

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

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

## Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

### Gratitude

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### Today's Tasks

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Today's challenge is: 

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## Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

### Reflection

What went well: 

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Opportunities for improvement: 

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# Friday 2/1/2015

*Don't work for work's sake!*

## Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

### Gratitude

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### Today's Tasks

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Today's challenge is: \_\_\_\_\_

## Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

### Reflection

*What went well:* \_\_\_\_\_

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*Opportunities for improvement:* \_\_\_\_\_

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# Saturday 3/1/2015

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

## Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

### Gratitude

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### Today's Tasks

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Today's challenge is: 

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## Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

### Reflection

*What went well:* 

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*Opportunities for improvement:* 

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## Sunday 4/1/2015

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

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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#### Today's Tasks

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Today's challenge is: \_\_\_\_\_

### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

*What went well:* \_\_\_\_\_

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*Opportunities for improvement:* \_\_\_\_\_

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# Monday 5/1/2015

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

## Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

### Gratitude

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### Today's Tasks

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Today's challenge is: 

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## Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

### Reflection

What went well: 

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Opportunities for improvement: 

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## Tuesday 6/1/2015

*Don't work for work's sake!*

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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#### Today's Tasks

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Today's challenge is: 

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### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

*What went well:* 

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*Opportunities for improvement:* 

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## Wednesday 7/1/2015

*Don't work for work's sake!*

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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#### Today's Tasks

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Today's challenge is: 

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### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

*What went well:* 

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*Opportunities for improvement:* 

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## Thursday 8/1/2015

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

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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#### Today's Tasks

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Today's challenge is: 

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### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

What went well: 

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Opportunities for improvement: 

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## Friday 9/1/2015

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

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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#### Today's Tasks

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Today's challenge is: \_\_\_\_\_

### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

What went well: \_\_\_\_\_

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Opportunities for improvement: \_\_\_\_\_

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## Saturday 10/1/2015

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

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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#### Today's Tasks

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Today's challenge is: 

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### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

What went well: 

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Opportunities for improvement: 

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## Sunday 11/1/2015

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

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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#### Today's Tasks

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Today's challenge is: \_\_\_\_\_

### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

What went well: \_\_\_\_\_

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Opportunities for improvement: \_\_\_\_\_

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# Monday 12/1/2015

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

## Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

### Gratitude

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### Today's Tasks

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Today's challenge is: \_\_\_\_\_

## Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

### Reflection

What went well: \_\_\_\_\_

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Opportunities for improvement: \_\_\_\_\_

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## Tuesday 13/1/2015

*"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*

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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### Today's Tasks

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Today's challenge is: \_\_\_\_\_

### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

What went well: \_\_\_\_\_

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Opportunities for improvement: \_\_\_\_\_

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**Wednesday 14/1/2015**

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

**Morning Ritual Checklist (~ 7 AM)**

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

**Gratitude**

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**Today's Tasks**

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Today's challenge is: 

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**Pre-Sleep Ritual Checklist (22:00)**

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

**Reflection**

*What went well:* 

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*Opportunities for improvement:* 

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**Thursday 15/1/2015**

*Don't work for work's sake!*

**Morning Ritual Checklist (~ 7 AM)**

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

**Gratitude**

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**Today's Tasks**

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Today's challenge is: 

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**Pre-Sleep Ritual Checklist (22:00)**

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

**Reflection**

*What went well:* 

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*Opportunities for improvement:* 

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## Friday 16/1/2015

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

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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#### Today's Tasks

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Today's challenge is: \_\_\_\_\_

### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

*What went well:* \_\_\_\_\_

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*Opportunities for improvement:* \_\_\_\_\_

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# Saturday 17/1/2015

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

## Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

### Gratitude

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### Today's Tasks

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Today's challenge is: \_\_\_\_\_

## Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

### Reflection

What went well: \_\_\_\_\_

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Opportunities for improvement: \_\_\_\_\_

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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*

### Morning Ritual Checklist (~ 7 AM)

*Get up straigh and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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#### Today's Tasks

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Today's challenge is: \_\_\_\_\_

### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

What went well: \_\_\_\_\_

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Opportunities for improvement: \_\_\_\_\_

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## 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*

### Morning Ritual Checklist (~ 7 AM)

*Get up straigh and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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### Today's Tasks

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Today's challenge is: \_\_\_\_\_

### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

What went well: \_\_\_\_\_

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Opportunities for improvement: \_\_\_\_\_

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**Tuesday 20/1/2015**

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

**Morning Ritual Checklist (~ 7 AM)**

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

**Gratitude**

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**Today's Tasks**

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Today's challenge is: 

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**Pre-Sleep Ritual Checklist (22:00)**

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

**Reflection**

*What went well:* 

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*Opportunities for improvement:* 

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## Wednesday 21/1/2015

*"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*

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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### Today's Tasks

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Today's challenge is: \_\_\_\_\_

### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

What went well: \_\_\_\_\_

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Opportunities for improvement: \_\_\_\_\_

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## Thursday 22/1/2015

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

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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#### Today's Tasks

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Today's challenge is: \_\_\_\_\_

### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

What went well: \_\_\_\_\_

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Opportunities for improvement: \_\_\_\_\_

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## Friday 23/1/2015

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

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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#### Today's Tasks

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Today's challenge is: \_\_\_\_\_

### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

What went well: \_\_\_\_\_

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Opportunities for improvement: \_\_\_\_\_

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# Saturday 24/1/2015

*Don't work for work's sake!*

## Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

### Gratitude

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### Today's Tasks

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Today's challenge is: 

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## Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

### Reflection

*What went well:* 

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*Opportunities for improvement:* 

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## Sunday 25/1/2015

*"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*

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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### Today's Tasks

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Today's challenge is: \_\_\_\_\_

### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

What went well: \_\_\_\_\_

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Opportunities for improvement: \_\_\_\_\_

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**Monday 26/1/2015**

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

**Morning Ritual Checklist (~ 7 AM)**

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

**Gratitude**

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**Today's Tasks**

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Today's challenge is: 

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**Pre-Sleep Ritual Checklist (22:00)**

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

**Reflection**

*What went well:* 

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*Opportunities for improvement:* 

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**Tuesday 27/1/2015**

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

**Morning Ritual Checklist (~ 7 AM)**

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

**Gratitude**

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**Today's Tasks**

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Today's challenge is: 

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**Pre-Sleep Ritual Checklist (22:00)**

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

**Reflection**

*What went well:* 

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*Opportunities for improvement:* 

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## Wednesday 28/1/2015

*"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*

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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### Today's Tasks

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Today's challenge is: \_\_\_\_\_

### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

What went well: \_\_\_\_\_

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Opportunities for improvement: \_\_\_\_\_

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## Thursday 29/1/2015

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

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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#### Today's Tasks

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Today's challenge is: \_\_\_\_\_

### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

What went well: \_\_\_\_\_

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Opportunities for improvement: \_\_\_\_\_

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## Friday 30/1/2015

*Don't work for work's sake!*

### Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

#### Gratitude

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#### Today's Tasks

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Today's challenge is: 

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### Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

#### Reflection

*What went well:* 

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*Opportunities for improvement:* 

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# Saturday 31/1/2015

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

## Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min*

### Gratitude

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### Today's Tasks

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Today's challenge is: \_\_\_\_\_

## Pre-Sleep Ritual Checklist (22:00)

*Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.*

### Reflection

What went well: \_\_\_\_\_

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Opportunities for improvement: \_\_\_\_\_

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