

Thursday 1/1/2015 New Year's Day

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Friday 2/1/2015

Activation energy: you either have it or you don't. If you do, work, if not, do relax. There's nothing in between.

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Saturday 3/1/2015

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Best question I can ask myself today

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Sunday 4/1/2015

*"If it's your job to eat a frog, it's best to do it first thing in the morning.
And If it's your job to eat two frogs, it's best to eat the biggest one first."
~ M Twain*

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Best question I can ask myself today

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Monday 5/1/2015

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Tuesday 6/1/2015

Activation energy: you either have it or you don't. If you do, work, if not, do relax. There's nothing in between.

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Wednesday 7/1/2015

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

Go swimming.

My Pinboard

Best question I can ask myself today

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Thursday 8/1/2015

*"If it's your job to eat a frog, it's best to do it first thing in the morning.
And If it's your job to eat two frogs, it's best to eat the biggest one first."
~ M Twain*

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9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Friday 9/1/2015

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Best question I can ask myself today

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Saturday 10/1/2015

*"If it's your job to eat a frog, it's best to do it first thing in the morning.
And If it's your job to eat two frogs, it's best to eat the biggest one first."
~ M Twain*

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Sunday 11/1/2015

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Best question I can ask myself today

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Monday 12/1/2015

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Best question I can ask myself today

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Tuesday 13/1/2015

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Best question I can ask myself today

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Wednesday 14/1/2015

Activation energy: you either have it or you don't. If you do, work, if not, do relax. There's nothing in between.

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

Go swimming.

My Pinboard

Best question I can ask myself today

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Thursday 15/1/2015

*"If it's your job to eat a frog, it's best to do it first thing in the morning.
And If it's your job to eat two frogs, it's best to eat the biggest one first."
~ M Twain*

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Friday 16/1/2015

*"If it's your job to eat a frog, it's best to do it first thing in the morning.
And If it's your job to eat two frogs, it's best to eat the biggest one first."
~ M Twain*

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Best question I can ask myself today

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Saturday 17/1/2015

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Sunday 18/1/2015

*"If it's your job to eat a frog, it's best to do it first thing in the morning.
And If it's your job to eat two frogs, it's best to eat the biggest one first."
~ M Twain*

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Best question I can ask myself today

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Monday 19/1/2015 Martin Luther King, Jr. Day

*"If it's your job to eat a frog, it's best to do it first thing in the morning.
And If it's your job to eat two frogs, it's best to eat the biggest one first."
~ M Twain*

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Tuesday 20/1/2015

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Wednesday 21/1/2015

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

Go swimming.

My Pinboard

Best question I can ask myself today

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Thursday 22/1/2015

Activation energy: you either have it or you don't. If you do, work, if not, do relax. There's nothing in between.

Schedule

9:20 – 9:50 *Shower. Cardio and power-posing. TED. Gratitude. Review the day.*

10:00 – 11:30 *20 miles march.*

11:30 – 12:00 *Urgencies.*

12:00 – 13:30 *Lunch & siesta.*

13:30 – 17:30 *Day job.*

18:00 – 19:00 *Dinner. Recharge, reflect & plan.*

From 20:00 on *Keep off the blue light.*

19:30 – 21:00 *Clean up. Manual work (HB) & reading.*

23:30 *Teeth, meditate & go to sleep.*

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Friday 23/1/2015

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Saturday 24/1/2015

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Sunday 25/1/2015

Activation energy: you either have it or you don't. If you do, work, if not, do relax. There's nothing in between.

Schedule

9:20 – 9:50 *Shower. Cardio and power-posing. TED. Gratitude. Review the day.*

10:00 – 11:30 *20 miles march.*

11:30 – 12:00 *Urgencies.*

12:00 – 13:30 *Lunch & siesta.*

13:30 – 17:30 *Day job.*

18:00 – 19:00 *Dinner. Recharge, reflect & plan.*

From 20:00 on *Keep off the blue light.*

19:30 – 21:00 *Clean up. Manual work (HB) & reading.*

23:30 *Teeth, meditate & go to sleep.*

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Monday 26/1/2015

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Tuesday 27/1/2015

Activation energy: you either have it or you don't. If you do, work, if not, do relax. There's nothing in between.

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Wednesday 28/1/2015

Activation energy: you either have it or you don't. If you do, work, if not, do relax. There's nothing in between.

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

Go swimming.

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Thursday 29/1/2015

Activation energy: you either have it or you don't. If you do, work, if not, do relax. There's nothing in between.

Schedule

9:20 – 9:50 *Shower. Cardio and power-posing. TED. Gratitude. Review the day.*

10:00 – 11:30 *20 miles march.*

11:30 – 12:00 *Urgencies.*

12:00 – 13:30 *Lunch & siesta.*

13:30 – 17:30 *Day job.*

18:00 – 19:00 *Dinner. Recharge, reflect & plan.*

From 20:00 on *Keep off the blue light.*

19:30 – 21:00 *Clean up. Manual work (HB) & reading.*

23:30 *Teeth, meditate & go to sleep.*

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Best question I can ask myself today

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Friday 30/1/2015

If people like Juliana can do it, fuck, so can I!

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Today's challenge is

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt

Saturday 31/1/2015

Activation energy: you either have it or you don't. If you do, work, if not, do relax. There's nothing in between.

Schedule

9:20 – 9:50 Shower. Cardio and power-posing. TED. Gratitude. Review the day.

10:00 – 11:30 20 miles march.

11:30 – 12:00 Urgencies.

12:00 – 13:30 Lunch & siesta.

13:30 – 17:30 Day job.

18:00 – 19:00 Dinner. Recharge, reflect & plan.

From 20:00 on Keep off the blue light.

19:30 – 21:00 Clean up. Manual work (HB) & reading.

23:30 Teeth, meditate & go to sleep.

Today's Tasks

20 MM:

Urgencies & Appointments (*hopefully empty most of the days*):

Day Job:

Evening Activities:

My Pinboard

Best question I can ask myself today

Gratitude

Affirmations

Today I Accomplished

I performed the habit of this month: [] SLT

Reflection

What went well

Opportunities for improvement

What I have learnt
