

# October

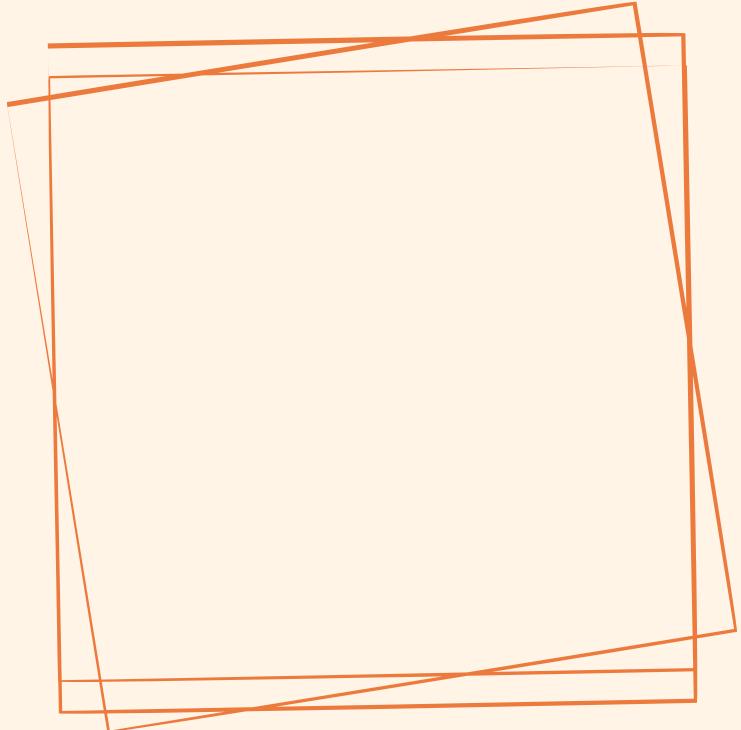
The best is yet to come

self discovery • goals • trackers • weekly planner

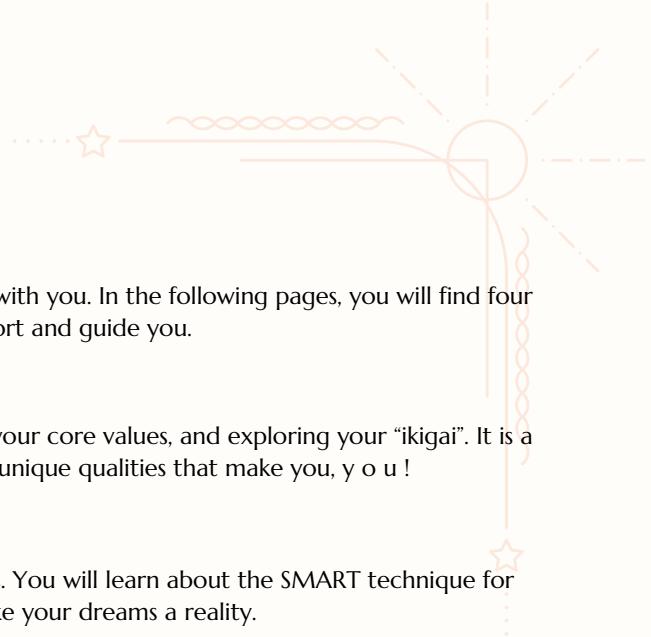
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## What's going on?

Hi, this is Wiktoria and I am really excited to share my monthly planner with you. In the following pages, you will find four main sections with a variety of exercises, each crafted with care to support and guide you.

### 1. Self Discovery

This section is all about understanding yourself better, diving deep into your core values, and exploring your "ikigai". It is a space for introspection and self-awareness, allowing you to uncover the unique qualities that make you, you!

### 2. Goals

Here, you will set your sights on the future and map out your aspirations. You will learn about the SMART technique for setting achievable goals and be provided with helpful worksheets to make your dreams a reality.

### 3. Trackers

Keeping a record of your habits, emotions, and well-being is essential for personal growth. This section will assist you in monitoring your progress, identifying patterns, and making positive changes in your life. There are many options but you do not have to and even you should not pick all of them at once. Choose just few things you want to track, otherwise it may be counter effective.

### 4. Time Management

Effective time management is the cornerstone of productivity and balance. Plan your days and prioritize tasks with the Eisenhower Matrix.

Whether you are looking to gain clarity about your life's direction, achieve your most cherished goals, maintain healthy habits, or simply make the most of your time, this planner is here to assist you every step of the way.

So, let's begin this journey together !!

Your future self will thank you for the commitment you are making today. Enjoy the process, stay motivated, and make each day a step toward the life you desire.

### Go easy on you - advices before you start

★ Be kind to yourself. Life is not always easy, and there is no one-size-fits-all solution. You learn what works through trial and error. Do not get upset if you cannot check off everything on your list or if things do not always go as planned. If you start being too hard on yourself, try speaking to yourself as if you were talking to a child. This approach can help you be less harsh on yourself.

★ Do not become obsessed with your goals and routines. It is good to have them, but do not let them become a source of stress or overwhelm. Find a healthy balance. Do not push yourself too hard, but also do not get too comfortable. I know it can be tough, and you might feel lost some days, but that is okay too.

★ Start with the vision of completion. Finish what you started.

# ROAD MAP



When things change inside you,  
thinks change around you.



# Identify your core values

Core values are fundamental beliefs that guide your actions and decisions.

They represent what is most important to you and help shape your behavior, relationships, and overall sense of purpose. Conducting a core values exercise can provide clarity and insight into your personal or organizational values.

Take some time to reflect on your life experiences, achievements, and moments of happiness or fulfillment. Consider situations where you felt most proud, satisfied, or aligned with your beliefs. Ask yourself:

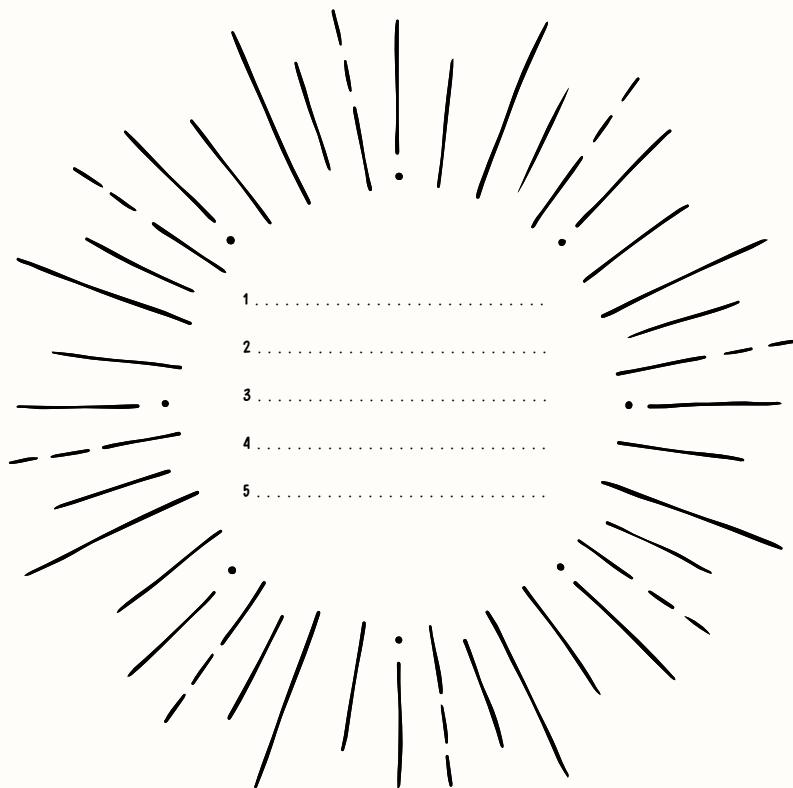


- What experiences have brought me the most joy and satisfaction?
- When have I felt the most authentic and true to myself?
- What principles or qualities do I admire in others?

.....

From the values on the next page select 10-15 that resonate with you the most. Some of them may be very similar, pick the word that fits best. Think about which values you simply cannot imagine living without. Consider how these values align with your aspirations and the impact you want to have in your life. Once you have your list, look at it again and choose 5 the most meaningful values.

My **TOP 5** core values



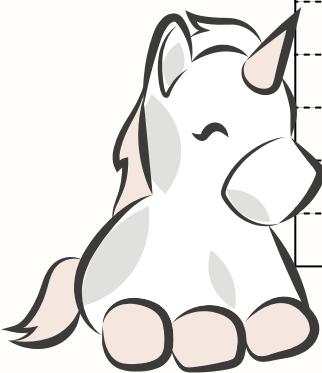
## LIST OF 100 LIFE VALUES

Integrity	Diversity	Altruism	Inclusivity
Honesty	Harmony	Ambition	Leadership
Respect	Freedom	Caring	Modesty
Responsibility	Sustainability	Collaboration	Optimism
Empathy	Creativity	Drive	Persistence
Compassion	Determination	Flexibility	Resilience
Gratitude	Open-mindedness	Graciousness	Sacrifice
Perseverance	Self-discipline	Harmony	Tenacity
Courage	Adventure	Innovation	Uniqueness
Authenticity	Spirituality	Mindfulness	Vulnerability
Loyalty	Wellness	Nobility	Authenticity
Humility	Community	Openness	Empowerment
Accountability	Learning	Passion	Flexibility
Kindness	Family	Resourcefulness	Growth
Generosity	Optimism	Service	Joy
Patience	Respect for nature	Simplicity	Knowledge
Innovation	Positivity	Tolerance	Patience
Adaptability	Quality	Unity	Positivity
Curiosity	Trustworthiness	Vision	Respect
Growth	Self-awareness	Wisdom	Self-care
Balance	Independence	Zeal	Sustainability
Excellence	Inner peace	Adaptation	Truthfulness
Justice	Self-expression	Awareness	Understanding
Fairness	Mastery	Dedication	Vision
Teamwork	Tradition	Exploration	Zeal

# MY NOTES

## a handful of reminders in case you forgot

1.	The past is a lesson, the present is a gift, and the future is a possibility.
2.	Kindness is a language understood by all.
3.	Smiles are contagious. ;)
4.	Your thoughts shape your reality; choose them wisely.
5.	Success is a journey, not just a destination.
6.	Every ending is a new beginning; embrace change.
7.	Let go of what no longer serves you; make space for new.
8.	Small actions can lead to significant impacts.
9.	Inhale confidence; exhale doubt.
10.	Each day is a chance to begin anew.
11.	Your worth is not defined by external validation.
12.	Every person's voyage is distinct.
13.	Your judgment reflects more about you than the person you judge.
14.	Balance your time between work, rest, and play for a fulfilling life.
15.	Your happiness is your responsibility; own it.
16.	Success starts with self-belief and determination.
17.	Trust your instincts; they rarely steer you wrong.
18.	Not every thought requires your attention; let some go.
19.	Getting organized is a sign of self-respect – Gabrielle Bernstein
20.	Be the energy you want to attract.
21.	What goes around comes around – you get what you give.
22.	Your potential is limitless; believe in yourself.
23.	Opinions do not define reality.



## SWOT ANALYSIS

Performing a SWOT analysis is like polishing a diamond within yourself - it unveils your brilliance, refines your edges, and empowers you to shine in the light of your own potential.



SWOT involves evaluating your strengths, weaknesses, opportunities, and threats in order to gain insights into how you can enhance your personal development. Here's how you can apply it to your self-growth journey:

### Strengths

Identify your unique qualities, skills, and attributes that give you an advantage in various aspects of your life. Consider what you excel at and what sets you apart from others.

1. What do I do best? What are my key strengths?
2. What skills and talents do I possess?
3. How do these strengths contribute to my personal growth goals?
4. What personal achievements am I proud of?
5. What positive feedback have I received from others?

### Weaknesses

Recognize areas where you have room for improvement or limitations that may be holding you back. Be honest about your weaknesses and areas that need development.

1. What skills or knowledge do I lack?
2. What tasks or situations make me feel less confident?
3. Are there any habits or behaviors holding me back?
4. What steps can I take to address and overcome my weaknesses?
5. What skills do I need to improve for my desired growth?

### Opportunities

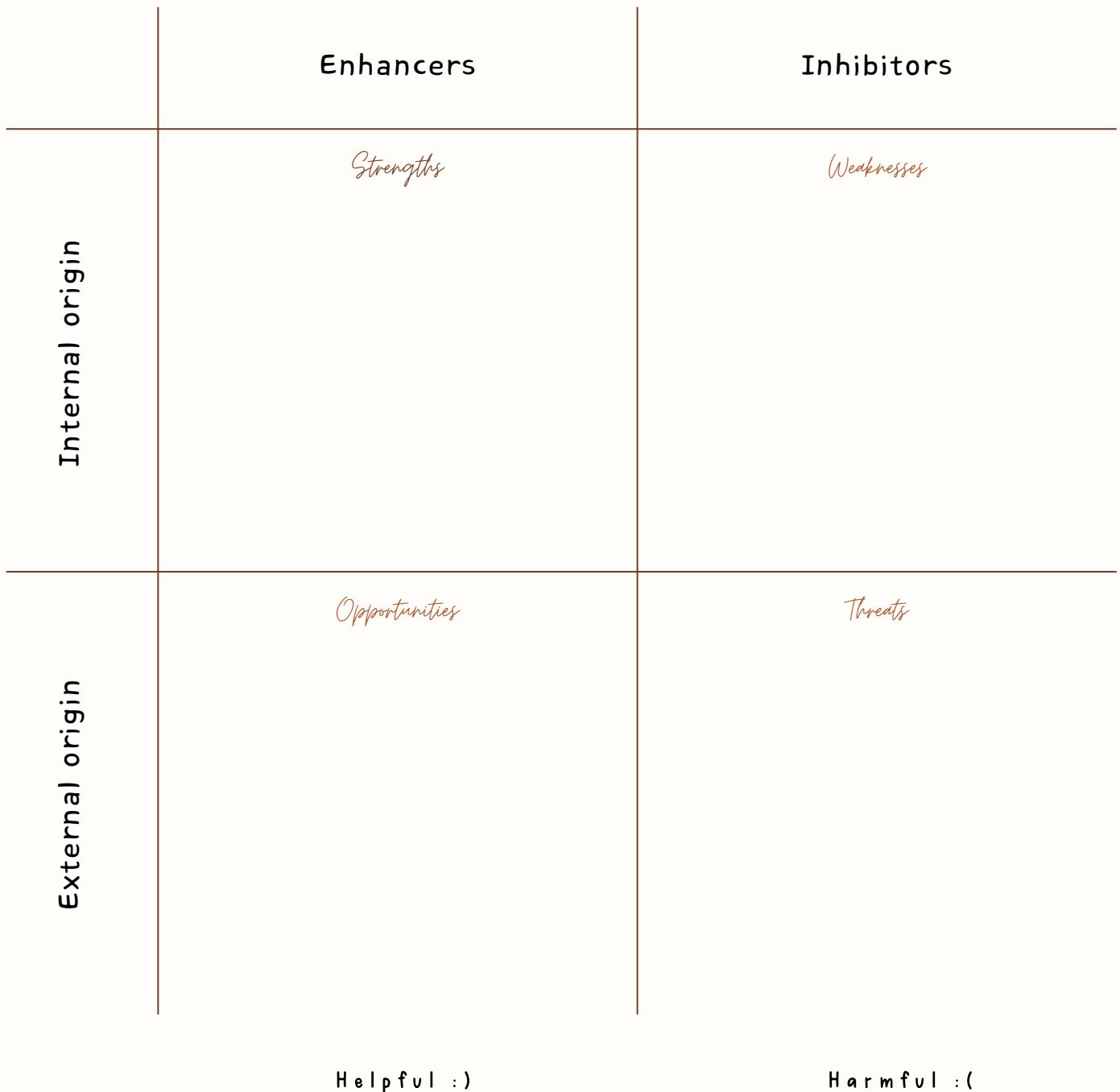
Identify external factors and circumstances that you can capitalize on to enhance your personal growth. Consider emerging trends, new experiences, or possibilities that align with your goals.

1. What new experiences or challenges can I explore?
2. What connections or networking opportunities can I pursue?
3. Are there emerging trends or changes in my environment that I can leverage?
4. What could I do to advance my career or personal growth?

### Threats

Acknowledge external challenges or obstacles that might hinder your personal development efforts. These could be negative influences, potential setbacks, or situations that may deter your progress.

1. What potential threats or obstacles might hinder my self-development?
2. Are there negative influences I need to be cautious of?
3. How can I mitigate these threats or turn them into opportunities for growth?
4. How can I minimize the impact of potential setbacks?



*Out of my control*

What happens around me

Other people's opinion & thoughts

Other people's emotions and reactions

The past

*In my control*

My thoughts & actions

My attitude towards myself  
& others

My energy

My self-work

How I spend my time & with who

My goals

What I eat & drink

My boundaries

My origin

My self-talk

My self-care

My approach to challenges & setbacks

My daily routines / habits

The passage of time and aging

The outcome of my efforts

The choices people make in their lives

How others choose to treat you

Fixed appearance aspects



Find your ikigai

## 生き甲斐

生き - life/alive 甲斐 - worth/benefit

"Ikigai" is a Japanese concept that translates to "a reason for being" or "a reason to wake up in the morning." It's a philosophy that encompasses finding purpose, joy, and fulfillment in life through a harmonious balance of four elements:

- What you Love (**Passion**): Engaging in activities that bring you joy and happiness, something you truly love doing.
- What you are Good at (**Profession**): Utilizing your skills, talents, and strengths to contribute meaningfully to the world.
- What the World Needs (**Mission**): Focusing on activities that serve a purpose and positively impact others or the world around you.
- What you can be Paid for (**Vocation**): Finding a way to support yourself financially while also aligning with your passions, skills, and purpose.



Marc Winn diagram of purpose

The concept of Ikigai is often depicted as the intersection of these four aspects. When you find the balance among what you love, what you're good at, what the world needs, and what you can be paid for, you are said to have found your "Ikigai." It's a holistic approach that emphasizes balance and alignment between your internal desires and the external world.

Discovering your sense(s) of life is a journey that unfolds over time, and it is perfectly okay not to have all the answers at this moment. Life is filled with experiences, growth, and opportunities that can shape your understanding of purpose and meaning.

Remember that it is normal to have periods of uncertainty, and it is okay to explore different aspects of life without knowing the final destination. The process of self-discovery is ongoing, and each step you take contributes to your personal evolution. So, take your time, be kind to yourself, and trust that as you navigate life's twists and turns, you'll gradually uncover the unique sense of purpose that's meant for you.

### Defining Your Ideal Job through Requirements

We often wonder about our future career path and what kind of job we want. But it is okay if we do not have a specific answer yet. Instead, let us focus on what we want from a job. Take a moment to list down your requirements and conditions for your perfect job. For instance, you might desire working with people, having flexible hours, and the option to work partly remotely. Maybe you want to use foreign languages daily and engage in creative tasks. This exercise helps you figure out what's essential for you. By identifying your needs, you can explore jobs that match these criteria. This way, you're on a path to find a job that truly suits you and your aspirations.



## *Whispers of the Soul*

This page eagerly awaits your insightful musings on this very topic.  
Feel free to write down everything what is on your mind.



## Self-care worksheet

At its core, self-care is a conscious effort to cherish your health on multiple levels. It is a reminder to nurture yourself physically, emotionally, and mentally amidst life's demands. This is a holistic approach that involves carving out time for activities that recharge and rejuvenate every facet of who you are.

How many minutes do you dedicate every day to taking care of yourself? In the hustle and bustle of life, it is easy to overlook what your body wants to tell you. Take a moment during a day to pause, breathe, and listen attentively.



**Find out what works for you - create a personalized list below and look at it any time you want!**

Example: Body care ideas - progressive muscle relaxation, guided imagery, get some sun exposure, walk barefoot, 8+ hours of sleep

MIND	BODY
EMOTIONS	SPIRIT

## Affirmations – the page abundant with positive statements

Because the negative mind  
will never give you a positive life



Each day is a new opportunity for healing and growth.

I am deserving of love, care, and understanding, including from myself.

I am creating a space of safety and comfort within myself.

I am smart.

I am not defined by my struggles; I am defined by my strength and resilience.

I am capable of finding moments of joy and gratitude, even in difficult times.

I am not alone in this journey; I have a support network that cares for me.

I am taking steps towards my well-being and mental health.

My feelings are valid and I am worthy of self-compassion and self-care.

I am in control of my thoughts, and I choose to focus on the positive.

I am learning and growing through my challenges.

I am confident and powerful.

I am not defined by my past; I have the power to shape my future.

I am allowed to ask for help and seek support when I need it.

I am resilient, and I have overcome challenges before.

I am working towards a better, brighter future.

I am a work in progress, and that's okay. I am moving forward at my own pace.

I am deserving of happiness and peace, and I'm taking steps to achieve them.

I am enough.

## *My affirmations*

Remember that affirmations are most effective when you genuinely resonate with them and repeat them regularly.

The page before is just an example, here you can create your own page of affirmations. Choose statements that align with your beliefs and aspirations.

Over time, practicing affirmations can help reshape your mindset and cultivate a more positive and empowered outlook on life.



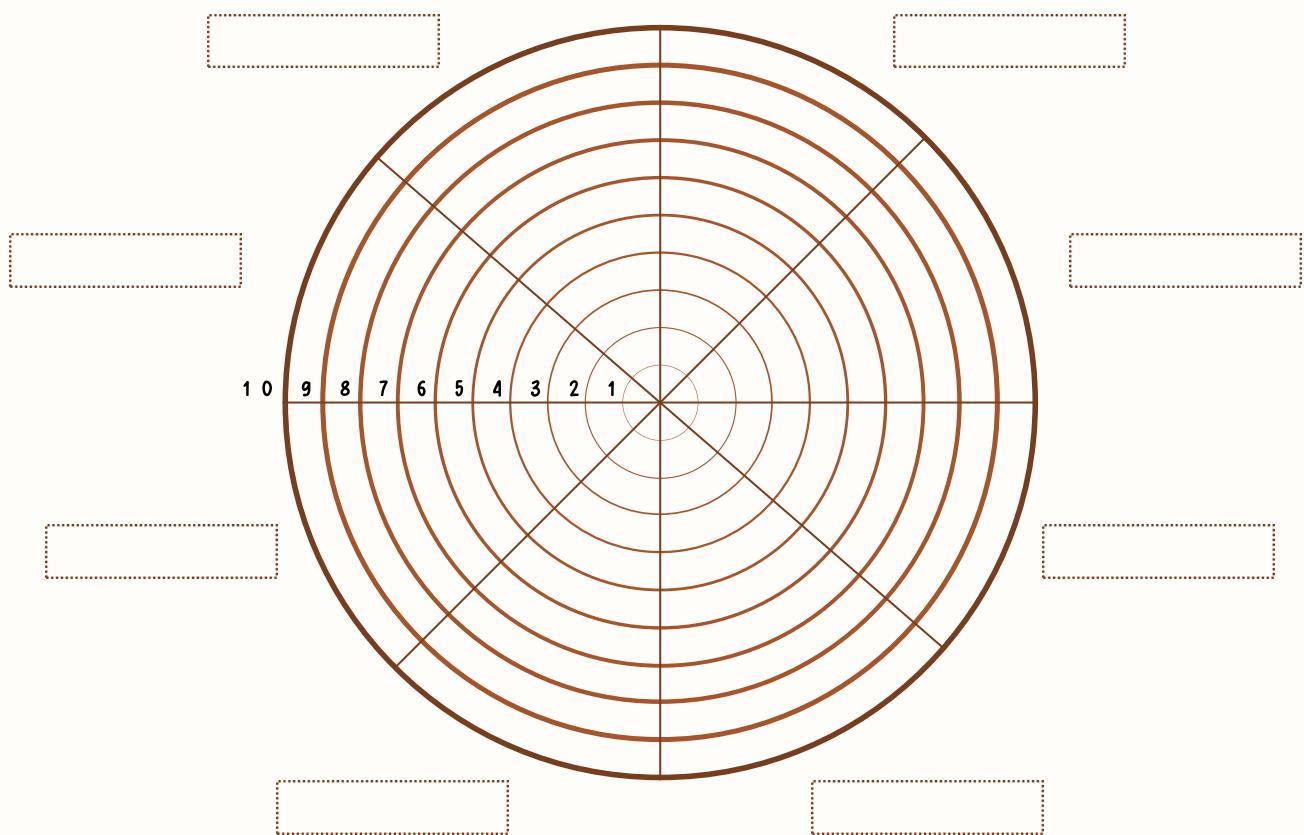
# Wheel of life

The Wheel of Life is a tool used for self-awareness and personal growth, where different life areas are represented in a circle to assess life balance and identify areas for improvement.

## INSTRUCTION

1. Label the Sections: Name each section with the life areas you want to assess, such as Career, Health, Relationships, Finances, Personal Growth, Fun and Recreation, Spirituality, and Environment.
2. Evaluate the categories : Reflect on each life area and rate your level of satisfaction or fulfillment on a scale of 1 to 10, with 1 being the lowest and 10 being the highest.

Be honest and intuitive while assigning the ratings!



## AND THEN...

2. Reflect on the Wheel: Identify the areas with lower ratings.
  3. Set Goals: Consider what specific actions you can take to improve them.
  4. Take Action: Implement changes. Break down larger parts into smaller steps for easier progress.
  5. Reassess Periodically: Use the Wheel to track your progress regularly and adjust goals as needed.
  6. Celebrate Achievements: Revel in your accomplishments, acknowledging the triumphs and milestones you have reached on your journey !
- next pages* ↗

WHO AM I

?



If it does not challenge you,  
it does not change you.



## MY GOALS

Task: Write down everything you want to achieve.

List every single desire that you keep deep in your heart, no matter how abstract it may seem compare to your current situation. List your first thoughts too. Create your dream life below. Reflect on it. Come back to this page as many times as you want during the day and revisit it later if you think of something new.

TIP: group your goals, it might be helpful

# Are you making goals or just aspirations?

Alright, right now I want to show you how to tweak your goals a little bit and make them SMART. Are you already familiar with this technique? If yes that will be only a quick revision, if not everything is ahead of you.

S - Specific  
M - Measurable  
A - Achievable  
R - Relevant  
T - Time-bound



S - Specific: clear and precise, leaving no room for ambiguity. It answers the questions of who, what, where, when, and why.

M - Measurable: should have quantifiable criteria for measuring progress and success. It helps track whether the goal is being achieved.

A - Achievable: should be motivating, ambitious but realistic given the available resources, skills, and time.  
It should challenge you without being impossible.

R - Relevant: The goal should align with your broader objectives and be relevant to your overall aspirations. It ensures that your efforts are directed toward meaningful outcomes.

T - Time-bound: The goal should have a specific timeframe or deadline for completion. This creates a sense of urgency and helps you stay focused on achieving the goal within a set period.

## MORE TIPS:

- It is said that you should write your goals in a present tense because for your mind past and future does not exist. They are abstract things.
- Your goals speak for you. They have to be coherent with your set of beliefs and rules.
- Let me write it again: YOUR goals. Nobody should impose them on you and vice versa. For sure you have impact on other people, however you cannot change the way they act.
- Believe in your discipline! Evoke in your memory all these situations you handled, all the problems you solved. Of course, you experienced some defeats. But they were necessary, they are part of your development. Accept them.
- If you are doing something and you feel that it makes sense but the situation beyond your control forces you to resign - take break for a while but never give up.
- Goals are just indicators, you might think that this is what you are looking for but after some time you may simply ..... change your mind. Modify it if you need.

Give it a try !

“From your death till your birth” – specify your goals that you are going to complete in the next 5 year, then in 3 years, 1 year and 1 month. Be long-sighted at first, then think about your near future. Order them from the most important to the least and do not put too many things on the list.

## Why should I write my goals down?

Because it has psychological and practical benefits that can contribute to your success. Writing down things transforms abstract ideas into tangible plans. It sharpens your focus, fuels your motivation, and significantly increases the likelihood of achieving them.

I am aware this is not easy task and demands a significant investment of time but later you will tell yourself a big thank you. I believe in you !

ME in

5 years

3 years

1 year

1.....

2.....

3.....

4.....

5.....

1.....

2.....

3.....

4.....

5.....

1.....

2.....

3.....

4.....

5.....

## *Goal after goal, success after success*

Challenges/Projects for October

1.....

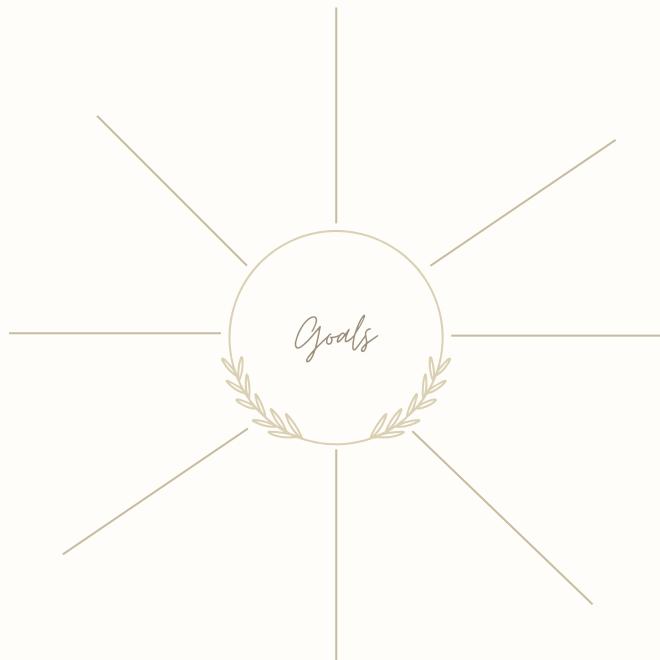
**Match result**

2.....

3:0 for you !?!?!

3.....

If you have long - term objectives and you have flow you can define goals for another months too. Also if 3 goals in one month are not enough feel free to add more. But remember: more does not always mean better



# Let's work on this s\*\*\*

Goal 1

## SMART WORKSHEET

S

specific

What exactly do you want to accomplish?

---

Achievement goal / habit goal

Domain: spiritual, intellectual, vocational, financial, social, emotional, physical, recreational, environmental, intimate, other

Where are you going to achieve your goal?

---

When?

---

Add more information:

---

M

Measurable

How will you know if you are making progress? How will you know you have achieved your goal?

(If your goal is a habit see next pages, there are habit trackers)

---

Reward yourself – this will help reinforce the positive actions you've taken, so you can continue doing it

A

Achievable

Is your goal realistic? Doable?

Action plan: BREAK IT DOWN into small and manageable steps to overcome overwhelm

What are the milestones and key steps? What other steps do I need to take?

---

---

>> ..... >> ..... >> .....

---

What resources and skills are needed? Who could help me?

---

---

R

Relevant

Why is it so important for you? What are your motivations, benefits?

---

Significance:



T

Time-bound

How long will it take you to reach this goal?

Time frame/ Deadline:

---

# Let's work on this s\*\*\*

Goal 11

## SMART WORKSHEET

S

specific

What exactly do you want to accomplish?

Achievement goal / habit goal

Domain: spiritual, intellectual, vocational, financial, social, emotional, physical, recreational, environmental, intimate, other

Where are you going to achieve your goal?

When?

Add more information:

M

Measurable

How will you know if you are making progress? How will you know you have achieved your goal?

(If your goal is a habit see next pages, there are habit trackers)

Reward yourself – this will help reinforce the positive actions you've taken, so you can continue doing it

A

Achievable

Is your goal realistic? Doable?

Action plan: BREAK IT DOWN into small and manageable steps to overcome overwhelm

What are the milestones and key steps? What other steps do I need to take?

>> ..... >> ..... >> .....

What resources and skills are needed? Who could help me?

R

Relevant

Why is it so important for you? What are your motivations, benefits?

Significance:



T

Time-bound

How long will it take you to reach this goal?

Time frame/ Deadline:

# Let's work on this s\*\*\*

Goal III

## SMART WORKSHEET

S

specific

What exactly do you want to accomplish?

---

Achievement goal / habit goal

Domain: spiritual, intellectual, vocational, financial, social, emotional, physical, recreational, environmental, intimate, other

Where are you going to achieve your goal?

---

When?

---

Add more information:

---

M

Measurable

How will you know if you are making progress? How will you know you have achieved your goal?

(If your goal is a habit see next pages, there are habit trackers)

---

Reward yourself – this will help reinforce the positive actions you've taken, so you can continue doing it

A

Achievable

Is your goal realistic? Doable?

Action plan: BREAK IT DOWN into small and manageable steps to overcome overwhelm

What are the milestones and key steps? What other steps do I need to take?

---

---

>> ..... >> ..... >> .....

---

What resources and skills are needed? Who could help me?

---

---

R

Relevant

Why is it so important for you? What are your motivations, benefits?

---

Significance:



T

Time-bound

How long will it take you to reach this goal?

Time frame/ Deadline:

---

Craft the Blueprint for Your Day, Week, Month, Year, and Lifetime



Picture a scene where you embody the role of a painter.

Before you stretches an easel, upon which rests a blank canvas, a tableau of creative potential.

In your hands, you possess a palette adorned with an array of pigments,  
a conduit for translating your artistic vision into reality.

Discipline is a choice between  
what you want know and what you want most.



# Habit tracker

Monitor & record your daily habits

Habit tracker provides a visual representation of your progress and its effectiveness depends only on your commitment and approach. The main idea is to mark off each day you successfully complete a specific habit.

Choose your habits and to take a closer look at them, complete the table below. Not every gap needs to be filled for all habit. Skip the column or use dash when the characteristic does not align with the selected habit.

Gradually adjust your habits instead of attempting drastic shifts, do not put on yourself too much pressure and find encouragement even if you don't accomplish everything. Acknowledge each step along the way.

Habit	example go to sleep earlier						
Why do you want to include/exclude it?	for well-being, emotional balance, physical health, focus, energy						
Is it positive (P) or negative (N)?	P						
Daily Weekly Monthly	Daily						
Frequency	start with 3 times a week						
When precisely do you plan to accomplish a habit?	I want to go to sleep at 10/11 pm						
Where?	my home						
What actions can you take to ensure the realization of this habit?	Reduce exposure to screens (phones, computers, TVs) at least one hour before bedtime						

e x a m p l e

	habit	go to sleep earlier						
Sun	1							
Mon	2	✓						
Tue	3	✓						
Wed	4							
Thr	5	✓						
Fri	6	✓						
Sat	7							
Sun	8							
Mon	9							
Tue	10	✓						
Wed	11	✓						
Thr	12							
Fri	13	✓						
Sat	14							
Sun	15	✓						
Mon	16	✓						
Tue	17	✓						
Wed	18	✓						
Thr	19	✓						
Fri	20							
Sat	21							
Sun	22	✓						
Mon	23							
Tue	24	✓						
Wed	25							
Thr	26	✓						
Fri	27	✓						
Sat	28	✓						
Sun	29							
Mon	30							
Tue	31	✓						
Total result		17/31 54.8%						
Am I satisfied?		YES!						

*Embrace a life of balance.*

work



solitude



discipline



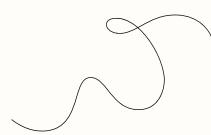
stillness



play



socializing



freedom



movement

It's about finding what works best for you & making intentional choices  
to create a fulfilling and harmonious life.

Emotions? Well ... uhm ....  
It is complicated.

Indeed, emotions are remarkably intricate. They can arise from a myriad of sources, blend together in unexpected ways, and lead to diverse reactions. The human emotional landscape is rich and complex, with feelings often influenced by personal history, cultural background, and situational context.

For a very long time, people have been curious about explaining feelings - what they are, how many there might be, and how they are connected. Lots of different theories have been made up over the years and here, we'll talk about one of them.

## Plutchik's Theory - Emotions Wheel Overview

Plutchik's Wheel of Emotions, proposed by psychologist Robert Plutchik in his "Psychoevolutionary Theory of Emotion", visually represents the relationships between different emotions. This model was first introduced in 1980 and has since gained popularity in the field of psychology and emotional research. It helps us see how feelings are connected, how they can mix together, and how they can change in strength. Just like a map helps you navigate a place, this wheel helps you navigate your feelings, explore them and understand them better.

Plutchik's theory suggests that there are **8 primary emotions**, each of which has both positive and negative polarities, resulting in a total of 32 different emotions.

### Primary

These main emotions are like the basic building blocks of our feelings. They're the root emotions that we all experience. According to Plutchik these are: joy, sadness, anger, fear, surprise, disgust, anticipation, acceptance.

### Combinations

Sometimes, feelings mix together just like colors. When two main emotions come together, they create new emotions in between. Example:

- Mixing joy and trust can make you feel love.
- Combining excitement and happiness might lead to optimism

### Opposite

Each main emotion has a partner on the opposite side of the wheel. These opposites are like two sides of a coin. When one emotion gets strong, the opposite might become weak. For instance:

- When you're full of joy, you're far from sadness.
- If you're feeling scared, anger might be far away.

When opposite emotions interact, they can lead to more complex and intense emotional experiences.  
How were you feeling when inside you were both ecstasy and grief or interest and fear?

## Examples

### Ecstasy & Grief

Ecstasy represents an intense form of joy, while grief signifies deep sadness. When these opposite emotions interact, they can create a highly poignant emotional state. For instance, imagine reminiscing about a loved one who has passed away. The ecstasy comes from recalling the joyful memories you shared, while the grief stems from the sadness of their absence. This blend can lead to a complex mix of emotions, where the intensity of both ecstasy and grief is heightened.

### Interest & Fear

Interest represents curiosity and engagement, while fear is an emotional response to perceived threats. When these two emotions intersect, it can result in an experience where you are both intrigued and apprehensive. For example, consider exploring a haunted house. Your interest in the unknown and the thrill of discovering what's inside might be mingled with fear of encountering something frightening. This combination can make your overall experience more exhilarating due to the contrast between interest and fear.

Take other combinations of emotions, recall situations in which you have experienced them. What did you feel?

### Intensity

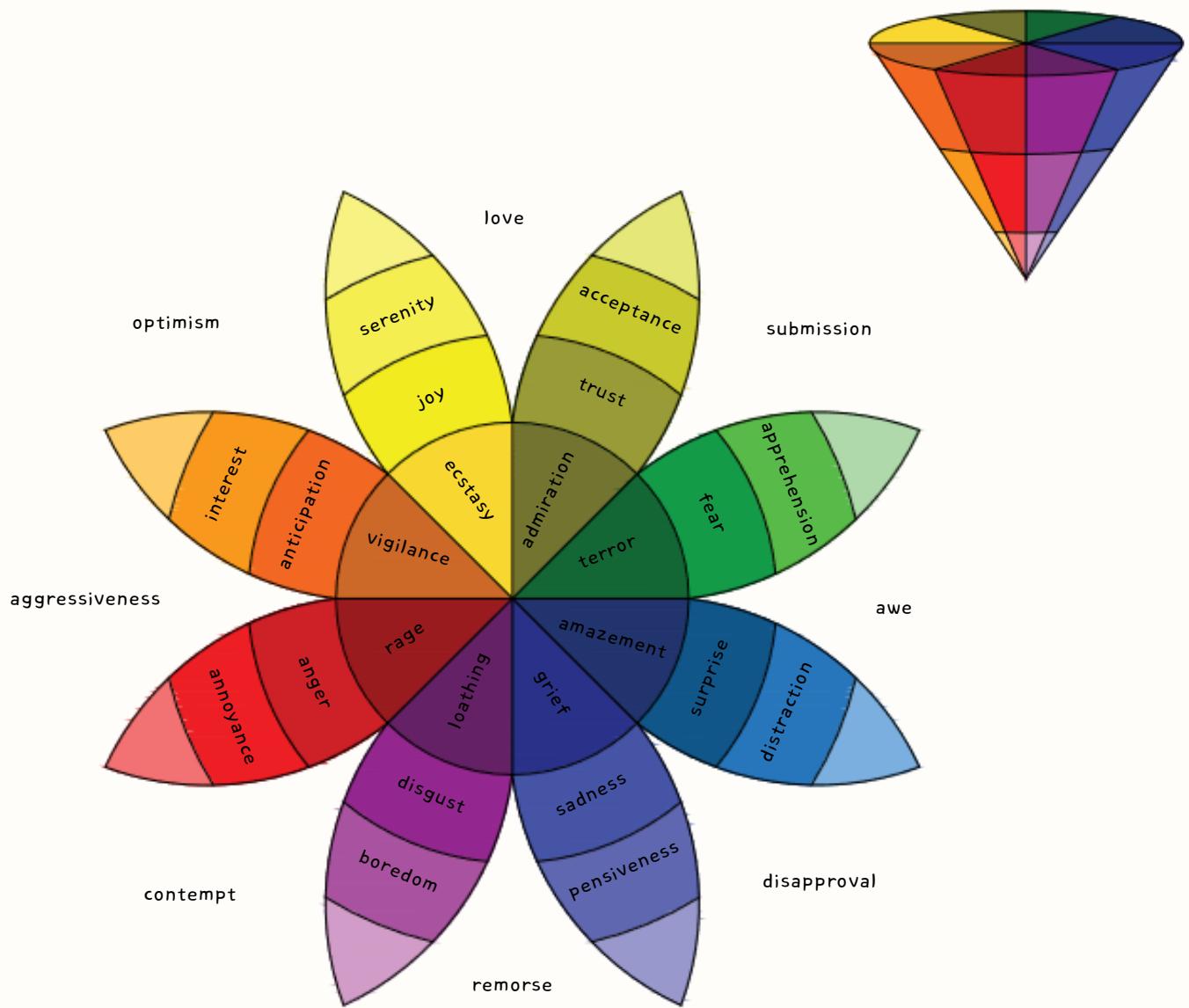
The closer to the center, the stronger the feeling. The colors also change from light to dark, showing how emotions can become more intense. The wheel isn't just flat; it's like an inverted cone. The base shows the most intense emotions, the vertex the least.

It's important to note that above was just presented one of the most common theories but there is no universally agreed-upon number of basic emotions, as emotions are complex and can be influenced by cultural, cognitive, and individual factors. There are many other different theories on this subject, such as Ekman's Theory which suggests that there are six primary emotions (it subtracts Anticipation and Trust from Plutchik's Theory) but ....

the choice of whom to believe rests solely with you.



## Plutchik's Wheel of Emotions



# What makes you happy?

- I. Find a quiet and comfortable space where you can focus without distraction.

2. Take a few deep breaths to relax.

3. Beging thinking about things that bring a smile to your face :))

These can be big or small, recent or distant. Include a variety of items, from people and relationships through places, environment to activities and experiences. Diversity in your list will help you appreciate different aspects of your life.

4. Write down there your ideas and rate how happy each one makes you feel on a scale from 1 to 10.

## handy-dandy questions

- What does happiness mean to you personally?
  - Do you believe that happiness is a fleeting emotion, a long-lasting state or something in between?
  - How does your cultural background or upbringing influence your perspective on life?
  - Can you describe a time when you felt truly happy and content? What were the circumstances?
  - Are there any hobbies that bring a sense of joy and fulfillment to you?

### Score

do not forget about reflection!

- Once you have completed your list, take a moment to read through it and soak in the positive feelings associated with each item.
  - Look for patterns, themes in your list. Are there common elements that consistently contribute to your happiness?



## Cultivate an awareness of your emotions

### Mood tracker

Imagine that 100% represents the duration of your entire day. Distribute percentages to the emotions you felt throughout the day. Below you see only 6 icons but they do the job for this purpose.

Example	70	10	10	5	-	5
Sun	1					
Mon	2					
Tue	3					
Wed	4					
Thr	5					
Fri	6					
Sat	7					
Sun	8					
Mon	9					
Tue	10					
Wed	11					
Thr	12					
Fri	13					
Sat	14					
Sun	15					
Mon	16					
Tue	17					
Wed	18					
Thr	19					
Fri	20					
Sat	21					
Sun	22					
Mon	23					
Tue	24					
Wed	25					
Thr	26					
Fri	27					
Sat	28					
Sun	29					
Mon	30					
Tue	31					

$$70 + 10 + 10 + 5 + 5 + 5 = 100\%$$

"Feelings are just visitors,  
let them come and go"  
Mooji

## Exercise: Creating a Mood-Boosting List for Future Sad Moments

**Objective** Create a personalized list of activities and strategies to uplift your mood when you're feeling sad in the future. This list will serve as a handy reference to help you cope and improve your emotional well-being.

### 1. Reflect on past experiences

Begin by thinking about times when you have felt sad in the past. What activities, thoughts, or actions have helped improve your mood during those moments?

Imagine you are providing advice to a friend who is feeling down.

What will you tell him/her?

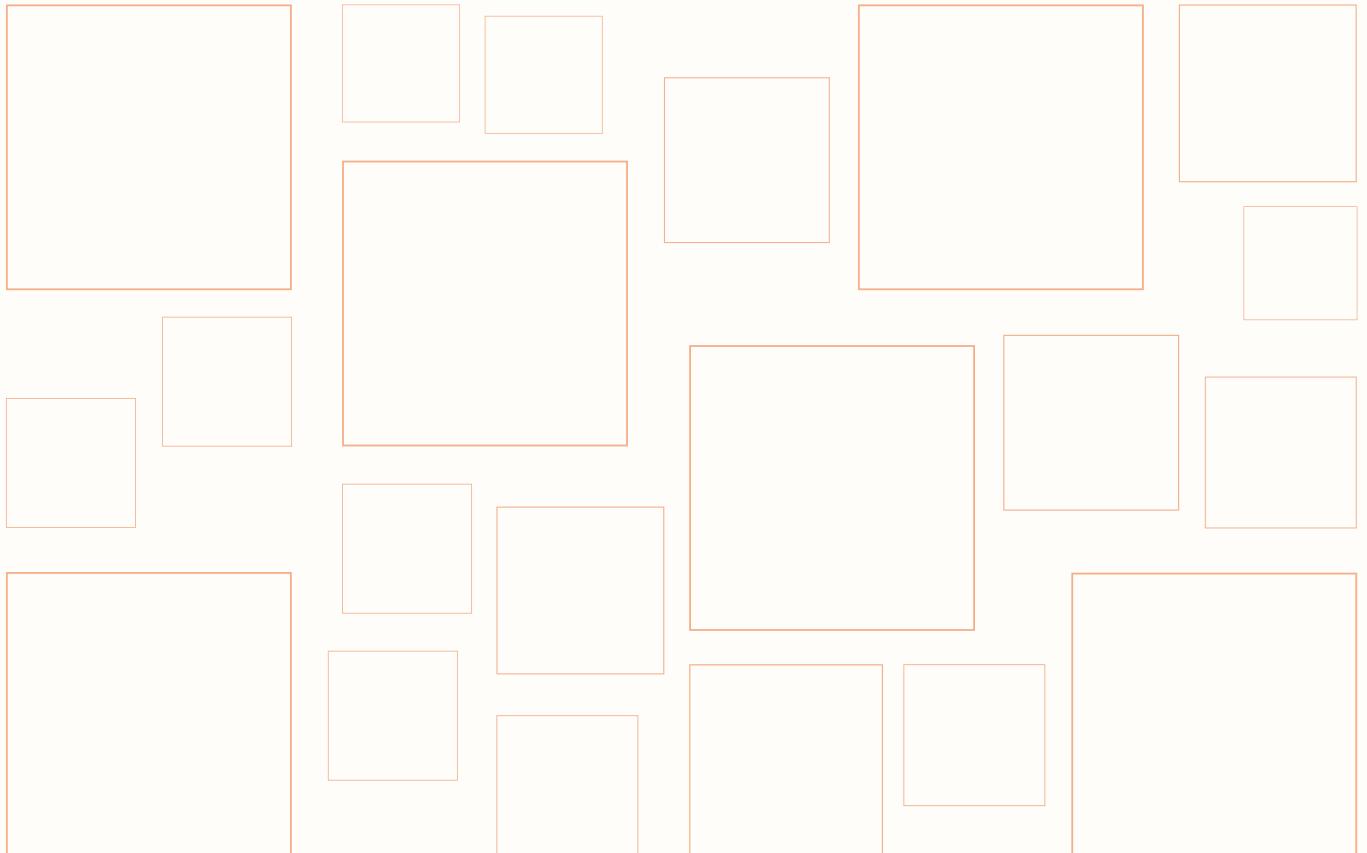
### 2. Helping others

### 3. Keep the list accessible

Once you've brainstormed a comprehensive list, you can easily access it when needed.

Periodically revisit and update your list. As you discover new strategies or as your preferences change, add or modify items on your list accordingly.

### 4. Review and update



## Welcome to Your Media Hub

This is your space to navigate the world of entertainment and enrichment. This page is your guide to discovering new stories, sounds, and ideas. Consider it your personal “media hub”—a place to jot down what to watch, read, and listen to next.

Let's dive into the world of culture!

MOVIES / TV SERIES TO WATCH

BOOKS TO READ

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PODCASTS / AUDIOBOOKS TO LISTEN

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(FAVORITE) SONGS  
RECENTLY DISCOVERED

U P C O M I N G   C U L T U R A L   E V E N T S ,   F E S T I V A L S ,   A R T  
E X H I B I T I O N S ,   P E R F O R M A N C E S   T O   A T T E N D

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I N S P I R I N G   P E O P L E

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# Good food good mood

Are you a true food enthusiast? Is your passion ignited by the art of cooking, the thrill of testing new products, and the joy of exploring various restaurants and culinary hotspots?

This space is for you!



List recipes you want to try, places you want to visit, and foods/drinks you can't wait to taste. Let's indulge in the world of flavors

## Meal inspiration

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## Spots wishlist

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## To test out

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## The exhilarating world of sports

Sport is a universal language that transcends borders and brings together individuals from diverse backgrounds. It encompasses physicality, psychology, and passion, serving as a reminder of our capacity to strive for excellence, collaborate, and embrace the joy of the journey.

Complete the boxes below

The stage is yours!

**Sports that I really enjoy**

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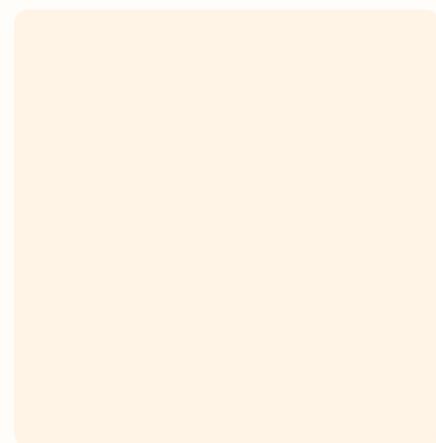
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I want to try

*challenges*



### Dream Destinations

Design pages dedicated to sports-related destinations you'd love to visit.

### Local Sports Venues

Make a list of local sports facilities like gyms, swimming pools, tennis courts, and more.

- 
- 
- 
- 
- 

### Sporting Gear Wishlist

Create a visual wishlist of sports equipment and gear you're aiming to acquire.

## Grasp motivation

Motivation is the inner drive and energy that compels us to take action, pursue goals, and achieve our desires. It is like the spark that makes us creative, productive, and helps us grow. It is the force that propels us forward in the face of challenges and setbacks.

Motivation fluctuates, it is dynamic and can go up and down, so it is completely normal when you experience tidal crisis.

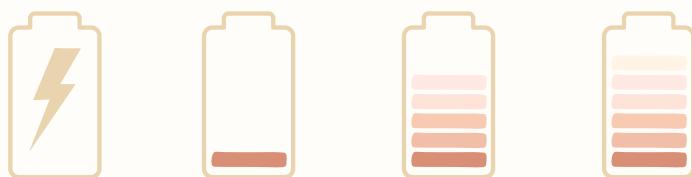
The good news is that there are steps you can take to help reignite it.

Here are a few suggestions:

1. **Identify the cause:** Reflect on why you're feeling unmotivated. Is there a specific reason or factor contributing to this feeling? Maybe you need to take break from what you are doing?
2. **Revisit your "Why":** Remind yourself of the reasons why you set your goals in the first place.
3. **Change your environment:** Sometimes a change of scenery can help shift your perspective and inspire motivation. Work in a different room or go to a new place for a while.
4. **Connect with a supportive community:** Reach out to people who share your goals or are experiencing similar challenges. Engage in discussions, share your struggles, and draw strength from their experiences.
5. **Start small:** Begin with a small, easy task. Completing it can create a sense of accomplishment that carries over to more significant tasks.
6. **Eliminate distractions:** Identify and minimize distractions that might be pulling your attention away from your goals.
7. **Visualize success:** Take a few minute to do this mental exercise.

Remember, success is not solely about swift goal attainment; the path taken, the lessons learned, and the personal growth experienced throughout the journey are equally meaningful and rewarding. So, yes goals matter but it is not just about reaching them quickly; the journey...process itself holds significance.

8. **Celebrate small wins:** Acknowledge and celebrate even the smallest progress you make. Positive reinforcement can boost your motivation over time.
9. **Reach out for support:** Talk to friends, family or a mentor about how you're feeling.



*Recharge your motivation*

10. **Create a routine:** Establishing a daily routine can provide structure and help you get back on track. Consistency can gradually boost your motivation.
11. **Remember your achievements:** Reflect on past accomplishments to remind yourself of your capabilities and potential.
12. **Do not compare yourself with other people.**
- "Obam retired at 55, Trump started at 70 (presidency). Everyone in this world works based on their time zones. People around you might seem ahead of you and some might seem to be behind you. Everyone is running their own race in their own time" – wifiwealthx (Instagram)
13. **Surround yourself with positivity:** Surround yourself with supportive and positive influences. Engage with people who uplift and encourage you.
14. **Be kind to yourself:** Remember that it's normal to have periods of low motivation. Be patient with yourself and avoid self-criticism.
15. **Explore different approaches:** Experiment with different strategies to see what works best for you in terms of staying motivated.
16. **Practice self-care:** Prioritize your well-being by getting enough rest, sleep eating well, and engaging in activities that bring you joy and relaxation.
17. Surround yourself with motivational quotes, like:

“

"The only person you should try to be better than is the person you were yesterday." Unknown

"Challenges are what make life interesting, and overcoming them is what makes life meaningful." Joshua J. Marine

"The only limit to our realization of tomorrow will be our doubts of today." Franklin D. Roosevelt

"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle."

Christian D. Larson

## Food / Workout tracker

Have you ever tracked your daily food intake? If not, I highly recommend considering it. This practice can serve as a dietary plan, helping you outline what you intend to eat, or as a record of all the products and beverages you consume throughout the day.

If this concept does not quite click with you, no worries! How about monitoring your sports-related endeavors? Does it sound better? Fill the fields out with your exercises, reps and progress. It is a way to keep tabs on your journey, whether you're aiming for personal bests or just enjoying the active moments.

Maybe you are considering to track both sport and food activities simultaneously? Just remember, recording everything can demand a significant amount of time and energy. Take a moment to gauge if you can consistently dedicate it the entire month.

Perhaps you have got another way to approach the next pages? Go ahead, feel free to customize it your way !

Choose your own objective  
&  
give it a shot— it's your personal path to healthier living

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1 Sunday

Notes



## 2-8 X

Don't stop now, keep going!

2 Monday

3 Tuesday

4 Wednesday

5 Thursday

6 Friday

7 Saturday

8 Sunday

Notes

**9-15 X**

**Stay strong and continue!**

**9 Monday**

**10 Tuesday**

**11 Wednesday**

**12 Thursday**

**13 Friday**

**14 Saturday**

**15 Sunday**

**Notes**

**16-22 X**

You're making progress, keep it up!

16 Monday

17 Tuesday

18 Wednesday

19 Thursday

20 Friday

21 Saturday

22 Sunday

Notes

**23-29 X**

**Persist and achieve!**

**23 Monday**

**24 Tuesday**

**25 Wednesday**

**26 Thursday**

**27 Friday**

**28 Saturday**

**29 Sunday**

**Notes**

**30-31 X, 1-5 XI**

**One more step, don't give up!**

**30 Monday**

**31 Tuesday**

**1 Wednesday**

**2 Thursday**

**3 Friday**

**4 Saturday**

**5 Sunday**

**Notes**

# SLEEP tracker

## for October

	DAY	Hours of sleep	How many hours in total?	Quality of sleep (Energy) 1-5
Example		20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Sun	1	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Mon	2	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Tue	3	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Wed	4	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Thr	5	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Fri	6	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Sat	7	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Sun	8	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Mon	9	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Tue	10	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Wed	11	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Thr	12	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Fri	13	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Sat	14	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Sun	15	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Mon	16	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Tue	17	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Wed	18	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Thr	19	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Fri	20	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Sat	21	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Sun	22	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Mon	23	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Tue	24	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Wed	25	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Thr	26	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Fri	27	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Sat	28	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Sun	29	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Mon	30	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
Tue	31	20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14		

# MY NOTES

## *Gratitude transforms what you have into enough*

Gratitude is a positive and heartfelt emotion that involves recognizing and appreciating the kindness, help, or positive experiences that you have received from others or from life in general. It's a way of acknowledging the good things in your life and focusing on the positives, even in challenging situations. Gratitude can be directed towards people, events, circumstances, nature, or even abstract concepts.

### Physical Well-being

Research suggests that practicing gratitude can lead to lower blood pressure, reduced inflammation, and a stronger immune system.

### Enhanced Relationships

Showing appreciation towards others strengthens social bonds and can lead to better relationships. When people feel valued and acknowledged, they're more likely to continue their positive behaviors.

### Improved Mental Health

Expressing gratitude can lead to increased happiness and reduced feelings of depression and anxiety. It shifts your focus from what you lack to what you have.

A small act which brings  
H.U.G.E. changes

### Stress Reduction

Gratitude can help reduce stress by promoting a positive outlook and helping individuals cope with challenging situations more effectively.

### Better Sleep

Engaging in gratitude exercises before bedtime can promote relaxation and improve sleep quality.

## **How to cultivate gratitude?**

- Gratitude journaling: Write down things you are grateful for each day. This practice helps you focus on the positive aspects of your life.
- Expressing thanks: Take time to thank people who have supported you or made a positive impact on your life. This could be done through heartfelt conversations, letters, or gestures.
- Mindfulness and meditation: Engage in mindfulness or meditation practices that encourage you to reflect on and appreciate the present moment.
- Acts of kindness: Perform acts of kindness for others. Seeing the positive impact you have on someone else's life can generate feelings of gratitude.
- Visual reminders: Keep visual cues or objects that remind you to be grateful. This could be a photo, a quote, or a small item.

It's not just about grand gestures of gratitude; even small acts like saying "thank you", keeping a gratitude journal, or simply taking a moment to appreciate the present can make a significant difference in your life.

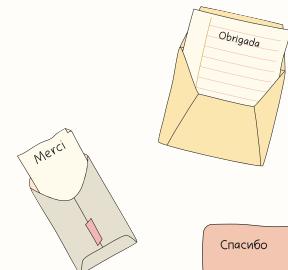
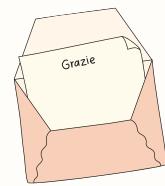
## 31 questions for 31 days

This journey will help you cultivate a deeper sense of gratitude by reflecting on different aspects of your life each day. Each day, you'll have the opportunity to reflect, express gratitude, and cross off the day as you complete it.

**Good Luck !!**

### DAY

1. What made you smile today?
2. Who in your life are you most thankful and why?
3. What is a favorite memory from your childhood that you're grateful for?
4. How has technology positively impacted your daily life and interactions?
5. What was the experience that taught you a valuable lesson and fill you with gratitude?
6. What aspects of your home environment do you appreciate and feel thankful for?
7. What is one thing you love about yourself?
8. What is one skill or talent you possess that you're thankful for?
9. What was a delicious meal you've enjoyed recently and the gratitude it brought you?  
Think of a teacher or mentor who has influenced you. How have they shaped your journey, and why are you grateful for them?
10. What is something small or seemingly insignificant from today that you're genuinely grateful for?
11. What book or movie are you thankful for, and how has it enriched your life?
12. Reflect on a challenge you faced and overcame. What growth or positive outcomes resulted from it?
13. Write about a specific way in which you've improved your well-being and how it makes you grateful.
14. Think about a place where you feel at peace. What about that place fills you with gratitude and tranquility?
15. What is something you've taken for granted in your daily routine that you are thankful for?
16. What is something small or seemingly insignificant from today that you are genuinely grateful for?
17. When was the last time you laughed heartily? What brought about that laughter, and how did it make you feel grateful?
18. What physical features or capabilities are you thankful for in your body?
19. What unique qualities or characteristics do your closest friends bring into your life that you deeply appreciate?
20. What is a challenge you've faced recently, and what positive aspects or lessons can you find within it?
21. What is a modern convenience you appreciate and why?
22. What are three things you are grateful for as soon as you wake up?
23. What is a kind gesture someone recently did for you that you are grateful for?
24. What is a hobby or interest that brings you joy and fills you with gratitude?
25. What is something in nature that you are grateful to witness?
26. What is something you were that you are grateful for?
27. What is something you're thankful for in your daily work or activities?
28. What do you like about the current season?
29. Think about something beautiful you saw today? What was that?
30. Reflect on your month of gratitude exploration. What insights or changes have you noticed in your mindset?



# *Get seriously organized*

October deep cleaning challenge

It refers to the practice of thoroughly cleaning, organizing, and decluttering your living space within a month. It's a chance to refresh your home and make it more comfortable and inviting as you spend more time indoors during colder months. What is more, you will create a neat environment which reduces stress, enhances mental well-being, and promotes better focus.

Roll up your sleeves

&

start!

Don't overwhelm yourself by trying to clean the entire house in one go. Taking smaller steps makes the process feel less daunting.

## **Step-by-step guide:**

- 1) Start by listing all the rooms in your home
- 2) In each room, write down specific cleaning tasks that need to be done.
- 3) As you complete each task, mark it with a tick. This visual progress will motivate you and show you how much you've accomplished.

Remember, the true essence lies in consistency !

While the occasional deep clean holds its importance, the real transformative magic unfolds when you cultivate a habitual cleaning practice.

Lean into a routine, adapt and fine-tune it as needed, according to your schedule and the state of your home.

This approach ensures that your environment remains a soothing sanctuary of order and tranquility.

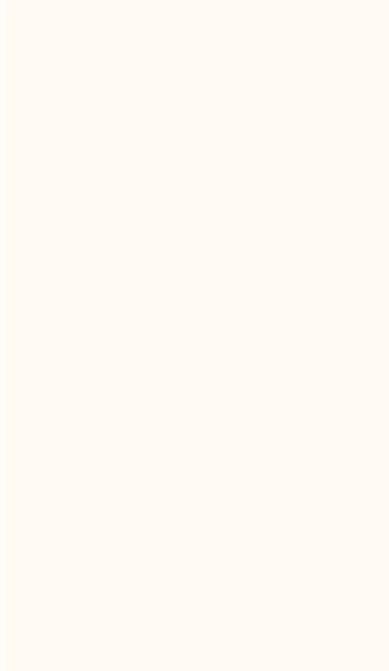
## **Example:**

### Thursday - Bedroom

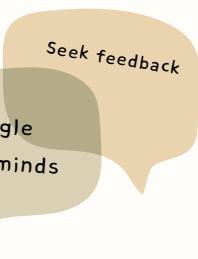
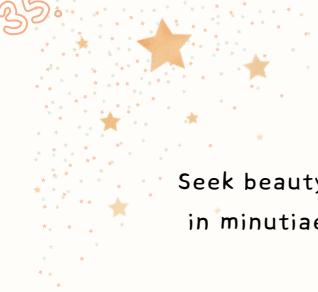
1. Change bed linens and pillowcases.
2. Dust surfaces, including furniture and decor.
3. Vacuum carpets.
4. Wipe down mirrors and glass surfaces.
5. Organize and declutter wardrobes/drawers.
6. Empty and clean out trash bins.
7. Wipe down TV screens and other screens.
8. Mop the floor
9. Wipe down door, light switches, lamps



**Clear your stuff,  
clear your mind !**



# Stay creative

1. Doodle freely 
2. Mingle with minds 
3. Seek feedback 
4. Wander with wonder 
5. Question question question 
6. Explore the outdoors 
7. Socialize 
8. Collide science 
9. Travel 
10. Taste different cuisines 
11. Meditate 
12. Stay positive 
13. Tinker 
14. Attend art exhibitions 
15. Observe cityscapes 
16. Absorb nature 
17. Play 
18. Celebrate imperfections 
19. Sculpt ideas 
20. Unplug yourself 
21. Venture beyond comfort 
22. Read widely without limits 
23. Create a vision board 
24. Experiment 
25. Take pictures 
26. Dance for dance 
27. Embrace curiosity 
28. Explore cultures, traditions, languages 
29. Engage senses 
30. Keep a journal 
31. Cook new recipes 
32. Finish projects 
33. Study 
34. Declutter your workspace 
35. Seek beauty in minutiae 
36. Take breaks 
37. Challenge yourself 

# Inspiration board

Dear dreamer and creator,

Let this page stand as a testament to your unyielding spirit, your boundless potential, and your insatiable hunger for inspiration.

Keep creating!

Inspiring platforms

[Pinterest](#) | [Behance](#) | [Dribbble](#) | [Medium](#) | [ArtStation](#) | [Reddit](#) | [Spotify](#) | [Coursera](#)  
[Udemy](#) | [LibriVox](#) | [Project Gutenberg](#) | [Unsplash](#) | [Archive.org](#) | [CreativeLive](#) | [AMO](#)

And many more

IN CASE YOU DO NOT HAVE  
ENOUGH SPACE FOR YOURSELF :)

A MONTH FROM NOW ...

You can either have a month of progress

Or

A month of excuses why you didn't

~ 5 weeks → 31 days = 744 h



## Monthly reflection – September

How did I spend my time?

What moments brought me joy or happiness?

What did I learn this month?

What are three things I'm grateful for this month?

What challenges did I face, and how did I handle them?

What were my major accomplishments this month?

What didn't go as planned, and why? What could I have done better?

What steps can I take to improve my time management and productivity?

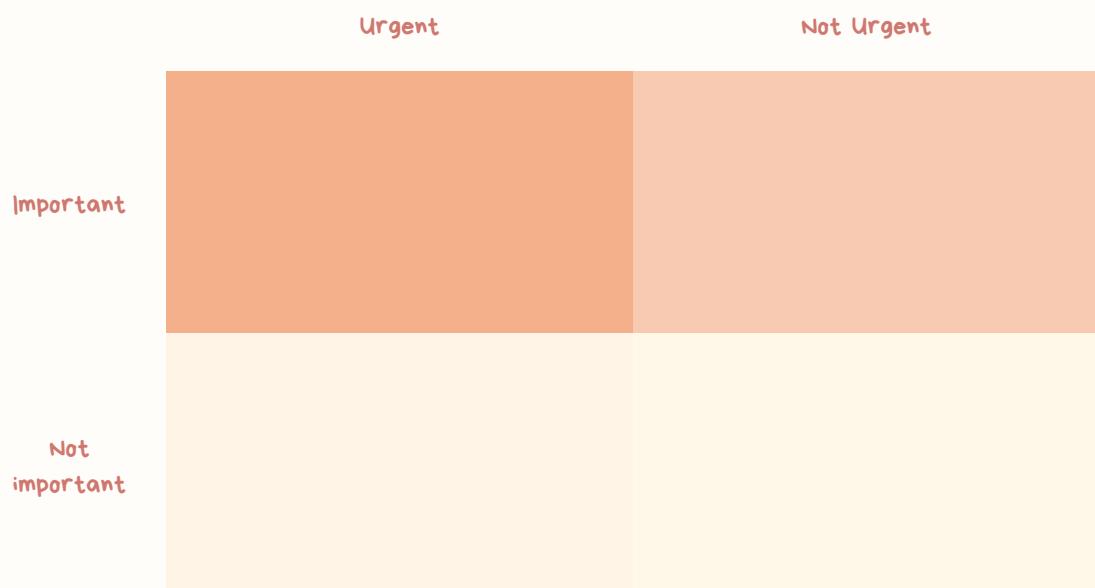
What new habits or routines should I consider adopting?

## October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

### Eisenhower Matrix

Place your monthly tasks in the appropriate quadrant based on urgency and importance.

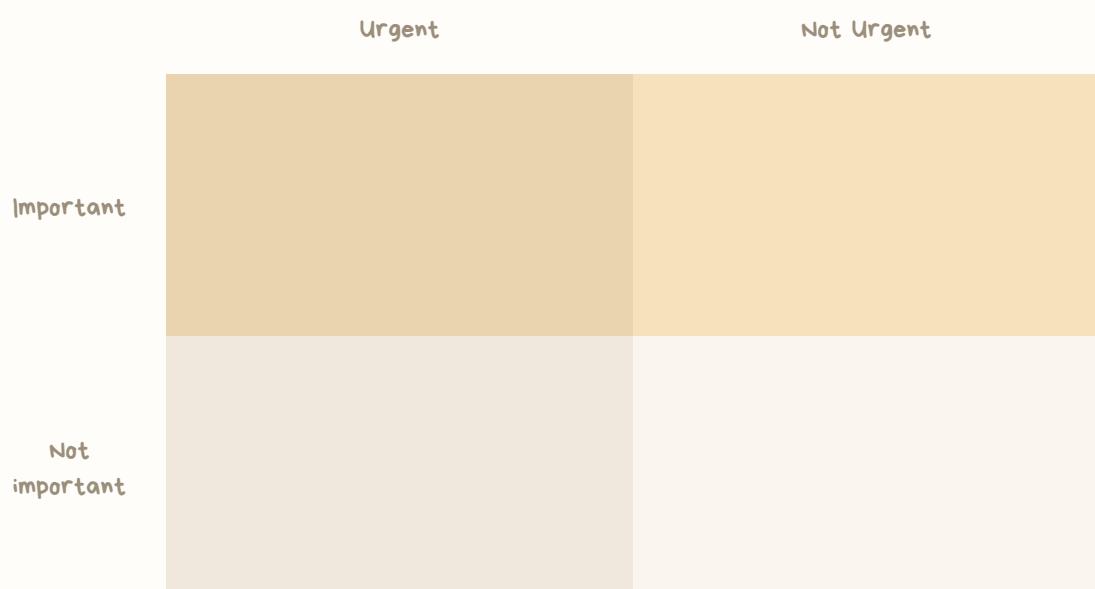


## November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

## Eisenhower Matrix

Place your monthly tasks in the appropriate quadrant based on urgency and importance.

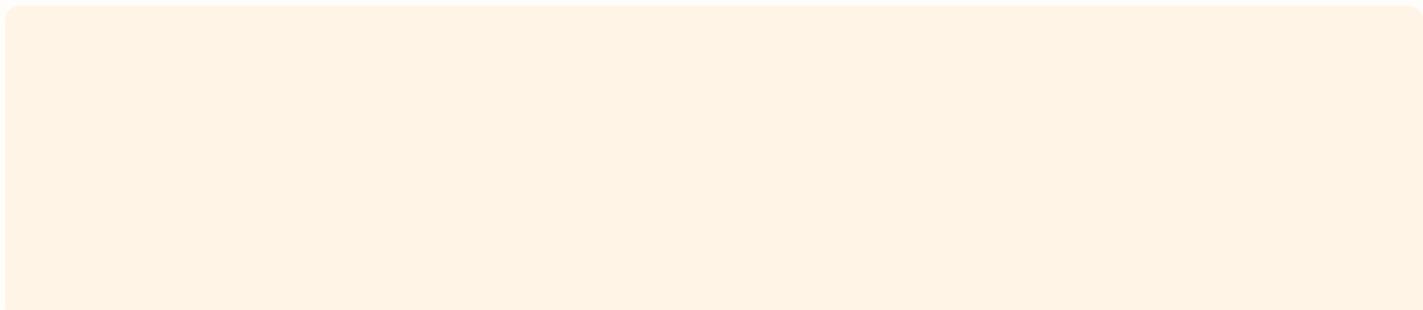


A beautiful day begins with a beautiful mindset

25 Monday	26 Tuesday	27 Wednesday	28 Thursday

Annotations

29 Friday	30 Saturday	1 Sunday	JOTTINGS

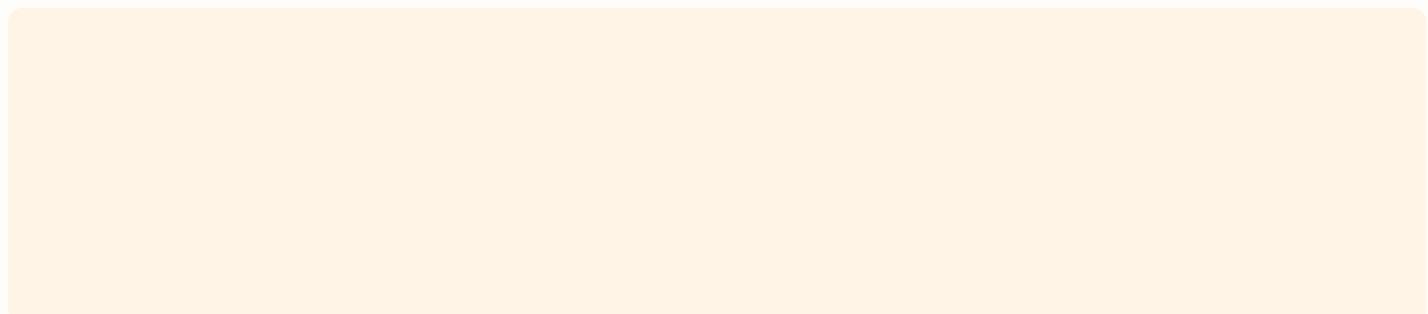


Make yourself proud

2 Monday	3 Tuesday	4 Wednesday	5 Thursday

Annotations

6 Friday	7 Saturday	8 Sunday	JOTTINGS

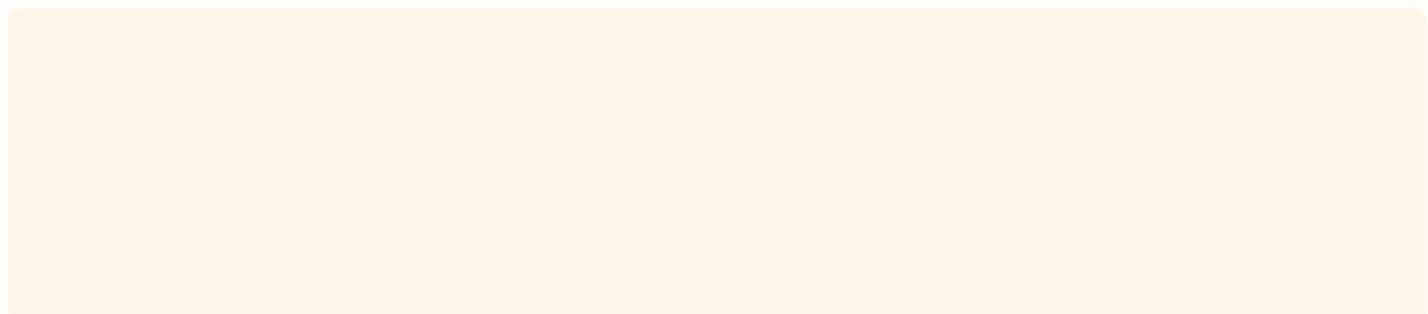


Allow yourself to be a beginner. No one starts off being excellent. - SkinnyMS

9 Monday	10 Tuesday	11 Wednesday	12 Thursday

Annotations

13 Friday	14 Saturday	15 Sunday	JOTTINGS

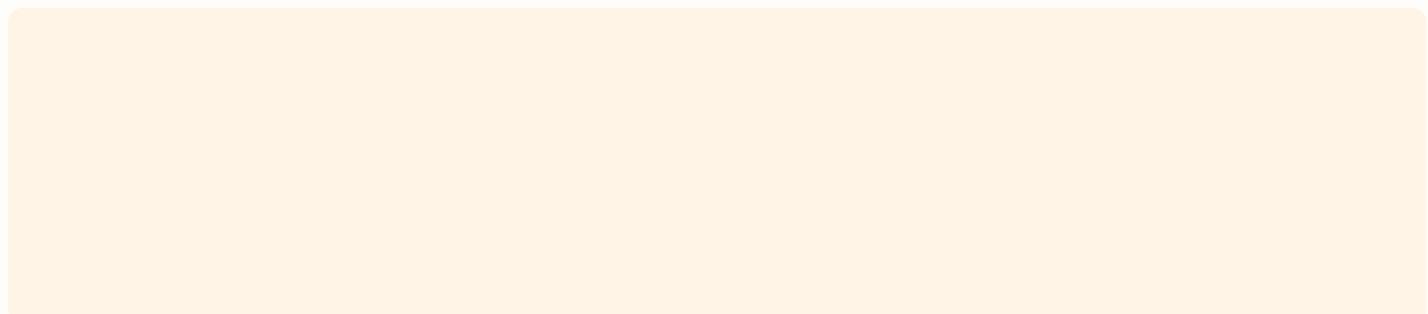


**Don't watch the clock; do what it does. Keep going. - Sam Levenson**

16 Monday	17 Tuesday	18 Wednesday	19 Thursday

**Annotations**

20 Friday	21 Saturday	22 Sunday	JOTTINGS

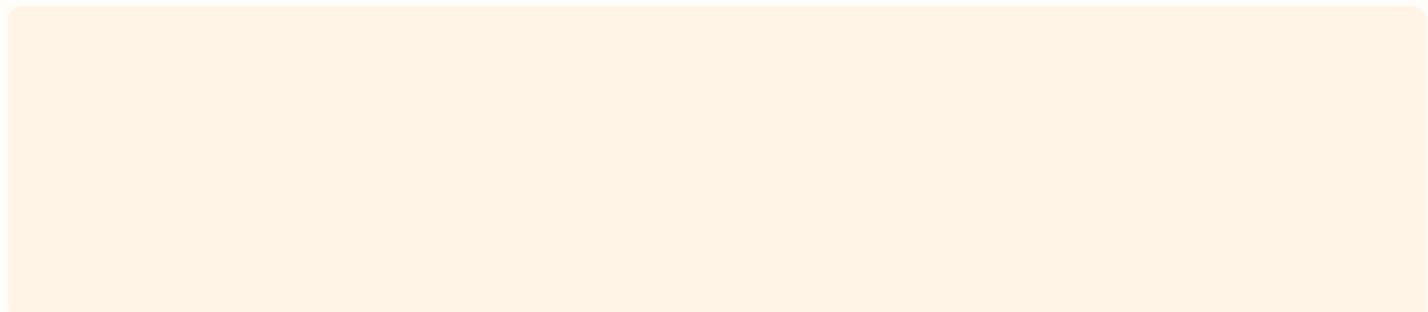


**Believe you can, and you're halfway there — Theodore Roosevelt**

23 Monday	24 Tuesday	25 Wednesday	26 Thursday

**Annotations**

27 Friday	28 Saturday	29 Sunday	JOTTINGS

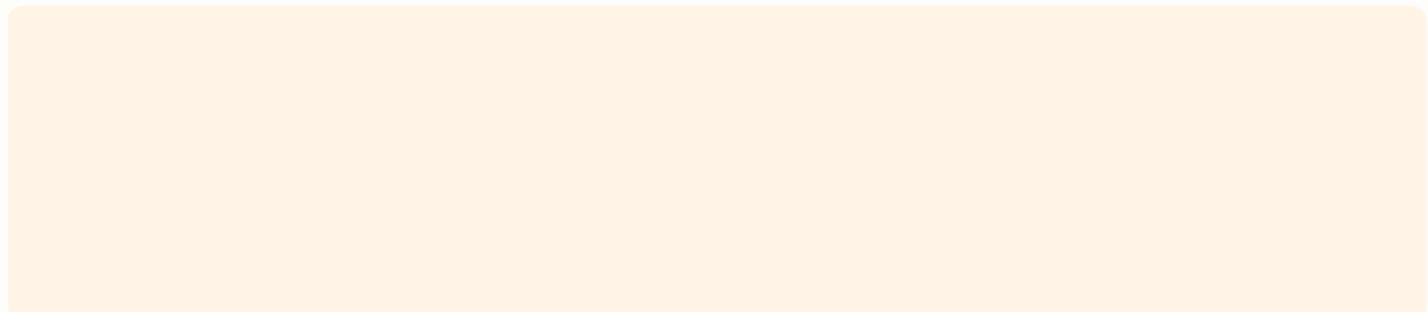


The best way to predict the future is to create it — Peter Drucker

30 Monday	31 Tuesday	1 Wednesday	2 Thursday

Annotations

3 Friday	4 Saturday	5 Sunday	JOTTINGS



## Monthly reflection – October

How did I spend my time?

What moments brought me joy or happiness?

What did I learn this month?

What are three things I'm grateful for this month?

What challenges did I face, and how did I handle them?

What were my major accomplishments this month?

What didn't go as planned, and why? What could I have done better?

What steps can I take to improve my time management and productivity?

What new habits or routines should I consider adopting?



