

# Thursday 1/1/2015 New Year's Day

*You're awesome!*

## 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Best question I can ask myself today*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT  
I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

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[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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# 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## Sunday 4/1/2015

*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

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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# Monday 5/1/2015

*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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish



## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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**Tuesday 6/1/2015**

*Am I being productive or just active?*

## **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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Best question I can ask myself today*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## Wednesday 7/1/2015

*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:

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

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Day Job:

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Evening Activities:

Go swimming.

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## My Pinboard

*Best question I can ask myself today*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## Thursday 8/1/2015

*Always prepare in advance! If you're not prepared, you can just as well stay in bed.*

### 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Best question I can ask myself today*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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# Friday 9/1/2015

*You're awesome!*

## 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT  
I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## Saturday 10/1/2015

*Clean up after yourself as you go. It goes for your notebook as well.*

### 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

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[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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# Sunday 11/1/2015

*You're awesome!*

## 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

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## My Pinboard

*Best question I can ask myself today*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## Monday 12/1/2015

*"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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## Tuesday 13/1/2015

*Clean up after yourself as you go. It goes for your notebook as well.*

### 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Best question I can ask myself today*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish



## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## Wednesday 14/1/2015

*Always prepare in advance! If you're not prepared, you can just as well stay in bed.*

### 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:

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

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Day Job:

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Evening Activities:

Go swimming.

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## Thursday 15/1/2015

*Always prepare in advance! If you're not prepared, you can just as well stay in bed.*

### 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Best question I can ask myself today*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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# Friday 16/1/2015

*Am I being productive or just active?*

## 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Best question I can ask myself today*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Best question I can ask myself today*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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# Sunday 18/1/2015

*You're awesome!*

## 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

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## My Pinboard

*Best question I can ask myself today*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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# Monday 19/1/2015 Martin Luther King, Jr. 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Best question I can ask myself today*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## Tuesday 20/1/2015

*Always prepare in advance! If you're not prepared, you can just as well stay in bed.*

### 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## Wednesday 21/1/2015

*Always prepare in advance! If you're not prepared, you can just as well stay in bed.*

### 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:

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

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Day Job:

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Evening Activities:

Go swimming.

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish



## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Best question I can ask myself today*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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# Friday 23/1/2015

*Am I being productive or just active?*

## 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT  
I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## Saturday 24/1/2015

*Always prepare in advance! If you're not prepared, you can just as well stay in bed.*

### 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Best question I can ask myself today*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## Sunday 25/1/2015

*Always prepare in advance! If you're not prepared, you can just as well stay in bed.*

### 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

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## My Pinboard

*Best question I can ask myself today*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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# 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## Tuesday 27/1/2015

*Always prepare in advance! If you're not prepared, you can just as well stay in bed.*

### 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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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# Wednesday 28/1/2015

*You're awesome!*

## 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:

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

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Day Job:

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Evening Activities:

Go swimming.

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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# Thursday 29/1/2015

*You're awesome!*

## 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

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish



## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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## Friday 30/1/2015

*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

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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# Saturday 31/1/2015

*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:

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

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Day Job:

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Evening Activities:

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## My Pinboard

*Today's challenge is*

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## Gratitude

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## Affirmations

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## My Mindset

[ ] I commit myself to be happy.

[ ] I commit myself to let go.

[ ] I commit myself to always priorities and use 80/20. I will delegate what I do not have to do personally and I will not do at all what is not important.

## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT

I am currently learning: Spanish

## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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