

## Tuesday 13/1/2015

*Do or do not ... there is no try!*

### Schedule

**9:20** 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. Offline. **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 to 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: Energies etc, Samson-style.  
This week's knot: Eldredge knot

## 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**

*You're awesome!*

## **Schedule**

**9:20** 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. Offline. **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 to 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: Energies etc, Samson-style.  
This week's knot: Eldredge knot

## 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** 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. Offline. **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*

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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: Energies etc, Samson-style.  
This week's knot: Eldredge knot

## 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

*Parkinson's Law: A task will swell in (perceived) importance and complexity in relation to the time allotted for its completion.*

### Schedule

**9:20** 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. Offline. **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*

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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: Energies etc, Samson-style.  
This week's knot: Eldredge knot

## 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

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

### Schedule

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### 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 to 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: Energies etc, Samson-style.  
This week's knot: Eldredge knot



## 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**

*"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**

**a b**

## **Today's Tasks**

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## My Pinboard

*Today's challenge*

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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.

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## Today I Accomplished

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*I performed the habit of this month, properly and mindfully:* [ ] SLT  
I am currently learning: Energies etc, Samson-style.  
This week's knot: Eldredge knot

## 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

*You're awesome!*

## Schedule

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## 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 to 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: Wing Chun.

This week's knot: Trinity knot

## 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

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

### Schedule

**9:20** 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. Offline. **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 to 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: Wing Chun.

This week's knot: Trinity knot

## 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**

*You're awesome!*

## **Schedule**

**9:20** 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. Offline. **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 to 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: Wing Chun.

This week's knot: Trinity knot

## 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

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

### Schedule

**9:20** 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. Offline. **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 to 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: Wing Chun.  
This week's knot: Trinity knot

## 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

*Parkinson's Law: A task will swell in (perceived) importance and complexity in relation to the time allotted for its completion.*

### Schedule

**9:20** 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. Offline. **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*

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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: Wing Chun.  
This week's knot: Trinity knot

## 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

*"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

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### 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*

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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: Wing Chun.

This week's knot: Trinity knot

## 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**

*Do or do not ... there is no try!*

**Schedule**

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**Today's Tasks**

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## My Pinboard

*Best question to 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: Wing Chun.  
This week's knot: Trinity knot



## 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** 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. Offline. **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*

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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.

This week's knot: Tulip knot

## 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

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

### Schedule

**9:20** 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. Offline. **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 to 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.

This week's knot: Tulip knot

## 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

*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** 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. Offline. **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*

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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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## Today I Accomplished

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

I am currently learning: Spanish.

This week's knot: Tulip knot

## 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**

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

## **Schedule**

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## **Today's Tasks**

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## My Pinboard

*Today's challenge*

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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.

This week's knot: Tulip knot

## 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

*a b*

### Today's Tasks

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## My Pinboard

*Best question to 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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## 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

*Parkinson's Law: A task will swell in (perceived) importance and complexity in relation to the time allotted for its completion.*

## Schedule

a b

## 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 to 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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## Reflection

*What went well*

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*Opportunities for improvement*

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*What I have learnt*

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