Year

Future

Events

Highlights

Multi

Grids

J w01

w02

w03

w04

JULY

F w05

w06

w07

w08

M w09

w10

w11

w12

w13

A w14

w15

w16

w17

M w18

w19

w20

AUGUST

J w22

w23

w24

w25

w26

J w27

w28

w29

w30

A w31

w32

w33

w34

w35

S w36

w37

SEPTEMBER

w38

w39

O w40

w41

w42

w43

N w44

w45

w46

w47

w48

D w49

w50

w51

w52

w53

OCTOBER

NOVEMBER

DECEMBER

Events of 2025

Year

Future

Events

Highlights

Multi

Grids

J w01	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
w02	1 Wed	*	Sat	1 Sat	1 Tue	1 Thu	1 Sun	1 Tue	1 Fri	1 Mon	*	1 Wed
w03	2 Thu	.	2 Sun	2 Sun	2 Wed	2 Fri	2 Mon	2 Wed	2 Sat	2 Tue	2 Thu	2 Sun
w04	+
F w05	3 Fri	3 Mon	3 Mon	3 Thu	3 Sat	3 Tue	3 Thu	3 Sun	3 Wed	3 Fri	3 Mon	3 Wed
w06	4 Sat	4 Tue	4 Tue	4 Fri	4 Sun	4 Wed	4 Fri	*	4 Mon	4 Thu	4 Sat	4 Tue
w07	4 Thu
w08	5 Sun	5 Wed	5 Wed	5 Sat	5 Mon	5 Thu	5 Sat	5 Tue	5 Fri	5 Sun	+	5 Wed
M w09	6 Mon	6 Thu	6 Thu	6 Sun	6 Tue	6 Fri	6 Sun	+	6 Wed	6 Sat	6 Mon	6 Thu
w10	6 Sat
w11	7 Tue	7 Fri	7 Fri	7 Mon	7 Wed	7 Sat	7 Mon	7 Thu	7 Sun	7 Tue	7 Fri	7 Sun
w12	8 Wed	8 Sat	8 Sat	8 Tue	8 Thu	8 Sun	8 Tue	8 Fri	8 Mon	8 Wed	8 Sat	8 Mon
w13	8 Mon
A w14	9 Thu	9 Sun	9 Sun	9 Wed	9 Fri	9 Mon	9 Wed	9 Sat	9 Tue	9 Thu	9 Sun	9 Tue
w15	10 Fri	10 Mon	10 Mon	10 Thu	10 Sat	10 Tue	10 Thu	10 Sun	10 Wed	10 Fri	10 Mon	10 Wed
w16	11 Sat	11 Tue	11 Tue	11 Fri	11 Sun	11 Wed	+	11 Fri	11 Mon	11 Thu	11 Sat	11 Tue
M w18	12 Sun	12 Wed	12 Wed	12 Sat	12 Mon	12 Thu	12 Sat	12 Tue	12 Fri	12 Sun	12 Wed	12 Fri
w19
w20	13 Mon	13 Thu	13 Thu	13 Sun	13 Tue	13 Fri	13 Sun	13 Wed	13 Sat	13 Mon	*	13 Thu
w21	14 Tue	14 Fri	14 Fri	14 Mon	14 Wed	14 Sat	14 Mon	14 Thu	14 Sun	14 Tue	14 Fri	14 Sun
J w22	15 Wed	15 Sat	15 Sat	15 Tue	15 Thu	15 Sun	15 Tue	15 Fri	15 Mon	15 Wed	15 Sat	15 Mon
w23	16 Thu	16 Sun	+	16 Sun	16 Wed	16 Fri	16 Mon	16 Wed	16 Sat	16 Tue	16 Thu	16 Sun
w25	17 Fri	17 Mon	*	17 Mon	17 Thu	17 Sat	17 Tue	17 Thu	17 Sun	17 Wed	17 Fri	17 Mon
J w27	18 Sat	18 Tue	18 Tue	18 Fri	18 Sun	18 Wed	18 Fri	18 Mon	18 Thu	18 Sat	18 Tue	18 Thu
w28	19 Sun	19 Wed	19 Wed	19 Sat	19 Mon	19 Thu	*	19 Sat	19 Tue	19 Fri	19 Sun	19 Wed
w30	20 Mon	*	20 Thu	20 Thu	20 Sun	20 Tue	20 Fri	20 Sun	20 Wed	20 Sat	20 Mon	20 Thu
A w31	21 Tue	21 Fri	21 Fri	21 Mon	21 Wed	21 Sat	21 Mon	21 Thu	21 Sun	21 Tue	21 Fri	21 Sun
w32	22 Wed	22 Sat	22 Sat	22 Tue	22 Thu	22 Sun	22 Tue	22 Fri	22 Mon	22 Wed	22 Sat	22 Mon
w33	23 Thu	23 Sun	23 Sun	23 Wed	23 Fri	23 Mon	23 Wed	23 Sat	23 Tue	23 Thu	23 Sun	23 Tue
S w36	24 Fri	24 Mon	24 Mon	24 Thu	24 Sat	24 Tue	24 Thu	24 Sun	24 Wed	24 Fri	24 Mon	24 Wed
w37	25 Sat	25 Tue	25 Tue	25 Fri	25 Sun	25 Wed	25 Fri	25 Mon	25 Thu	25 Sat	25 Tue	25 Thu
w39	26 Sun	26 Wed	26 Wed	26 Sat	26 Mon	*	26 Thu	26 Sat	26 Tue	26 Sun	+	26 Fri
O w40	27 Mon	27 Thu	27 Thu	27 Sun	27 Tue	27 Fri	27 Sun	27 Wed	27 Sat	27 Mon	27 Thu	*
w42	28 Tue	28 Fri	28 Fri	28 Mon	28 Wed	28 Sat	28 Mon	28 Thu	28 Sun	28 Tue	28 Fri	28 Sun
w43	29 Wed	.	29 Sat	29 Tue	29 Thu	29 Sun	29 Tue	29 Fri	29 Mon	29 Wed	29 Sat	29 Mon
N w44	30 Thu	.	30 Sun	30 Wed	30 Fri	30 Mon	30 Wed	30 Sat	30 Tue	30 Thu	30 Sun	30 Tue
w45
w46	31 Fri	.	31 Mon	.	31 Sat	.	31 Thu	31 Sun	.	31 Fri	.	31 Wed
w48

+ Feb 16: Nora's Birthday + Jun 11: Whitehead Anniversary + Jul 6: Maggie's Birthday + Aug 18: Cassie's Birthday + Sep 13: My Birthday + Sep 23: Moved to 455 Anniversary + Sep 23: House Anniversary + Sep 26: Mom's Birthday + Oct 5: Maggie's Anniversary + Nov 2: Ben's Birthday + Nov 5: Maggie Ann's Birthday + Nov 11: Kate's Birthday + Nov 24: Dad's Birthday + Nov 26: Neil's Birthday

Highlights of 2025

Year

Future

Events

Highlights

Multi

Grids

J w01	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
w02	1 Wed	*	Sat	1 Sat	1 Tue	1 Thu	1 Sun	1 Tue	1 Fri	1 Mon	*	1 Wed
w03	2 Thu	.	2 Sun	2 Sun	2 Wed	2 Fri	2 Mon	2 Wed	2 Sat	2 Tue	2 Thu	2 Sun
w04	+
F w05	3 Fri	.	3 Mon	3 Mon	3 Thu	3 Sat	3 Tue	3 Thu	3 Sun	3 Wed	3 Fri	3 Mon
w06	4 Sat	.	4 Tue	4 Tue	4 Fri	4 Sun	4 Wed	4 Fri	*	4 Mon	4 Thu	4 Sat
w07	4 Tue
w08	5 Sun	.	5 Wed	5 Wed	5 Sat	5 Mon	5 Thu	5 Sat	5 Tue	5 Fri	5 Sun	+
M w09	6 Mon	.	6 Thu	6 Thu	6 Sun	6 Tue	6 Fri	6 Sun	+	6 Wed	6 Sat	6 Thu
w10	6 Sat
w11	7 Tue	.	7 Fri	7 Fri	7 Mon	7 Wed	7 Sat	7 Mon	7 Thu	7 Sun	7 Tue	7 Sun
w12	8 Wed	.	8 Sat	8 Sat	8 Tue	8 Thu	8 Sun	8 Tue	8 Fri	8 Mon	8 Wed	8 Sat
w13	8 Mon
A w14	9 Thu	.	9 Sun	9 Sun	9 Wed	9 Fri	9 Mon	9 Wed	9 Sat	9 Tue	9 Thu	9 Sun
w15	10 Fri	.	10 Mon	10 Mon	10 Thu	10 Sat	10 Tue	10 Thu	10 Sun	10 Wed	10 Fri	10 Mon
w16	10 Wed
w17	11 Sat	.	11 Tue	11 Tue	11 Fri	11 Sun	11 Wed	+	11 Fri	11 Mon	11 Thu	11 Sat
M w18	12 Sun	.	12 Wed	12 Wed	12 Sat	12 Mon	12 Thu	12 Sat	12 Tue	12 Fri	12 Sun	12 Wed
w19	12 Fri
w20	13 Mon	.	13 Thu	13 Thu	13 Sun	13 Tue	13 Fri	13 Sun	13 Wed	13 Sat	13 Mon	*
w21	14 Tue	.	14 Fri	14 Fri	14 Mon	14 Wed	14 Sat	14 Mon	14 Thu	14 Sun	14 Tue	14 Sun
J w22	15 Wed	.	15 Sat	15 Sat	15 Tue	15 Thu	15 Sun	15 Tue	15 Fri	15 Mon	15 Wed	15 Sat
w23	15 Mon
w24	16 Thu	.	16 Sun	16 Sun	16 Wed	16 Fri	16 Mon	16 Wed	16 Sat	16 Tue	16 Thu	16 Sun
w25	16 Tue
w26	17 Fri	.	17 Mon	17 Mon	17 Thu	17 Sat	17 Tue	17 Thu	17 Sun	17 Wed	17 Fri	17 Mon
J w27	18 Sat	.	18 Tue	18 Tue	18 Fri	18 Sun	18 Wed	18 Fri	18 Mon	18 Thu	18 Sat	18 Tue
w28	18 Thu
w29	19 Sun	.	19 Wed	19 Wed	19 Sat	19 Mon	19 Thu	*	19 Sat	19 Tue	19 Fri	19 Sun
w30	20 Mon	*	20 Thu	20 Thu	20 Sun	20 Tue	20 Fri	20 Sun	20 Wed	20 Sat	20 Mon	20 Thu
A w31	20 Sat
w32	21 Tue	.	21 Fri	21 Fri	21 Mon	21 Wed	21 Sat	21 Mon	21 Thu	21 Sun	21 Tue	21 Sun
w33	21 Sun
w34	22 Wed	.	22 Sat	22 Sat	22 Tue	22 Thu	22 Sun	22 Tue	22 Fri	22 Mon	22 Wed	22 Sat
w35	23 Thu	.	23 Sun	23 Sun	23 Wed	23 Fri	23 Mon	23 Wed	23 Sat	23 Tue	23 Thu	23 Sun
S w36	24 Fri	.	24 Mon	24 Mon	24 Thu	24 Sat	24 Tue	24 Thu	24 Sun	24 Wed	24 Fri	24 Mon
w37	24 Wed
w38	25 Sat	.	25 Tue	25 Tue	25 Fri	25 Sun	25 Wed	25 Fri	25 Mon	25 Thu	25 Sat	25 Tue
w39	25 Thu
O w40	26 Sun	.	26 Wed	26 Wed	26 Sat	26 Mon	*	26 Thu	26 Sat	26 Tue	26 Fri	*
w41	27 Mon	.	27 Thu	27 Thu	27 Sun	27 Tue	27 Fri	27 Sun	27 Wed	27 Sat	27 Mon	27 Thu
w42	27 Sat
w43	28 Tue	.	28 Fri	28 Fri	28 Mon	28 Wed	28 Sat	28 Mon	28 Thu	28 Sun	28 Tue	28 Sun
N w44	29 Wed	.	29 Sat	29 Tue	29 Thu	29 Sun	29 Tue	29 Fri	29 Mon	29 Wed	29 Sat	29 Mon
w45	30 Thu	.	30 Sun	30 Wed	30 Fri	30 Mon	30 Wed	30 Sat	30 Tue	30 Thu	30 Sun	30 Tue
w46	30 Tue
w47	31 Fri	.	31 Mon	.	31 Sat	.	31 Thu	31 Sun	.	31 Fri	.	31 Wed
w48

+ Feb 16: Nora's Birthday + Jun 11: Whitehead Anniversary + Jul 6: Maggie's Birthday + Aug 18: Cassie's Birthday + Sep 13: My Birthday + Sep 23: Moved to 455 Anniversary + Sep 23: House Anniversary + Sep 26: Mom's Birthday + Oct 5: Maggie's Anniversary + Nov 2: Ben's Birthday + Nov 5: Maggie Ann's Birthday + Nov 11: Kate's Birthday + Nov 24: Dad's Birthday + Nov 26: Neil's Birthday

2025**2026****2027****2028**

Year

Future

Events

Highlights

Multi

Grids

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

J w01

w02

w03

w04

F w05

w06

w07

w08

M w09

w10

w11

w12

w13

A w14

w15

w16

w17

M w18

w19

w20

w21

J w22

w23

w24

w25

w26

J w27

w28

w29

w30

A w31

w32

w33

w34

w35

S w36

w37

w38

w39

O w40

w41

w42

w43

N w44

w45

w46

w47

w48

D w49

w50

w51

w52

w53

Q1 2025

January - March

Quarter Goals

What are the 2-3 most important things to accomplish this quarter?

1. _____
2. _____
3. _____

12-Week Focus

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 9

Week 10

Week 11

Week 12

January 2025

Monthly Review

What Worked

What Worked

Wins, successes, and things to keep doing

What Didn't Work

Challenges, obstacles, and things to change

Focus for Next Month

Priorities, goals, and intentions

2025

w01

Week 2: Jan 6 - Jan 12, 2025

w03

2025

w02

Week 3: Jan 13 - Jan 19, 2025

w04

2025

w03

Week 4: Jan 20 - Jan 26, 2025

w05

2025

w04

Week 5: Jan 27 - Feb 2, 2025

w06

February 2025

Monthly Review

What Worked

What Worked

Wins, successes, and things to keep doing

What Didn't Work

Challenges, obstacles, and things to change

Focus for Next Month

Priorities, goals, and intentions

2025

w05

Week 6: Feb 3 - Feb 9, 2025

w07

2025

w06

Week 7: Feb 10 - Feb 16, 2025

w08

2025

w07

Week 8: Feb 17 - Feb 23, 2025

w09

2025

w08

Week 9: Feb 24 - Mar 2, 2025

w10

Year

Futu

E

highlights

Multi

Gric

March 2025

Monthly Review

What Worked

What Worked

Wins, successes, and things to keep doing

What Didn't Work

Challenges, obstacles, and things to change

Focus for Next Month

Priorities, goals, and intentions

2025

w09

Week 10: Mar 3 - Mar 9, 2025

w11

Year

Futu

EV

lights

Multi

Grid

2025

w10

Week 11: Mar 10 - Mar 16, 2025

w12

2025

w11

Week 12: Mar 17 - Mar 23, 2025

w13

Year

Futu

四

ts

highlight

Mu

G
n

2025

w12

Week 13: Mar 24 - Mar 30, 2025

w14

Year

Future

Events

Highlights

Multi

rids

2025

w13

Week 14: Mar 31 - Apr 6, 2025

w15

Q2 2025

April - June

Quarter Goals

What are the 2-3 most important things to accomplish this quarter?

1. _____
2. _____
3. _____

12-Week Focus

Week 14

Week 15

Week 16

Week 17

Week 18

Week 19

Week 20

Week 21

Week 22

Week 23

Week 24

Week 25

April 2025

Monthly Review

What Worked

What Worked

Wins, successes, and things to keep doing

What Didn't Work

Challenges, obstacles, and things to change

Focus for Next Month

Priorities, goals, and intentions

2025

w14

Week 15: Apr 7 - Apr 13, 2025

w16

2025

w15

Week 16: Apr 14 - Apr 20, 2025

w17

2025

w16

Week 17: Apr 21 - Apr 27, 2025

w18

2025

w17

Week 18: Apr 28 - May 4, 2025

w19

May 2025

Monthly Review

What Worked

What Worked

Wins, successes, and things to keep doing

What Didn't Work

Challenges, obstacles, and things to change

Focus for Next Month

Priorities, goals, and intentions

2025

w18

Week 19: May 5 - May 11, 2025

w20

Year

Futu

四

ts

high

Mu

G
r

2025

w19

Week 20: May 12 - May 18, 2025

w21

2025

w20

Week 21: May 19 - May 25, 2025

w22

Year

Futu

E
8

highlights

Multi

Gric

2025

w21

Week 22: May 26 - Jun 1, 2025

w23

Year

Future

Events

Highlights

Multi

Grids

	Mon 5/26	Tue 5/27	Wed 5/28	Thu 5/29	Fri 5/30	Sat 5/31	Sun 6/1	
J w01	Mon 5/26	Tue 5/27	Wed 5/28	Thu 5/29	Fri 5/30	Sat 5/31	Sun 6/1	
w02	AM							
w03								
w04	PM							
F w05								
w06	EVE							
w07								
w08								
M w09								
w10	Cues/Questions					Notes		
w11								
w12								
w13								
A w14								
w15								
w16								
w17								
M w18								
w19								
w20								
w21								
J w22								
w23								
w24								
w25								
w26								
J w27								
w28								
w29								
w30								
A w31								
w32								
w33								
w34								
w35								
S w36								
w37								
w38								
w39								
O w40								
w41								
w42								
w43								
N w44								
w45								
w46								
w47								
w48								
D w49								
w50								
w51								
w52								
w53								
						Summary		

June 2025

Monthly Review

What Worked

What Worked

Wins, successes, and things to keep doing

What Didn't Work

Challenges, obstacles, and things to change

Focus for Next Month

Priorities, goals, and intentions

2025

w22

Week 23: Jun 2 - Jun 8, 2025

w24

2025

w23

Week 24: Jun 9 - Jun 15, 2025

w25

Year

Futu

E

highlights

Multi

Gric

2025

w24

Week 25: Jun 16 - Jun 22, 2025

w26

Year

Futu

E

highlights

Multi

Gric

2025

w25

Week 26: Jun 23 - Jun 29, 2025

w27

2025

w26

Week 27: Jun 30 - Jul 6, 2025

w28

	Mon 6/30	Tue 7/1	Wed 7/2	Thu 7/3	Fri 7/4	Sat 7/5	Sun 7/6		
J w01	AM								
w02		AM							
w03									
w04	PM								
F w05									
w06	EVE								
w07									
w08									
M w09									
w10	Cues/Questions			Notes					
w11									
w12									
w13									
A w14									
w15									
w16									
w17									
M w18									
w19									
w20									
w21									
J w22									
w23									
w24									
w25									
w26									
J w27									
w28									
w29									
w30									
A w31									
w32									
w33									
w34									
w35									
S w36									
w37									
w38									
w39									
O w40									
w41									
w42									
w43									
N w44									
w45	Summary								
w46									
w47									
w48									
D w49									
w50									
w51									
w52									
w53									

Year Future Events Highlights Multi Grids

Q3 2025

July - September

Quarter Goals

What are the 2-3 most important things to accomplish this quarter?

1. _____
2. _____
3. _____

12-Week Focus

Week 27

Week 28

Week 29

Week 30

Week 31

Week 32

Week 33

Week 34

Week 35

Week 36

Week 37

Week 38

< Jun

Aug >

July 2025

Monthly Review

What Worked

What Worked

Wins, successes, and things to keep doing

What Didn't Work

Challenges, obstacles, and things to change

Focus for Next Month

Priorities, goals, and intentions

2025

w27

Week 28: Jul 7 - Jul 13, 2025

w29

2025

w28

Week 29: Jul 14 - Jul 20, 2025

w30

2025

w29

Week 30: Jul 21 - Jul 27, 2025

w31

2025

w30

Week 31: Jul 28 - Aug 3, 2025

w32

August 2025

Monthly Review

What Worked

What Worked

Wins, successes, and things to keep doing

What Didn't Work

Challenges, obstacles, and things to change

Focus for Next Month

Priorities, goals, and intentions

2025

w31

Week 32: Aug 4 - Aug 10, 2025

w33

	Mon 8/4	Tue 8/5	Wed 8/6	Thu 8/7	Fri 8/8	Sat 8/9	Sun 8/10	
J w01	Mon							Year
w02	AM							Future
w03								Events
w04	PM							Highlights
F w05								Multi
w06	EVE							Grids
w07								
w08								
M w09								
w10	Cues/Questions					Notes		
w11								
w12								
w13								
A w14								
w15								
w16								
w17								
M w18								
w19								
w20								
w21								
J w22								
w23								
w24								
w25								
w26								
J w27								
w28								
w29								
w30								
A w31								
w32								
w33								
w34								
w35								
S w36								
w37								
w38								
w39								
O w40								
w41								
w42								
w43								
N w44								
w45								
w46								
w47								
w48								
D w49								
w50								
w51								
w52								
w53								
						Summary		

2025

w32

Week 33: Aug 11 - Aug 17, 2025

w34

	Mon 8/11	Tue 8/12	Wed 8/13	Thu 8/14	Fri 8/15	Sat 8/16	Sun 8/17	
J w01	Mon	8/11						Year
w02	AM	Future
w03	Events
w04	PM	Highlights
F w05	Multi
w06	EVE	Grids
w07	
w08	
M w09	
w10	Cues/Questions					Notes		
w11	
w12	
w13	
A w14	
w15	
w16	
w17	
M w18	
w19	
w20	
w21	
J w22	
w23	
w24	
w25	
w26	
J w27	
w28	
w29	
w30	
A w31	
w32	
w33	
w34	
w35	
S w36	
w37	
w38	
w39	
O w40	
w41	
w42	
w43	
N w44	
w45	
w46	
w47	
w48	
D w49	
w50	
w51	
w52	
w53	
						Summary		

2025

w33

Week 34: Aug 18 - Aug 24, 2025

w35

	Mon 8/18	Tue 8/19	Wed 8/20	Thu 8/21	Fri 8/22	Sat 8/23	Sun 8/24	
J w01	Mon 8/18	Tue 8/19	Wed 8/20	Thu 8/21	Fri 8/22	Sat 8/23	Sun 8/24	Year
w02	AM							Future
w03	Cassie's Birthday							Events
w04	PM							Highlights
F w05								Multi
w06	EVE							Grids
w07								
w08								
M w09								
w10	Cues/Questions					Notes		
w11								
w12								
w13								
A w14								
w15								
w16								
w17								
M w18								
w19								
w20								
w21								
J w22								
w23								
w24								
w25								
w26								
J w27								
w28								
w29								
w30								
A w31								
w32								
w33								
w34								
w35								
S w36								
w37								
w38								
w39								
O w40								
w41								
w42								
w43								
N w44								
w45								
w46								
w47								
w48								
D w49								
w50								
w51								
w52								
w53								
						Summary		

2025

w34

Week 35: Aug 25 - Aug 31, 2025

w36

September 2025

Monthly Review

What Worked

What Worked

Wins, successes, and things to keep doing

What Didn't Work

Challenges, obstacles, and things to change

Focus for Next Month

Priorities, goals, and intentions

Week 36: Sep 1 - Sep 7, 2025

2025

w36

Week 37: Sep 8 - Sep 14, 2025

w38

2025

w37

Week 38: Sep 15 - Sep 21, 2025

w39

2025

w38

Week 39: Sep 22 - Sep 28, 2025

w40

	Mon 9/22	Tue 9/23	Wed 9/24	Thu 9/25	Fri 9/26	Sat 9/27	Sun 9/28	
J w01	AM							Year
w02	PM							Future
w03	Moved to 455 Anniversary				Mom's Birthday			Events
w04								Highlights
F w05								Multi
w06	EVE							Grids
w07								
w08								
M w09								
w10	Cues/Questions				Notes			
w11								
w12								
w13								
A w14								
w15								
w16								
w17								
M w18								
w19								
w20								
w21								
J w22								
w23								
w24								
w25								
w26								
J w27								
w28								
w29								
w30								
A w31								
w32								
w33								
w34								
w35								
S w36								
w37								
w38								
w39								
O w40								
w41								
w42								
w43								
N w44								
w45								
w46								
w47								
w48								
D w49								
w50								
w51								
w52								
w53								
					Summary			

Q4 2025

October - December

Quarter Goals

What are the 2-3 most important things to accomplish this quarter?

1. _____
2. _____
3. _____

12-Week Focus

Week 40

Week 41

Week 42

Week 43

Week 44

Week 45

Week 46

Week 47

Week 48

Week 49

Week 50

Week 51

October 2025

Monthly Review

What Worked

What Worked

Wins, successes, and things to keep doing

What Didn't Work

Challenges, obstacles, and things to change

Focus for Next Month

Priorities, goals, and intentions

2025

w40

Week 41: Oct 6 - Oct 12, 2025

w42

Year

Future

Events

Highlights

Multi

spills

2025

w41

Week 42: Oct 13 - Oct 19, 2025

w43

	Mon 10/13	Tue 10/14	Wed 10/15	Thu 10/16	Fri 10/17	Sat 10/18	Sun 10/19	
J w01	Mon	10/13						Year
w02	AM	Future
w03	Events
w04	PM	Highlights
F w05	Multi
w06	EVE	Grids
w07	
w08	
M w09	
w10	Cues/Questions					Notes		
w11	
w12	
w13	
A w14	
w15	
w16	
w17	
M w18	
w19	
w20	
w21	
J w22	
w23	
w24	
w25	
w26	
J w27	
w28	
w29	
w30	
A w31	
w32	
w33	
w34	
w35	
S w36	
w37	
w38	
w39	
O w40	
w41	
w42	
w43	
N w44	
w45	
w46	
w47	
w48	
D w49	
w50	
w51	
w52	
w53	
						Summary		

2025

w42

Week 43: Oct 20 - Oct 26, 2025

w44

	Mon 10/20	Tue 10/21	Wed 10/22	Thu 10/23	Fri 10/24	Sat 10/25	Sun 10/26								
J w01	Mon	10/20	Tue	10/21	Wed	10/22	Thu	10/23	Fri	10/24	Sat	10/25	Sun	10/26	Year
w02	AM	Future	
w03	Events	
w04	PM	Highlights	
F w05	Multi	
w06	EVE	Grids	
w07		
w08		
M w09		
w10	Cues/Questions				Notes										
w11		
w12		
w13		
A w14		
w15		
w16		
w17		
M w18		
w19		
w20		
w21		
J w22		
w23		
w24		
w25		
w26		
J w27		
w28		
w29		
w30		
A w31		
w32		
w33		
w34		
w35		
S w36		
w37		
w38		
w39		
O w40		
w41		
w42		
w43		
N w44		
w45		
w46		
w47		
w48		
D w49		
w50		
w51		
w52		
w53		
	Summary														

2025

w43

Week 44: Oct 27 - Nov 2, 2025

w45

	Mon 10/27	Tue 10/28	Wed 10/29	Thu 10/30	Fri 10/31	Sat 11/1	Sun 11/2								
J w01	Mon	10/27	Tue	10/28	Wed	10/29	Thu	10/30	Fri	10/31	Sat	11/1	Sun	11/2	Year
w02	AM													Future	
w03														Events	
w04	PM													Highlights	
F w05														Multi	
w06	EVE													Grids	
w07															
w08															
M w09															
w10	Cues/Questions				Notes										
w11															
w12															
w13															
A w14															
w15															
w16															
w17															
M w18															
w19															
w20															
w21															
J w22															
w23															
w24															
w25															
w26															
J w27															
w28															
w29															
w30															
A w31															
w32															
w33															
w34															
w35															
S w36															
w37															
w38															
w39															
O w40															
w41															
w42															
w43															
N w44															
w45															
w46															
w47															
w48															
D w49															
w50															
w51															
w52															
w53															

Summary

November 2025

Monthly Review

What Worked

What Worked

Wins, successes, and things to keep doing

What Didn't Work

Challenges, obstacles, and things to change

Focus for Next Month

Priorities, goals, and intentions

2025

w44

Week 45: Nov 3 - Nov 9, 2025

w46

2025

w45

Week 46: Nov 10 - Nov 16, 2025

w47

	Mon 11/10	Tue 11/11	Wed 11/12	Thu 11/13	Fri 11/14	Sat 11/15	Sun 11/16								
J w01	Mon	11/10	Tue	11/11	Wed	11/12	Thu	11/13	Fri	11/14	Sat	11/15	Sun	11/16	Year
w02	AM													Future	
w03		Kate's Birthday												Events	
w04	PM													Highlights	
F w05														Multi	
w06	EVE													Grids	
w07															
w08															
M w09															
w10	Cues/Questions				Notes										
w11															
w12															
w13															
A w14															
w15															
w16															
w17															
M w18															
w19															
w20															
w21															
J w22															
w23															
w24															
w25															
w26															
J w27															
w28															
w29															
w30															
A w31															
w32															
w33															
w34															
w35															
S w36															
w37															
w38															
w39															
O w40															
w41															
w42															
w43															
N w44															
w45															
w46															
w47															
w48															
D w49															
w50															
w51															
w52															
w53															

Summary

2025

w46

Week 47: Nov 17 - Nov 23, 2025

w48

	Mon 11/17	Tue 11/18	Wed 11/19	Thu 11/20	Fri 11/21	Sat 11/22	Sun 11/23	
J w01	Mon 11/17	Tue 11/18	Wed 11/19	Thu 11/20	Fri 11/21	Sat 11/22	Sun 11/23	
w02	AM							
w03								
w04	PM							
F w05								
w06	EVE							
w07								
w08								
M w09								
w10	Cues/Questions		Notes					
w11								
w12								
w13								
A w14								
w15								
w16								
w17								
M w18								
w19								
w20								
w21								
J w22								
w23								
w24								
w25								
w26								
J w27								
w28								
w29								
w30								
A w31								
w32								
w33								
w34								
w35								
S w36								
w37								
w38								
w39								
O w40								
w41								
w42								
w43								
N w44								
w45								
w46								
w47								
w48								
D w49								
w50								
w51								
w52								
w53								
Summary								

Year Future Events Highlights Multi Grids

2025

w47

Week 48: Nov 24 - Nov 30, 2025

w49

	Mon 11/24	Tue 11/25	Wed 11/26	Thu 11/27	Fri 11/28	Sat 11/29	Sun 11/30	Year
J w01	Mon 11/24	Tue 11/25	Wed 11/26	Thu 11/27	Fri 11/28	Sat 11/29	Sun 11/30	Future
w02	AM							Events
w03	Dad's Birthday		Neil's Birthday					Events
w04	PM							Events
F w05								Events
w06	EVE							Events
w07								Events
w08								Events
M w09								Events
w10	Cues/Questions				Notes			Highlights
w11								Multi
w12								Grids
w13								Grids
A w14								Grids
w15								Grids
w16								Grids
w17								Grids
M w18								Grids
w19								Grids
w20								Grids
w21								Grids
J w22								Grids
w23								Grids
w24								Grids
w25								Grids
w26								Grids
J w27								Grids
w28								Grids
w29								Grids
w30								Grids
A w31								Grids
w32								Grids
w33								Grids
w34								Grids
w35								Grids
S w36								Grids
w37								Grids
w38								Grids
w39								Grids
O w40								Grids
w41								Grids
w42								Grids
w43								Grids
N w44								Grids
w45								Grids
w46								Grids
w47								Grids
w48								Grids
D w49								Grids
w50								Grids
w51								Grids
w52								Grids
w53								Grids

Summary

December 2025

Monthly Review

What Worked

What Worked

Wins, successes, and things to keep doing

What Didn't Work

Challenges, obstacles, and things to change

Focus for Next Month

Priorities, goals, and intentions

2025

w48

Week 49: Dec 1 - Dec 7, 2025

w50

	Mon 12/1	Tue 12/2	Wed 12/3	Thu 12/4	Fri 12/5	Sat 12/6	Sun 12/7	
J w01								
w02	AM							
w03								
w04	PM							
F w05								
w06	EVE							
w07								
w08								
M w09								
w10	Cues/Questions		Notes					
w11								
w12								
w13								
A w14								
w15								
w16								
w17								
M w18								
w19								
w20								
w21								
J w22								
w23								
w24								
w25								
w26								
J w27								
w28								
w29								
w30								
A w31								
w32								
w33								
w34								
w35								
S w36								
w37								
w38								
w39								
O w40								
w41								
w42								
w43								
N w44								
w45								
w46								
w47								
w48								
D w49								
w50								
w51								
w52								
w53								

Summary

Year Future Events Highlights Multi Grids

2025

w49

Week 50: Dec 8 - Dec 14, 2025

w51

	Mon 12/8	Tue 12/9	Wed 12/10	Thu 12/11	Fri 12/12	Sat 12/13	Sun 12/14	
J w01	Mon	12/8						
w02	AM	
w03		
w04	PM	
F w05		
w06	EVE	
w07		
w08		
M w09		
w10	Cues/Questions					Notes		
w11		
w12		
w13		
A w14		
w15		
w16		
w17		
M w18		
w19		
w20		
w21		
J w22		
w23		
w24		
w25		
w26		
J w27		
w28		
w29		
w30		
A w31		
w32		
w33		
w34		
w35		
S w36		
w37		
w38		
w39		
O w40		
w41		
w42		
w43		
N w44		
w45		
w46		
w47		
w48		
D w49		
w50		
w51		
w52		
w53		
						Summary		

Year Future Events Highlights Multi Grids

2025

w50

Week 51: Dec 15 - Dec 21, 2025

w52

	Mon 12/15	Tue 12/16	Wed 12/17	Thu 12/18	Fri 12/19	Sat 12/20	Sun 12/21	
J w01	Mon 12/15	Tue 12/16	Wed 12/17	Thu 12/18	Fri 12/19	Sat 12/20	Sun 12/21	Year
w02	AM							Future
w03								Events
w04	PM							Highlights
F w05								Multi
w06	EVE							Grids
w07								
w08								
M w09								
w10	Cues/Questions					Notes		
w11								
w12								
w13								
A w14								
w15								
w16								
w17								
M w18								
w19								
w20								
w21								
J w22								
w23								
w24								
w25								
w26								
J w27								
w28								
w29								
w30								
A w31								
w32								
w33								
w34								
w35								
S w36								
w37								
w38								
w39								
O w40								
w41								
w42								
w43								
N w44								
w45								
w46								
w47								
w48								
D w49								
w50								
w51								
w52								
w53								
						Summary		

2025

w51

Week 52: Dec 22 - Dec 28, 2025

w53

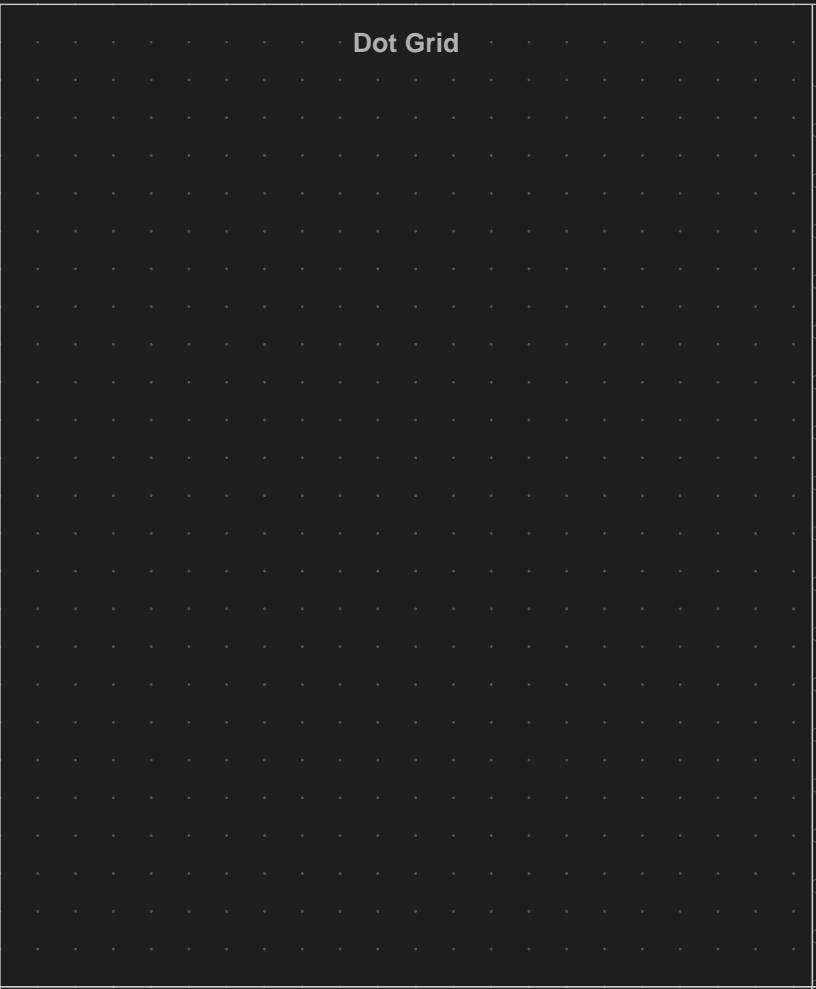
	Mon 12/22	Tue 12/23	Wed 12/24	Thu 12/25	Fri 12/26	Sat 12/27	Sun 12/28	
J w01	Mon	12/22						Year
w02	AM	Future
w03	Events
w04	PM	Highlights
F w05	Multi
w06	EVE	Grids
w07	
w08	
M w09	
w10	Cues/Questions					Notes		
w11	
w12	
w13	
A w14	
w15	
w16	
w17	
M w18	
w19	
w20	
w21	
J w22	
w23	
w24	
w25	
w26	
J w27	
w28	
w29	
w30	
A w31	
w32	
w33	
w34	
w35	
S w36	
w37	
w38	
w39	
O w40	
w41	
w42	
w43	
N w44	
w45	
w46	
w47	
w48	
D w49	
w50	
w51	
w52	
w53	
						Summary		

Week 53: Dec 29 - Jan 4, 2026

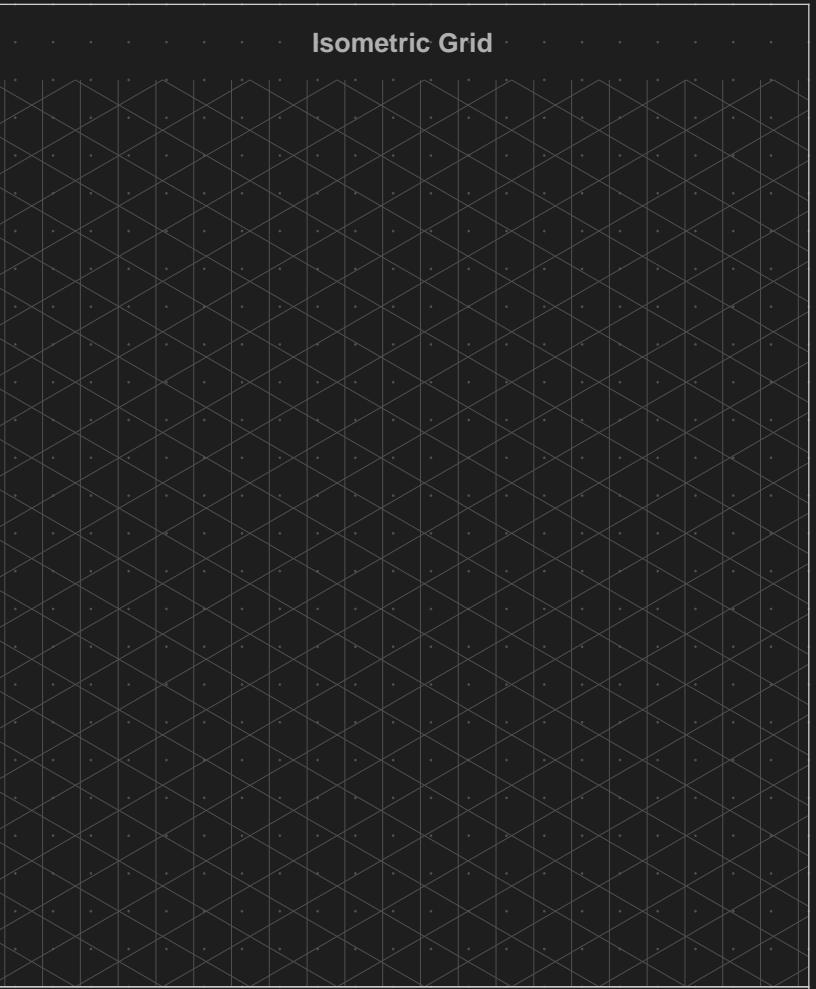
Grid Types

Visual Reference & Templates

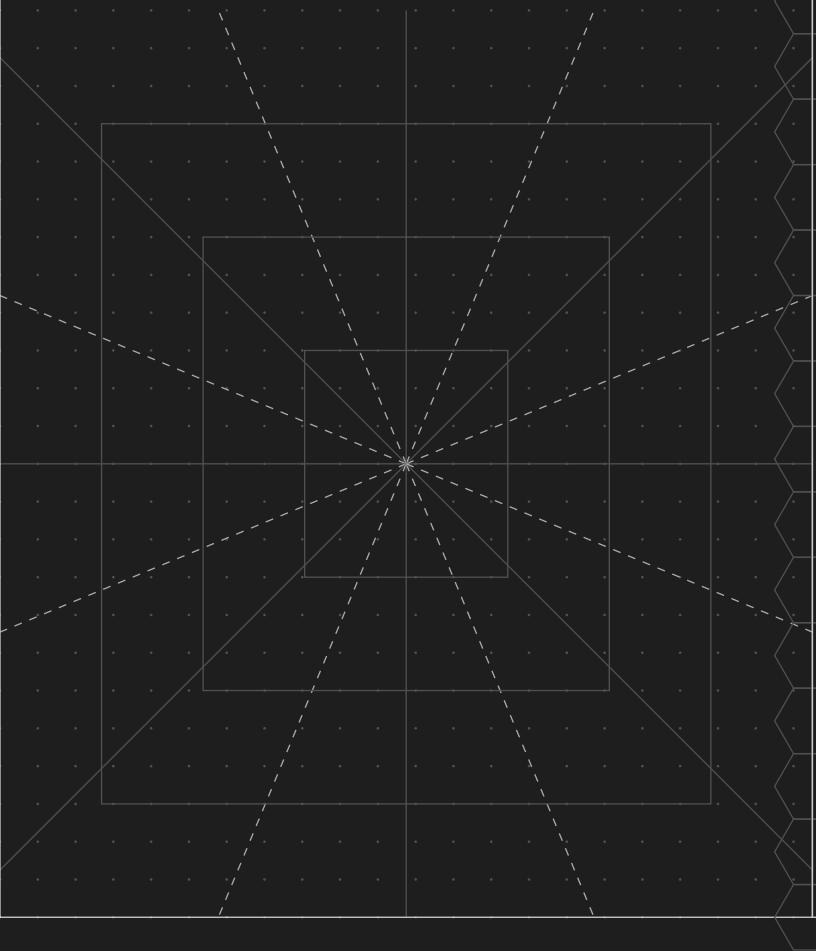
Dot Grid



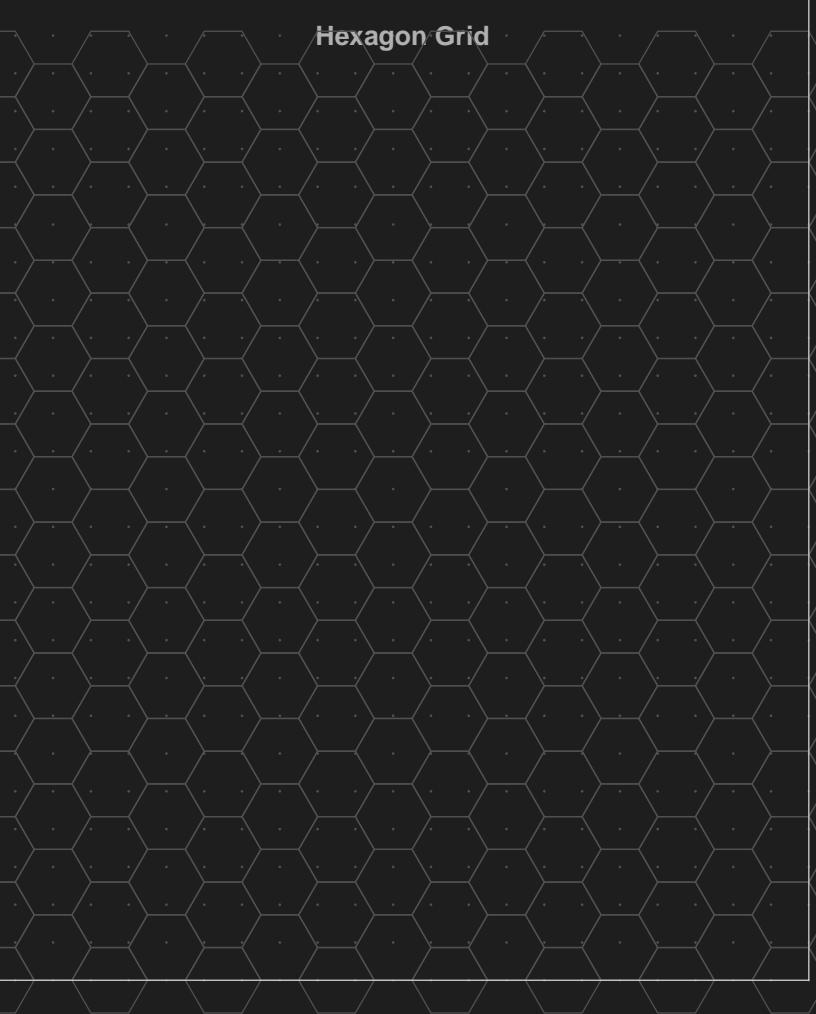
Isometric Grid



Perspective Grid



Hexagon Grid



Grid Reference

Year

Future

Events

Highlights

Multi

Grids

Dot Grid

5mm dot spacing for flexible layouts

Tap to view full page

J w01

w02

w03

w04

F w05

w06

w07

w08

M w09

w10

w11

w12

w13

A w14

w15

w16

w17

M w18

w19

w20

w21

J w22

w23

w24

w25

w26

J w27

w28

w29

w30

A w31

w32

w33

w34

w35

S w36

w37

w38

w39

O w40

w41

w42

w43

N w44

w45

w46

w47

w48

D w49

w50

w51

w52

w53

Graph Grid

5mm square grid for precise drawings

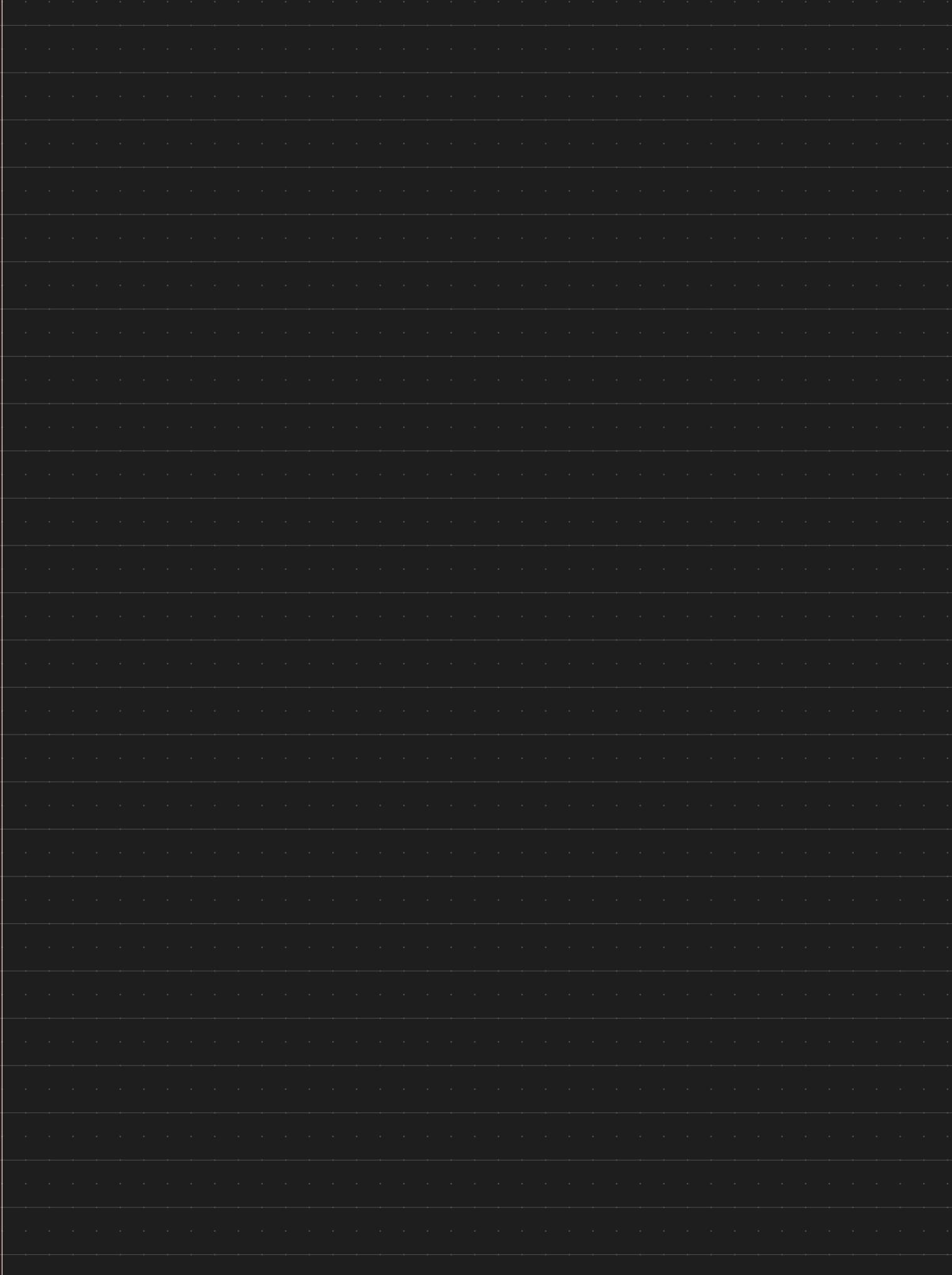
Tap to view full page

Ruled Lines

Standard ruled lines for writing

Tap to view full page

Ruled Lines (10mm)



Tracker Ideas

Examples to spark your creativity - adapt these to your needs

Habit Tracker

	1	7	14	21	28	31
Exercise	<input type="checkbox"/>					
Read	<input type="checkbox"/>					
Meditate	<input type="checkbox"/>					
Journal	<input type="checkbox"/>					
Water	<input type="checkbox"/>					

Mood / Energy Log

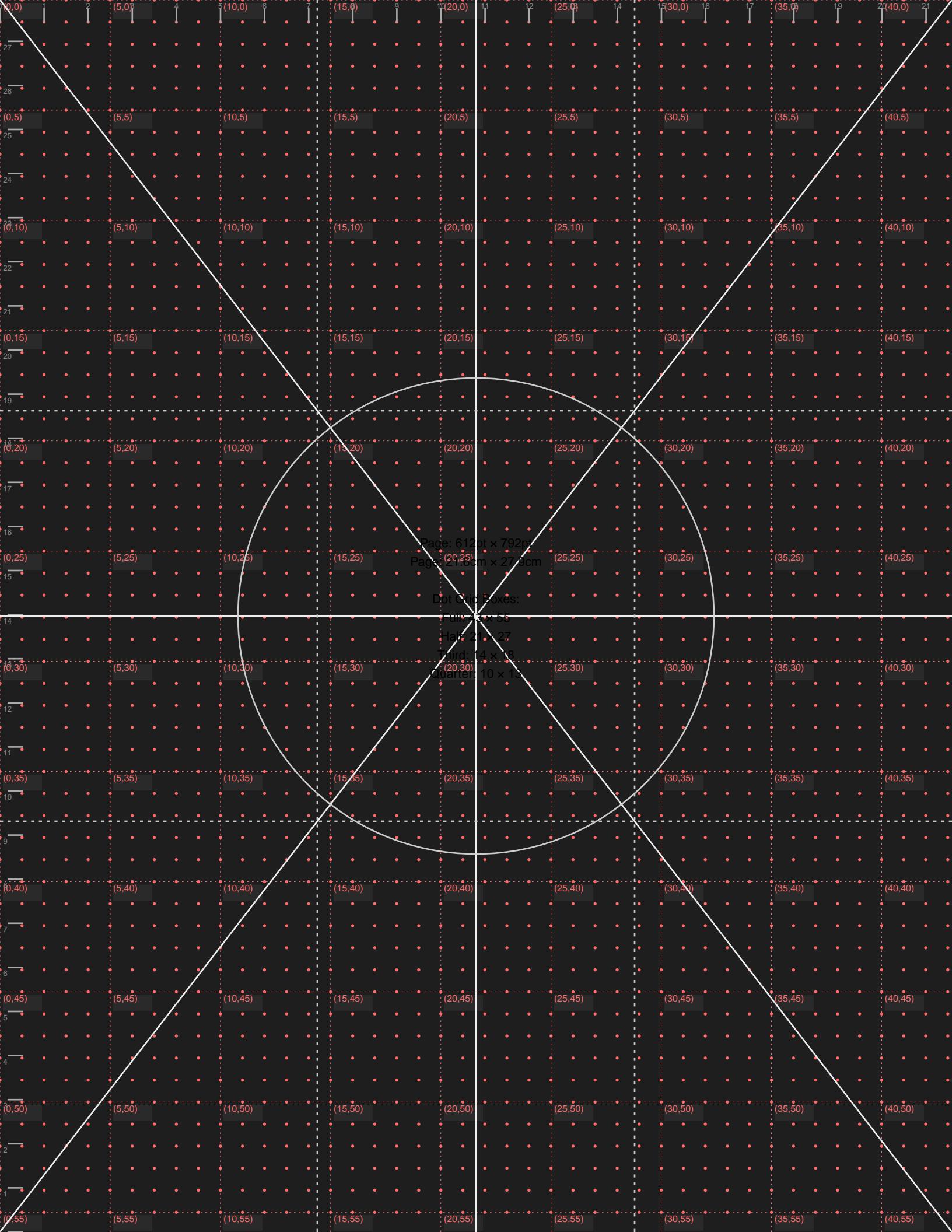
Rate daily (1-5) or use symbols: ++ + = - -

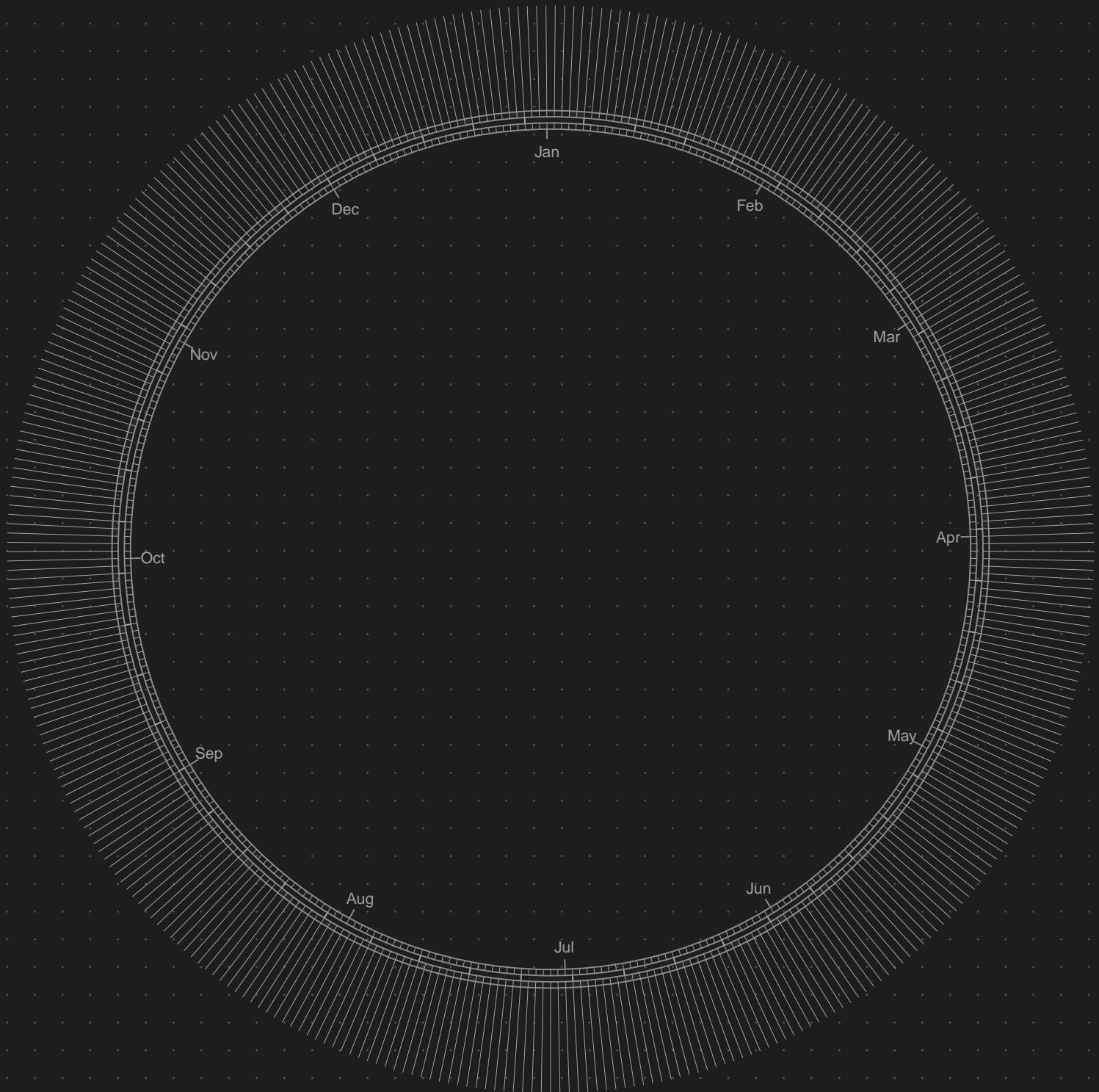
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mood	<input type="checkbox"/>						
Energy	<input type="checkbox"/>						
Sleep (hrs)	<input type="checkbox"/>						

More Ideas

- Water intake (glasses per day)
- Gratitude (3 things daily)
- Expense tracking (categories)
- Reading log (pages/books)
- Exercise types and duration
- Project progress (milestones)

Create your own! Use the dot grid as a canvas for any tracking system that works for you.





Books to Read

Fiction, non-fiction, and everything in between

Project Ideas

Things to build, make, or create

Recipes to Try

Meals worth making again
