2025

PLANNER

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Jan Feb Mar Apr
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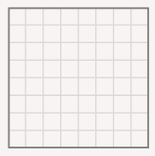
Lined

Narrow Lined

Wide Lined

To Do Lists



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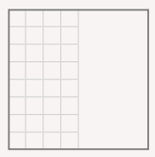

Half Grid

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2025 | CALENDAR

JANUARY

	M	T	W	T	F	S	S
1			1	2	3	4	5
2	6	7	8	9	10	11	12
3	13	14	15	16	17	18	19
4	20	21	22	23	24	25	26
5	27	28	29	30	31		

FEBRUARY

	M	T	W	T	F	S	S
5						1	2
6	3	4	5	6	7	8	9
7	10	11	12	13	14	15	16
8	17	18	19	20	21	22	23
9	24	25	26	27	28		

MARCH

	M	T	W	T	F	S	S
9						1	2
10	3	4	5	6	7	8	9
11	10	11	12	13	14	15	16
12	17	18	19	20	21	22	23
13	24	25	26	27	28	29	30
14	31						

APRIL

	M	T	W	T	F	S	S
14		1	2	3	4	5	6
15	7	8	9	10	11	12	13
16	14	15	16	17	18	19	20
17	21	22	23	24	25	26	27
18	28	29	30				

MAY

	M	T	W	T	F	S	S
18				1	2	3	4
19	5	6	7	8	9	10	11
20	12	13	14	15	16	17	18
21	19	20	21	22	23	24	25
22	26	27	28	29	30	31	

JUNE

	M	T	W	T	F	S	S
22							1
23	2	3	4	5	6	7	8
24	9	10	11	12	13	14	15
25	16	17	18	19	20	21	22
26	23	24	25	26	27	28	29
27	30						

JULY

	M	T	W	T	F	S	S
27		1	2	3	4	5	6
28	7	8	9	10	11	12	13
29	14	15	16	17	18	19	20
30	21	22	23	24	25	26	27
31	28	29	30	31			

AUGUST

	M	T	W	T	F	S	S
31					1	2	3
32	4	5	6	7	8	9	10
33	11	12	13	14	15	16	17
34	18	19	20	21	22	23	24
35	25	26	27	28	29	30	31

SEPTEMBER

	M	T	W	T	F	S	S
36	1	2	3	4	5	6	7
37	8	9	10	11	12	13	14
38	15	16	17	18	19	20	21
39	22	23	24	25	26	27	28
40	29	30					

OCTOBER

	M	T	W	T	F	S	S
40			1	2	3	4	5
41	6	7	8	9	10	11	12
42	13	14	15	16	17	18	19
43	20	21	22	23	24	25	26
44	27	28	29	30	31		

NOVEMBER

	M	T	W	T	F	S	S
44						1	2
45	3	4	5	6	7	8	9
46	10	11	12	13	14	15	16
47	17	18	19	20	21	22	23
48	24	25	26	27	28	29	30

DECEMBER

	M	T	W	T	F	S	S
49	1	2	3	4	5	6	7
50	8	9	10	11	12	13	14
51	15	16	17	18	19	20	21
52	22	23	24	25	26	27	28
1	29	30	31				

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2025 | KEY DATES

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

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2025 | VISION BOARD

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YEAR OVERVIEW | JAN - JUN

JAN 2025	FEB 2025	MAR 2025	APR 2025	MAY 2025	JUN 2025
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6	6	6	6
7	7	7	7	7	7
8	8	8	8	8	8
9	9	9	9	9	9
10	10	10	10	10	10
11	11	11	11	11	11
12	12	12	12	12	12
13	13	13	13	13	13
14	14	14	14	14	14
15	15	15	15	15	15
16	16	16	16	16	16
17	17	17	17	17	17
18	18	18	18	18	18
19	19	19	19	19	19
20	20	20	20	20	20
21	21	21	21	21	21
22	22	22	22	22	22
23	23	23	23	23	23
24	24	24	24	24	24
25	25	25	25	25	25
26	26	26	26	26	26
27	27	27	27	27	27
28	28	28	28	28	28
29		29	29	29	29
30		30	30	30	30
31		31		31	

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YEAR OVERVIEW | JUL - DEC

JUL 2025	AUG 2025	SEP 2025	OCT 2025	NOV 2025	DEC 2025
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6	6	6	6
7	7	7	7	7	7
8	8	8	8	8	8
9	9	9	9	9	9
10	10	10	10	10	10
11	11	11	11	11	11
12	12	12	12	12	12
13	13	13	13	13	13
14	14	14	14	14	14
15	15	15	15	15	15
16	16	16	16	16	16
17	17	17	17	17	17
18	18	18	18	18	18
19	19	19	19	19	19
20	20	20	20	20	20
21	21	21	21	21	21
22	22	22	22	22	22
23	23	23	23	23	23
24	24	24	24	24	24
25	25	25	25	25	25
26	26	26	26	26	26
27	27	27	27	27	27
28	28	28	28	28	28
29	29	29	29	29	29
30	30	30	30	30	30
31	31		31		31

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Q1 | OVERVIEW

Quarterly theme

My main focus

JANUARY

Goals

- ○
- ○
- ○
- ○
- ○

Tasks

- ○
- ○
- ○
- ○
- ○

Projects

- ○
- ○
- ○
- ○
- ○

STOP DOING:

DO LESS:

KEEP DOING:

DO MORE:

START DOING:

FEBRUARY

Goals

- ○
- ○
- ○
- ○
- ○

Tasks

- ○
- ○
- ○
- ○
- ○

Projects

- ○
- ○
- ○
- ○
- ○

STOP DOING:

DO LESS:

KEEP DOING:

DO MORE:

START DOING:

MARCH

Goals

- ○
- ○
- ○
- ○
- ○

Tasks

- ○
- ○
- ○
- ○
- ○

Projects

- ○
- ○
- ○
- ○
- ○

STOP DOING:

DO LESS:

KEEP DOING:

DO MORE:

START DOING:

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Q2 | OVERVIEW

Quarterly theme

My main focus

APRIL

Goals

- ○
- ○
- ○
- ○
- ○

Tasks

- ○
- ○
- ○
- ○
- ○

Projects

- ○
- ○
- ○
- ○
- ○

STOP DOING:

DO LESS:

KEEP DOING:

DO MORE:

START DOING:

MAY

Goals

- ○
- ○
- ○
- ○
- ○

Tasks

- ○
- ○
- ○
- ○
- ○

Projects

- ○
- ○
- ○
- ○
- ○

STOP DOING:

DO LESS:

KEEP DOING:

DO MORE:

START DOING:

JUNE

Goals

- ○
- ○
- ○
- ○
- ○

Tasks

- ○
- ○
- ○
- ○
- ○

Projects

- ○
- ○
- ○
- ○
- ○

STOP DOING:

DO LESS:

KEEP DOING:

DO MORE:

START DOING:

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Q3 | OVERVIEW

Quarterly theme

My main focus

JULY

Goals

- ○
- ○
- ○
- ○
- ○

Tasks

- ○
- ○
- ○
- ○
- ○

Projects

- ○
- ○
- ○
- ○
- ○

STOP DOING:

DO LESS:

KEEP DOING:

DO MORE:

START DOING:

AUGUST

Goals

- ○
- ○
- ○
- ○
- ○

Tasks

- ○
- ○
- ○
- ○
- ○

Projects

- ○
- ○
- ○
- ○
- ○

STOP DOING:

DO LESS:

KEEP DOING:

DO MORE:

START DOING:

SEPTEMBER

Goals

- ○
- ○
- ○
- ○
- ○

Tasks

- ○
- ○
- ○
- ○
- ○

Projects

- ○
- ○
- ○
- ○
- ○

STOP DOING:

DO LESS:

KEEP DOING:

DO MORE:

START DOING:

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Q4 | OVERVIEW

Quarterly theme

My main focus

OCTOBER

Goals

Tasks

Projects

STOP DOING:

DO LESS:

KEEP DOING:

DO MORE:

START DOING:

NOVEMBER

Goals

Tasks

Projects

STOP DOING:

DO LESS:

KEEP DOING:

DO MORE:

START DOING:

DECEMBER

Goals

Tasks

Projects

STOP DOING:

DO LESS:

KEEP DOING:

DO MORE:

START DOING:

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GOALS AND INTENTIONS

JANUARY 2025

Monthly goals

GOAL

- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

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JANUARY 2025

GOALS | CALENDAR | VISION BOARD | WELLNESS TRACKER | REFLECTION

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1			1	2	3	4	5
WEEK 2	6	~~7~~	8	9	10	11	12
WEEK 3	13	14	15	16	~~17~~	18	19
WEEK 4	20	21	22	23	24	25	26
WEEK 5	~~27~~	28	29	30	31		

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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BRAIN DUMP

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VISION BOARD

JANUARY 2025

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WELLNESS TRACKER

JANUARY 2025

MENTAL & PHYSICAL STATE		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
SLEEP	8+ HOURS																															
	6-8 HOURS																															
	4-6 HOURS																															
	0-4 HOURS																															
OVERALL MOOD	GOOD																															
	NEUTRAL																															
	BAD																															
STRESS & ANXIETY LEVELS	HIGH																															
	MEDIUM																															
	LOW																															
ENERGY LEVELS	HIGH																															
	MEDIUM																															
	LOW																															
MOTIVATION	HIGH																															
	MEDIUM																															
	LOW																															
NUTRITION	HEALTHY																															
	NEUTRAL																															
	UNHEALTHY																															
WATER INTAKE	HIGH																															
	MEDIUM																															
	LOW																															
EXERCISE	HIGH																															
	MODERATE																															
	LOW																															
SELF-CARE	HIGH																															
	MEDIUM																															
	LOW																															
NOTES																																

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MONTHLY REFLECTION

JANUARY 2025

How would I rate my month out of ten?

1 2 3 4 5 6 7 8 9 10

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
YOUR ENVIRONMENT	☆ ☆ ☆ ☆ ☆
PERSONAL DEVELOPMENT	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆
MONEY & FINANCES	☆ ☆ ☆ ☆ ☆
CAREER OR BUSINESS	☆ ☆ ☆ ☆ ☆

Did I take good physical, mental, and emotional care of myself?

Did I have a work-life balance this month?

Did I make time for self-care, rest, and fun? Why or why not?

Has anything been making me feel stressed this past month?

What did I spend too little time on?

What challenges did I face and how did I manage them?

What did I spend too much time on?

Top three highlights of this month

1.

2.

3.

What are the things I am grateful for this month?

1.

2.

3.

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WEEK 01 | DECEMBER 30 — JANUARY 5

CLASSIC | HOURLY | BLOCKS | MINDFLOW | < | >

SCHEDULE	MAIN FOCUS
30 MON	
31 TUE	
1 WED	
2 THU	
3 FRI	
4 SAT	
5 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

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WEEK 01 | DECEMBER 30 — JANUARY 5

CLASSIC HOURLY BLOCKS MINDFLOW < >

30 MON	31 TUE	1 WED	2 THU	3 FRI	4 SAT	5 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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- [ ]
- [ ]
- [ ]

BRAIN DUMP

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WEEK 01 | DECEMBER 30 — JANUARY 5

CLASSIC HOURLY BLOCKS MINDFLOW < >

30 MON	31 TUE	1 WED
2 THU	3 FRI	4 SAT
		5 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

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WEEK 01 | DECEMBER 30 — JANUARY 5

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

30
MON

31
TUE

1
WED

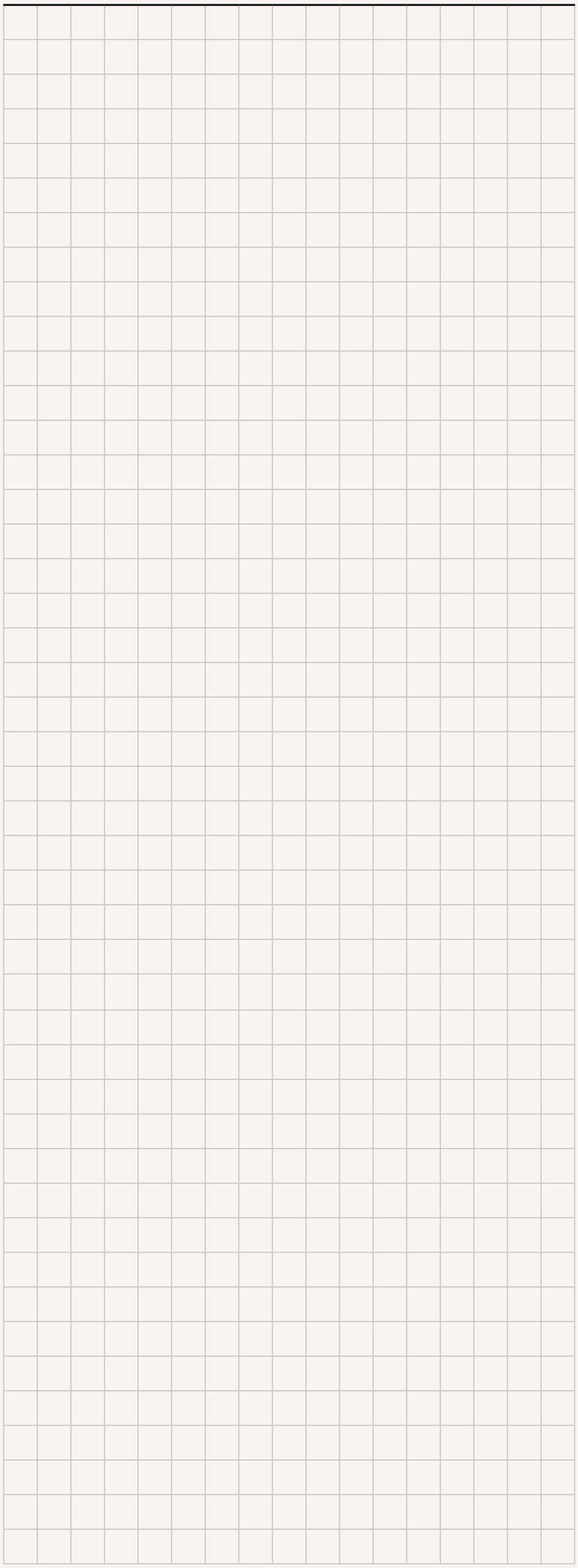
2
THU

3
FRI

4
SAT

5
SUN

MINDFLOW



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WEEK 02 | JANUARY 6 — JANUARY 12

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

6 MON

7 TUE

8 WED

9 THU

10 FRI

11 SAT

12 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 02 | JANUARY 6 — JANUARY 12

CLASSIC HOURLY BLOCKS MINDFLOW < >

6 MON	7 TUE	8 WED	9 THU	10 FRI	11 SAT	12 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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- [ ]
- [ ]
- [ ]

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WEEK 02 | JANUARY 6 — JANUARY 12

CLASSIC HOURLY BLOCKS MINDFLOW < >

6 MON	7 TUE	8 WED

9 THU	10 FRI	11 SAT
		12 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

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WEEK 02 | JANUARY 6 — JANUARY 12

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

6
MON

7
TUE

8
WED

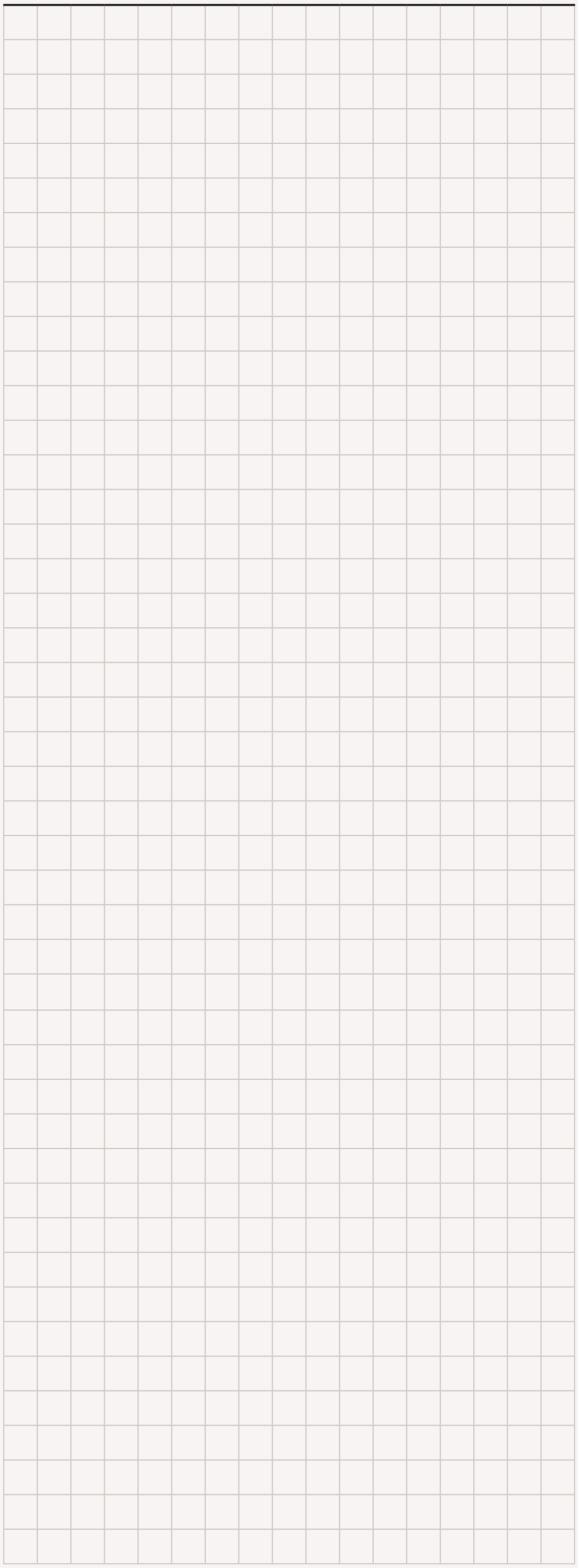
9
THU

10
FRI

11
SAT

12
SUN

MINDFLOW



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WEEK 03 | JANUARY 13 — JANUARY 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE	MAIN FOCUS
13 MON	
14 TUE	
15 WED	
16 THU	
17 FRI	
18 SAT	
19 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 03 | JANUARY 13 — JANUARY 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

13 MON	14 TUE	15 WED	16 THU	17 FRI	18 SAT	19 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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- [ ]
- [ ]
- [ ]

BRAIN DUMP

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WEEK 03 | JANUARY 13 — JANUARY 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

13 MON	14 TUE	15 WED
16 THU	17 FRI	18 SAT
		19 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 03 | JANUARY 13 — JANUARY 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

13
MON

14
TUE

15
WED

16
THU

17
FRI

18
SAT

19
SUN

MINDFLOW

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WEEK 04 | JANUARY 20 — JANUARY 26

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE	MAIN FOCUS
20 MON	
21 TUE	
22 WED	
23 THU	
24 FRI	
25 SAT	
26 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.
2.
3.

TO DO LIST

BRAIN DUMP

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WEEK 04 | JANUARY 20 — JANUARY 26

CLASSIC HOURLY BLOCKS MINDFLOW < >

20 MON	21 TUE	22 WED	23 THU	24 FRI	25 SAT	26 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

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WEEK 04 | JANUARY 20 — JANUARY 26

CLASSIC HOURLY BLOCKS MINDFLOW < >

20 MON	21 TUE	22 WED
23 THU	24 FRI	25 SAT
		26 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

© manifestable

WEEK 04 | JANUARY 20 — JANUARY 26

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

20
MON

21
TUE

22
WED

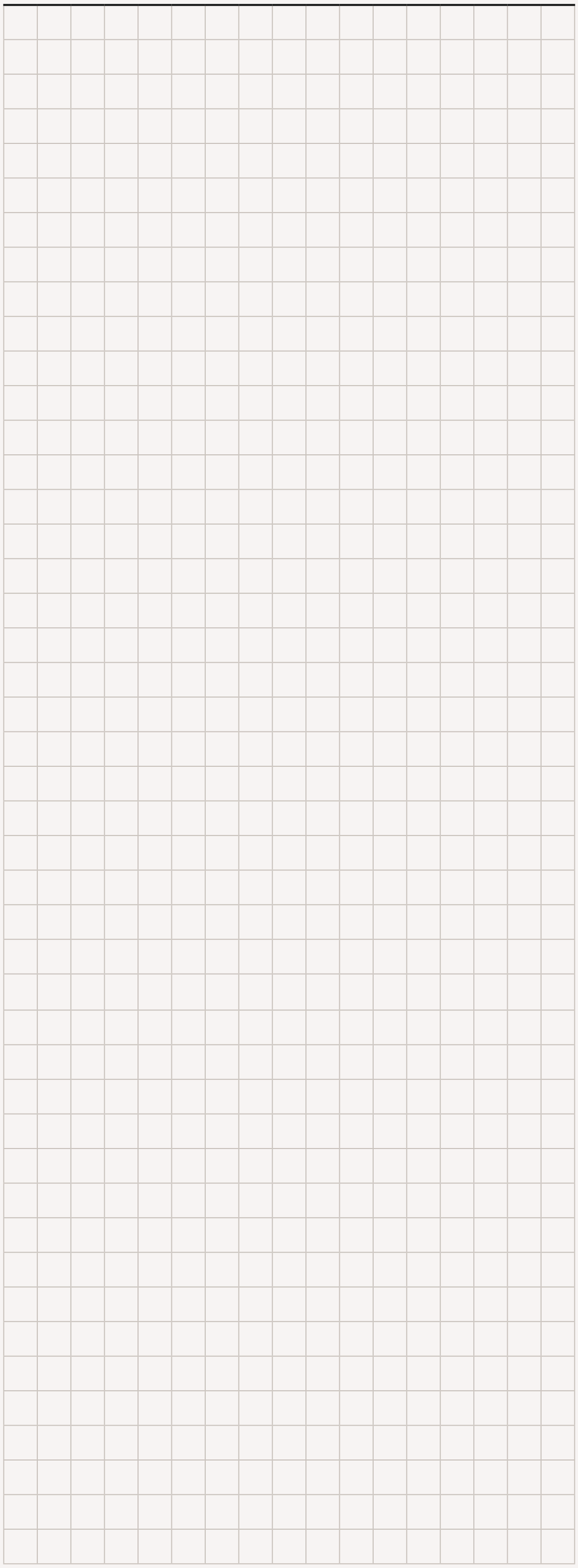
23
THU

24
FRI

25
SAT

26
SUN

MINDFLOW



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WEEK 05 | JANUARY 27 — FEBRUARY 2

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

27 MON

28 TUE

29 WED

30 THU

31 FRI

1 SAT

2 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 05 | JANUARY 27 — FEBRUARY 2

CLASSIC HOURLY BLOCKS MINDFLOW < >

27 MON	28 TUE	29 WED	30 THU	31 FRI	1 SAT	2 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

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WEEK 05 | JANUARY 27 — FEBRUARY 2

CLASSIC HOURLY BLOCKS MINDFLOW < >

27 MON	28 TUE	29 WED
30 THU	31 FRI	1 SAT
		2 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
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- ○

BRAIN DUMP

HABIT

HABIT	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 05 | JANUARY 27 — FEBRUARY 2

SCHEDULE

27
MON

28
TUE

29
WED

30
THU

31
FRI

1
SAT

2
SUN

MINDFLOW

© manifestable

WEDNESDAY, 1 JANUARY 2025

WEEK 1

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
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8PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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THURSDAY, 2 JANUARY 2025

WEEK 1

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 3 JANUARY 2025

WEEK 1

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 4 JANUARY 2025

WEEK 1

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 5 JANUARY 2025

WEEK 1

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 6 JANUARY 2025

WEEK 2

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 7 JANUARY 2025

WEEK 2

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 8 JANUARY 2025

WEEK 2

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

B	L
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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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THURSDAY, 9 JANUARY 2025

WEEK 2

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 10 JANUARY 2025

WEEK 2

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 11 JANUARY 2025

WEEK 2

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 12 JANUARY 2025

WEEK 2

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 13 JANUARY 2025

WEEK 3

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 14 JANUARY 2025

WEEK 3

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
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11AM
12PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 15 JANUARY 2025

WEEK 3

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 16 JANUARY 2025

WEEK 3

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 17 JANUARY 2025

WEEK 3

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 18 JANUARY 2025

WEEK 3

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

B	L
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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 19 JANUARY 2025

WEEK 3

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 20 JANUARY 2025

WEEK 4

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 21 JANUARY 2025

WEEK 4

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 22 JANUARY 2025

WEEK 4

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 23 JANUARY 2025

WEEK 4

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 24 JANUARY 2025

WEEK 4

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 25 JANUARY 2025

WEEK 4

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 26 JANUARY 2025

WEEK 4

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 27 JANUARY 2025

WEEK 5

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 28 JANUARY 2025

WEEK 5

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 29 JANUARY 2025

WEEK 5

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

daily movement

self-care of the day

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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THURSDAY, 30 JANUARY 2025

WEEK 5

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 31 JANUARY 2025

WEEK 5

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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GOALS AND INTENTIONS

FEBRUARY 2025

Monthly goals

GOAL

- ○
- ○
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REWARD:

GOAL

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REWARD:

GOAL

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REWARD:

GOAL

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- ○
- ○

REWARD:

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

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FEBRUARY 2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5						1	2
WEEK 6	3	4	5	6	7	8	9
WEEK 7	10	11	12	13	14	15	16
WEEK 8	17	18	19	20	21	22	23
WEEK 9	24	25	26	27	28		

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

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VISION BOARD

FEBRUARY 2025

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WELLNESS TRACKER

FEBRUARY 2025

MENTAL & PHYSICAL STATE		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
SLEEP	8+ HOURS																												
	6-8 HOURS																												
	4-6 HOURS																												
	0-4 HOURS																												
OVERALL MOOD	GOOD																												
	NEUTRAL																												
	BAD																												
STRESS & ANXIETY LEVELS	HIGH																												
	MEDIUM																												
	LOW																												
ENERGY LEVELS	HIGH																												
	MEDIUM																												
	LOW																												
MOTIVATION	HIGH																												
	MEDIUM																												
	LOW																												
NUTRITION	HEALTHY																												
	NEUTRAL																												
	UNHEALTHY																												
WATER INTAKE	HIGH																												
	MEDIUM																												
	LOW																												
EXERCISE	HIGH																												
	MODERATE																												
	LOW																												
SELF-CARE	HIGH																												
	MEDIUM																												
	LOW																												
_____																													
NOTES																													

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MONTHLY REFLECTION

FEBRUARY 2025

How would I rate my month out of ten?

1 2 3 4 5 6 7 8 9 10

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
YOUR ENVIRONMENT	☆ ☆ ☆ ☆ ☆
PERSONAL DEVELOPMENT	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆
MONEY & FINANCES	☆ ☆ ☆ ☆ ☆
CAREER OR BUSINESS	☆ ☆ ☆ ☆ ☆

Did I take good physical, mental, and emotional care of myself?

Did I have a work-life balance this month?

Did I make time for self-care, rest, and fun? Why or why not?

Has anything been making me feel stressed this past month?

What did I spend too little time on?

What challenges did I face and how did I manage them?

What did I spend too much time on?

Top three highlights of this month

1.

2.

3.

What are the things I am grateful for this month?

1.

2.

3.

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WEEK 06 | FEBRUARY 3 — FEBRUARY 9

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

3
MON

4
TUE

5
WED

6
THU

7
FRI

8
SAT

9
SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 06 | FEBRUARY 3 — FEBRUARY 9

CLASSIC HOURLY BLOCKS MINDFLOW < >

3 MON	4 TUE	5 WED	6 THU	7 FRI	8 SAT	9 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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WEEK 06 | FEBRUARY 3 — FEBRUARY 9

CLASSIC HOURLY BLOCKS MINDFLOW < >

3 MON	4 TUE	5 WED
6 THU	7 FRI	8 SAT
		9 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 06 | FEBRUARY 3 — FEBRUARY 9

SCHEDULE

3
MON

4
TUE

5
WED

6
THU

7
FRI

8
SAT

9
SUN

MINDFLOW

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WEEK 07 | FEBRUARY 10 — FEBRUARY 16

SCHEDULE

MAIN FOCUS

10
MON

11
TUE

12
WED

13
THU

14
FRI

15
SAT

16
SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.
2.
3.

TO DO LIST

BRAIN DUMP

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WEEK 07 | FEBRUARY 10 — FEBRUARY 16

CLASSIC HOURLY BLOCKS MINDFLOW < >

10 MON	11 TUE	12 WED	13 THU	14 FRI	15 SAT	16 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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BRAIN DUMP

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WEEK 07 | FEBRUARY 10 — FEBRUARY 16

CLASSIC HOURLY BLOCKS MINDFLOW < >

10 MON	11 TUE	12 WED
13 THU	14 FRI	15 SAT
		16 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

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WEEK 07 | FEBRUARY 10 — FEBRUARY 16

SCHEDULE

10
MON

11
TUE

12
WED

13
THU

14
FRI

15
SAT

16
SUN

MINDFLOW

© manifestable

WEEK 08 | FEBRUARY 17 — FEBRUARY 23

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

17 MON

18 TUE

19 WED

20 THU

21 FRI

22 SAT

23 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

© manifestable

WEEK 08 | FEBRUARY 17 — FEBRUARY 23

CLASSIC HOURLY BLOCKS MINDFLOW < >

17 MON	18 TUE	19 WED	20 THU	21 FRI	22 SAT	23 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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- [ ]
- [ ]

BRAIN DUMP

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WEEK 08 | FEBRUARY 17 – FEBRUARY 23

CLASSIC HOURLY BLOCKS MINDFLOW < >

17 MON	18 TUE	19 WED
20 THU	21 FRI	22 SAT
		23 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

© manifestable

WEEK 08 | FEBRUARY 17 – FEBRUARY 23

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

17
MON

18
TUE

19
WED

20
THU

21
FRI

22
SAT

23
SUN

MINDFLOW

© manifestable

WEEK 09 | FEBRUARY 24 — MARCH 2

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE	MAIN FOCUS
24 MON	
25 TUE	
26 WED	
27 THU	
28 FRI	
1 SAT	
2 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 09 | FEBRUARY 24 — MARCH 2

CLASSIC HOURLY BLOCKS MINDFLOW < >

24 MON	25 TUE	26 WED	27 THU	28 FRI	1 SAT	2 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

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WEEK 09 | FEBRUARY 24 — MARCH 2

CLASSIC HOURLY BLOCKS MINDFLOW < >

24 MON	25 TUE	26 WED
27 THU	28 FRI	1 SAT
		2 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 09 | FEBRUARY 24 — MARCH 2

SCHEDULE

24
MON

25
TUE

26
WED

27
THU

28
FRI

1
SAT

2
SUN

MINDFLOW

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SATURDAY, 1 FEBRUARY 2025

WEEK 5

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 2 FEBRUARY 2025

WEEK 5

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 3 FEBRUARY 2025

WEEK 6

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
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4PM
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6PM
7PM
8PM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 4 FEBRUARY 2025

WEEK 6

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 5 FEBRUARY 2025

WEEK 6

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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THURSDAY, 6 FEBRUARY 2025

WEEK 6

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
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9AM
10AM
11AM
12PM
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3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 7 FEBRUARY 2025

WEEK 6

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 8 FEBRUARY 2025

WEEK 6

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 9 FEBRUARY 2025

WEEK 6

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 10 FEBRUARY 2025

WEEK 7

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
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12PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 11 FEBRUARY 2025

WEEK 7

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 12 FEBRUARY 2025

WEEK 7

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 13 FEBRUARY 2025

WEEK 7

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 14 FEBRUARY 2025

WEEK 7

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 15 FEBRUARY 2025

WEEK 7

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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- ○

DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 16 FEBRUARY 2025

WEEK 7

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 17 FEBRUARY 2025

WEEK 8

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 18 FEBRUARY 2025

WEEK 8

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 19 FEBRUARY 2025

WEEK 8

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 20 FEBRUARY 2025

WEEK 8

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 21 FEBRUARY 2025

WEEK 8

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 22 FEBRUARY 2025

WEEK 8

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 23 FEBRUARY 2025

WEEK 8

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 24 FEBRUARY 2025

WEEK 9

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 25 FEBRUARY 2025

WEEK 9

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 26 FEBRUARY 2025

WEEK 9

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 27 FEBRUARY 2025

WEEK 9

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 28 FEBRUARY 2025

WEEK 9

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

GOALS AND INTENTIONS

MARCH 2025

Monthly goals

GOAL

- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
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REWARD:

GOAL

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- ○

REWARD:

GOAL

- ○
- ○
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- ○
- ○

REWARD:

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

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MARCH 2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 9						1	2
WEEK 10	3	4	5	6	7	8	9
WEEK 11	10	11	12	13	14	15	16
WEEK 12	17	18	19	20	21	22	23
WEEK 13	24	25	26	27	28	29	30
WEEK 14	31						

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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VISION BOARD

MARCH 2025

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WELLNESS TRACKER

MARCH 2025

MENTAL & PHYSICAL STATE		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
SLEEP	8+ HOURS																															
	6-8 HOURS																															
	4-6 HOURS																															
	0-4 HOURS																															
OVERALL MOOD	GOOD																															
	NEUTRAL																															
	BAD																															
STRESS & ANXIETY LEVELS	HIGH																															
	MEDIUM																															
	LOW																															
ENERGY LEVELS	HIGH																															
	MEDIUM																															
	LOW																															
MOTIVATION	HIGH																															
	MEDIUM																															
	LOW																															
NUTRITION	HEALTHY																															
	NEUTRAL																															
	UNHEALTHY																															
WATER INTAKE	HIGH																															
	MEDIUM																															
	LOW																															
EXERCISE	HIGH																															
	MODERATE																															
	LOW																															
SELF-CARE	HIGH																															
	MEDIUM																															
	LOW																															
NOTES																																

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MONTHLY REFLECTION

MARCH 2025

How would I rate my month out of ten?

1 2 3 4 5 6 7 8 9 10

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
YOUR ENVIRONMENT	☆ ☆ ☆ ☆ ☆
PERSONAL DEVELOPMENT	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆
MONEY & FINANCES	☆ ☆ ☆ ☆ ☆
CAREER OR BUSINESS	☆ ☆ ☆ ☆ ☆

Did I take good physical, mental, and emotional care of myself?

Did I have a work-life balance this month?

Did I make time for self-care, rest, and fun? Why or why not?

Has anything been making me feel stressed this past month?

What did I spend too little time on?

What challenges did I face and how did I manage them?

What did I spend too much time on?

Top three highlights of this month

1.

2.

3.

What are the things I am grateful for this month?

1.

2.

3.

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WEEK 10 | MARCH 3 — MARCH 9

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

3
MON

4
TUE

5
WED

6
THU

7
FRI

8
SAT

9
SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 10 | MARCH 3 – MARCH 9

CLASSIC HOURLY BLOCKS MINDFLOW < >

3 MON	4 TUE	5 WED	6 THU	7 FRI	8 SAT	9 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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WEEK 10 | MARCH 3 – MARCH 9

CLASSIC HOURLY BLOCKS MINDFLOW < >

3 MON	4 TUE	5 WED
6 THU	7 FRI	8 SAT
		9 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

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WEEK 10 | MARCH 3 – MARCH 9

SCHEDULE

3
MON

4
TUE

5
WED

6
THU

7
FRI

8
SAT

9
SUN

MINDFLOW

© manifestable

WEEK 11 | MARCH 10 – MARCH 16

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE	MAIN FOCUS
10 MON	
11 TUE	
12 WED	
13 THU	
14 FRI	
15 SAT	
16 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 11 | MARCH 10 – MARCH 16

CLASSIC HOURLY BLOCKS MINDFLOW < >

10 MON	11 TUE	12 WED	13 THU	14 FRI	15 SAT	16 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

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WEEK 11 | MARCH 10 – MARCH 16

CLASSIC HOURLY BLOCKS MINDFLOW < >

10 MON	11 TUE	12 WED
13 THU	14 FRI	15 SAT
		16 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 11 | MARCH 10 – MARCH 16

SCHEDULE

10
MON

11
TUE

12
WED

13
THU

14
FRI

15
SAT

16
SUN

MINDFLOW

© manifestable

WEEK 12 | MARCH 17 — MARCH 23

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE	MAIN FOCUS
17 MON	
18 TUE	
19 WED	
20 THU	
21 FRI	
22 SAT	
23 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 12 | MARCH 17 – MARCH 23

CLASSIC HOURLY BLOCKS MINDFLOW < >

17 MON	18 TUE	19 WED	20 THU	21 FRI	22 SAT	23 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

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WEEK 12 | MARCH 17 – MARCH 23

CLASSIC HOURLY BLOCKS MINDFLOW < >

17 MON	18 TUE	19 WED
20 THU	21 FRI	22 SAT
		23 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

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WEEK 12 | MARCH 17 – MARCH 23

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

17
MON

18
TUE

19
WED

20
THU

21
FRI

22
SAT

23
SUN

MINDFLOW

© manifestable

WEEK 13 | MARCH 24 — MARCH 30

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE	MAIN FOCUS
24 MON	
25 TUE	
26 WED	
27 THU	
28 FRI	
29 SAT	
30 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 13 | MARCH 24 — MARCH 30

CLASSIC HOURLY BLOCKS MINDFLOW < >

24 MON	25 TUE	26 WED	27 THU	28 FRI	29 SAT	30 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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- [ ]

BRAIN DUMP

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WEEK 13 | MARCH 24 – MARCH 30

CLASSIC HOURLY BLOCKS MINDFLOW < >

24 MON	25 TUE	26 WED
27 THU	28 FRI	29 SAT
		30 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 13 | MARCH 24 – MARCH 30

SCHEDULE

24
MON

25
TUE

26
WED

27
THU

28
FRI

29
SAT

30
SUN

MINDFLOW

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SATURDAY, 1 MARCH 2025

WEEK 9

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 2 MARCH 2025

WEEK 9

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 3 MARCH 2025

WEEK 10

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
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10AM
11AM
12PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 4 MARCH 2025

WEEK 10

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 5 MARCH 2025

WEEK 10

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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THURSDAY, 6 MARCH 2025

WEEK 10

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

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FRIDAY, 7 MARCH 2025

WEEK 10

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 8 MARCH 2025

WEEK 10

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
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4PM
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6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 9 MARCH 2025

WEEK 10

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 10 MARCH 2025

WEEK 11

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 11 MARCH 2025

WEEK 11

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 12 MARCH 2025

WEEK 11

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 13 MARCH 2025

WEEK 11

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 14 MARCH 2025

WEEK 11

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 15 MARCH 2025

WEEK 11

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 16 MARCH 2025

WEEK 11

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 17 MARCH 2025

WEEK 12

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 18 MARCH 2025

WEEK 12

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 19 MARCH 2025

WEEK 12

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 20 MARCH 2025

WEEK 12

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 21 MARCH 2025

WEEK 12

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 22 MARCH 2025

WEEK 12

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 23 MARCH 2025

WEEK 12

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 24 MARCH 2025

WEEK 13

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 25 MARCH 2025

WEEK 13

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 26 MARCH 2025

WEEK 13

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 27 MARCH 2025

WEEK 13

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 28 MARCH 2025

WEEK 13

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 29 MARCH 2025

WEEK 13

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 30 MARCH 2025

WEEK 13

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 31 MARCH 2025

WEEK 14

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

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GOALS AND INTENTIONS

APRIL 2025

Monthly goals

GOAL

- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

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APRIL 2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 14		1	2	3	4	5	6
WEEK 15	~~7~~	8	9	10	11	12	13
WEEK 16	14	15	16	~~17~~	18	19	20
WEEK 17	21	22	23	24	25	26	~~27~~
WEEK 18	28	29	30				

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
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VISION BOARD

APRIL 2025

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WELLNESS TRACKER

APRIL 2025

MENTAL & PHYSICAL STATE		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
SLEEP	8+ HOURS																														
	6-8 HOURS																														
	4-6 HOURS																														
	0-4 HOURS																														
OVERALL MOOD	GOOD																														
	NEUTRAL																														
	BAD																														
STRESS & ANXIETY LEVELS	HIGH																														
	MEDIUM																														
	LOW																														
ENERGY LEVELS	HIGH																														
	MEDIUM																														
	LOW																														
MOTIVATION	HIGH																														
	MEDIUM																														
	LOW																														
NUTRITION	HEALTHY																														
	NEUTRAL																														
	UNHEALTHY																														
WATER INTAKE	HIGH																														
	MEDIUM																														
	LOW																														
EXERCISE	HIGH																														
	MODERATE																														
	LOW																														
SELF-CARE	HIGH																														
	MEDIUM																														
	LOW																														
_____																															
NOTES																															

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MONTHLY REFLECTION

APRIL 2025

How would I rate my month out of ten?

1 2 3 4 5 6 7 8 9 10

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
YOUR ENVIRONMENT	☆ ☆ ☆ ☆ ☆
PERSONAL DEVELOPMENT	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆
MONEY & FINANCES	☆ ☆ ☆ ☆ ☆
CAREER OR BUSINESS	☆ ☆ ☆ ☆ ☆

Did I take good physical, mental, and emotional care of myself?

Did I have a work-life balance this month?

Did I make time for self-care, rest, and fun? Why or why not?

Has anything been making me feel stressed this past month?

What did I spend too little time on?

What challenges did I face and how did I manage them?

What did I spend too much time on?

Top three highlights of this month

1.

2.

3.

What are the things I am grateful for this month?

1.

2.

3.

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WEEK 14 | MARCH 31 – APRIL 6

SCHEDULE | MAIN FOCUS

31 MON

1 TUE

2 WED

3 THU

4 FRI

5 SAT

6 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 14 | MARCH 31 – APRIL 6

CLASSIC HOURLY BLOCKS MINDFLOW < >

31 MON	1 TUE	2 WED	3 THU	4 FRI	5 SAT	6 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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- [ ]

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WEEK 14 | MARCH 31 – APRIL 6

CLASSIC HOURLY BLOCKS MINDFLOW < >

31 MON	1 TUE	2 WED

3 THU	4 FRI	5 SAT
		6 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

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WEEK 14 | MARCH 31 – APRIL 6

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

31
MON

1
TUE

2
WED

3
THU

4
FRI

5
SAT

6
SUN

MINDFLOW

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WEEK 15 | APRIL 7 — APRIL 13

SCHEDULE

MAIN FOCUS

7
MON

8
TUE

9
WED

10
THU

11
FRI

12
SAT

13
SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 15 | APRIL 7 – APRIL 13

CLASSIC HOURLY BLOCKS MINDFLOW < >

7 MON	8 TUE	9 WED	10 THU	11 FRI	12 SAT	13 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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- [ ]
- [ ]
- [ ]

BRAIN DUMP

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WEEK 15 | APRIL 7 — APRIL 13

CLASSIC HOURLY BLOCKS MINDFLOW < >

7 MON	8 TUE	9 WED
10 THU	11 FRI	12 SAT
		13 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

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WEEK 15 | APRIL 7 – APRIL 13

SCHEDULE

7
MON

8
TUE

9
WED

10
THU

11
FRI

12
SAT

13
SUN

MINDFLOW

© manifestable

WEEK 16 | APRIL 14 — APRIL 20

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

14
MON

15
TUE

16
WED

17
THU

18
FRI

19
SAT

20
SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

© manifestable

WEEK 16 | APRIL 14 — APRIL 20

CLASSIC HOURLY BLOCKS MINDFLOW < >

14 MON	15 TUE	16 WED	17 THU	18 FRI	19 SAT	20 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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- [ ]
- [ ]

BRAIN DUMP

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WEEK 16 | APRIL 14 — APRIL 20

CLASSIC HOURLY BLOCKS MINDFLOW < >

14 MON	15 TUE	16 WED
17 THU	18 FRI	19 SAT
		20 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

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WEEK 16 | APRIL 14 — APRIL 20

SCHEDULE

14
MON

15
TUE

16
WED

17
THU

18
FRI

19
SAT

20
SUN

MINDFLOW

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WEEK 17 | APRIL 21 — APRIL 27

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

21 MON

22 TUE

23 WED

24 THU

25 FRI

26 SAT

27 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

© manifestable

WEEK 17 | APRIL 21 — APRIL 27

CLASSIC HOURLY BLOCKS MINDFLOW < >

21 MON	22 TUE	23 WED	24 THU	25 FRI	26 SAT	27 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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- [ ]
- [ ]

BRAIN DUMP

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WEEK 17 | APRIL 21 – APRIL 27

CLASSIC HOURLY BLOCKS MINDFLOW < >

21 MON	22 TUE	23 WED
24 THU	25 FRI	26 SAT
		27 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 17 | APRIL 21 — APRIL 27

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

21
MON

22
TUE

23
WED

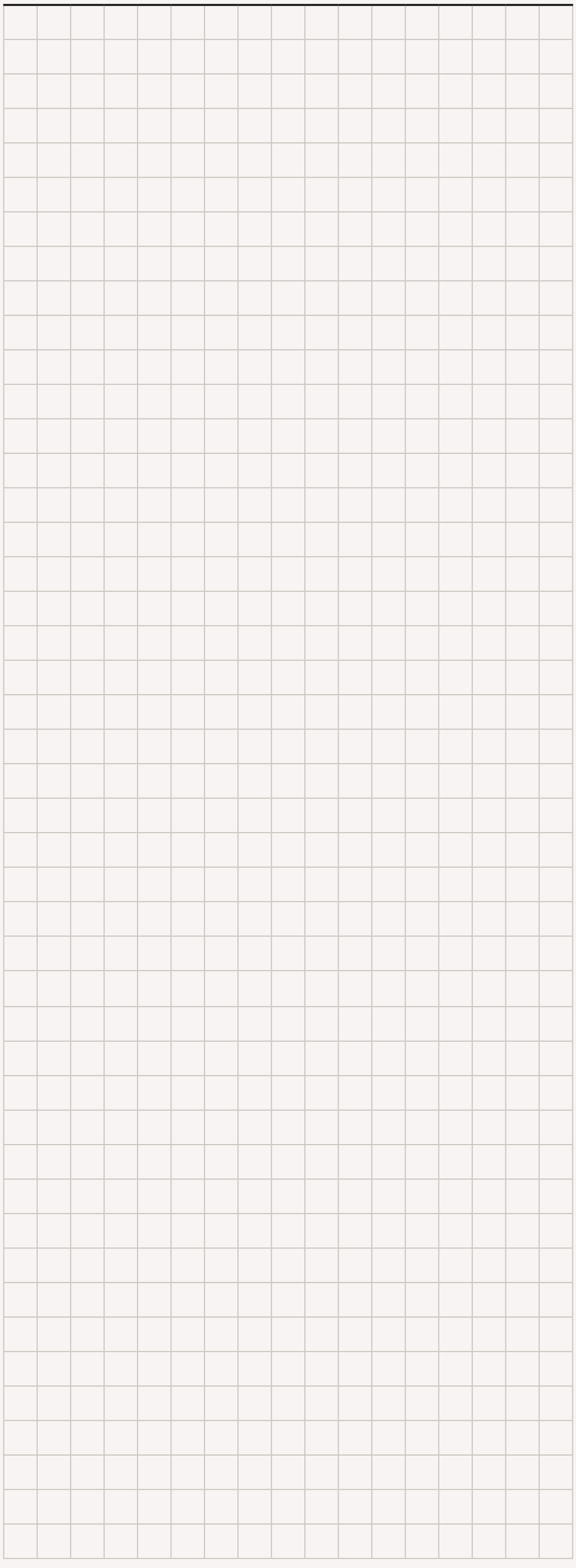
24
THU

25
FRI

26
SAT

27
SUN

MINDFLOW



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WEEK 18 | APRIL 28 — MAY 4

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE	MAIN FOCUS
28 MON	
29 TUE	
30 WED	
1 THU	
2 FRI	
3 SAT	
4 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 18 | APRIL 28 — MAY 4

CLASSIC HOURLY BLOCKS MINDFLOW < >

28 MON	29 TUE	30 WED	1 THU	2 FRI	3 SAT	4 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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BRAIN DUMP

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WEEK 18 | APRIL 28 — MAY 4

CLASSIC HOURLY BLOCKS MINDFLOW < >

28 MON	29 TUE	30 WED
1 THU	2 FRI	3 SAT
		4 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 18 | APRIL 28 – MAY 4

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

28
MON

29
TUE

30
WED

1
THU

2
FRI

3
SAT

4
SUN

MINDFLOW

© manifestable

TUESDAY, 1 APRIL 2025

WEEK 14

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
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3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 2 APRIL 2025

WEEK 14

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
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3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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THURSDAY, 3 APRIL 2025

WEEK 14

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
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10AM
11AM
12PM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 4 APRIL 2025

WEEK 14

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
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11AM
12PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 5 APRIL 2025

WEEK 14

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 6 APRIL 2025

WEEK 14

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 7 APRIL 2025

WEEK 15

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

TUESDAY, 8 APRIL 2025

WEEK 15

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 9 APRIL 2025

WEEK 15

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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- ○

DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 10 APRIL 2025

WEEK 15

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 11 APRIL 2025

WEEK 15

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 12 APRIL 2025

WEEK 15

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 13 APRIL 2025

WEEK 15

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 14 APRIL 2025

WEEK 16

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 15 APRIL 2025

WEEK 16

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 16 APRIL 2025

WEEK 16

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 17 APRIL 2025

WEEK 16

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 18 APRIL 2025

WEEK 16

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 19 APRIL 2025

WEEK 16

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 20 APRIL 2025

WEEK 16

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 21 APRIL 2025

WEEK 17

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 22 APRIL 2025

WEEK 17

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 23 APRIL 2025

WEEK 17

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 24 APRIL 2025

WEEK 17

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 25 APRIL 2025

WEEK 17

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 26 APRIL 2025

WEEK 17

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
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8PM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 27 APRIL 2025

WEEK 17

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 28 APRIL 2025

WEEK 18

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
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4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 29 APRIL 2025

WEEK 18

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 30 APRIL 2025

WEEK 18

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

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GOALS AND INTENTIONS

MAY 2025

Monthly goals

GOAL

- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

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MAY 2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 18				1	2	3	4
WEEK 19	5	6	~~7~~	8	9	10	11
WEEK 20	12	13	14	15	16	17	18
WEEK 21	19	20	21	22	23	24	25
WEEK 22	26	27	28	29	30	31	

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
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VISION BOARD

MAY 2025

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WELLNESS TRACKER

MAY 2025

MENTAL & PHYSICAL STATE		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
SLEEP	8+ HOURS																															
	6-8 HOURS																															
	4-6 HOURS																															
	0-4 HOURS																															
OVERALL MOOD	GOOD																															
	NEUTRAL																															
	BAD																															
STRESS & ANXIETY LEVELS	HIGH																															
	MEDIUM																															
	LOW																															
ENERGY LEVELS	HIGH																															
	MEDIUM																															
	LOW																															
MOTIVATION	HIGH																															
	MEDIUM																															
	LOW																															
NUTRITION	HEALTHY																															
	NEUTRAL																															
	UNHEALTHY																															
WATER INTAKE	HIGH																															
	MEDIUM																															
	LOW																															
EXERCISE	HIGH																															
	MODERATE																															
	LOW																															
SELF-CARE	HIGH																															
	MEDIUM																															
	LOW																															
NOTES																																

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MONTHLY REFLECTION

MAY 2025

How would I rate my month out of ten?

1 2 3 4 5 6 7 8 9 10

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
YOUR ENVIRONMENT	☆ ☆ ☆ ☆ ☆
PERSONAL DEVELOPMENT	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆
MONEY & FINANCES	☆ ☆ ☆ ☆ ☆
CAREER OR BUSINESS	☆ ☆ ☆ ☆ ☆

Did I take good physical, mental, and emotional care of myself?

Did I have a work-life balance this month?

Did I make time for self-care, rest, and fun? Why or why not?

Has anything been making me feel stressed this past month?

What did I spend too little time on?

What challenges did I face and how did I manage them?

What did I spend too much time on?

Top three highlights of this month

1.

2.

3.

What are the things I am grateful for this month?

1.

2.

3.

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WEEK 19 | MAY 5 — MAY 11

SCHEDULE

MAIN FOCUS

5 MON

6 TUE

7 WED

8 THU

9 FRI

10 SAT

11 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

© manifestable

WEEK 19 | MAY 5 — MAY 11

CLASSIC HOURLY BLOCKS MINDFLOW < >

5 MON	6 TUE	7 WED	8 THU	9 FRI	10 SAT	11 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
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- [ ]

BRAIN DUMP

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WEEK 19 | MAY 5 — MAY 11

CLASSIC HOURLY BLOCKS MINDFLOW < >

5 MON	6 TUE	7 WED
8 THU	9 FRI	10 SAT
		11 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 19 | MAY 5 – MAY 11

SCHEDULE

5
MON

6
TUE

7
WED

8
THU

9
FRI

10
SAT

11
SUN

MINDFLOW

© manifestable

WEEK 20 | MAY 12 — MAY 18

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

12
MON

13
TUE

14
WED

15
THU

16
FRI

17
SAT

18
SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.
2.
3.

TO DO LIST

BRAIN DUMP

© manifestable

WEEK 20 | MAY 12 – MAY 18

CLASSIC HOURLY BLOCKS MINDFLOW < >

12 MON	13 TUE	14 WED	15 THU	16 FRI	17 SAT	18 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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- [ ]

BRAIN DUMP

© manifestable

WEEK 20 | MAY 12 — MAY 18

CLASSIC HOURLY BLOCKS MINDFLOW < >

12 MON	13 TUE	14 WED
15 THU	16 FRI	17 SAT
		18 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

© manifestable

WEEK 20 | MAY 12 – MAY 18

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

12
MON

13
TUE

14
WED

15
THU

16
FRI

17
SAT

18
SUN

MINDFLOW

© manifestable

WEEK 21 | MAY 19 — MAY 25

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

19
MON

20
TUE

21
WED

22
THU

23
FRI

24
SAT

25
SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.
2.
3.

TO DO LIST

BRAIN DUMP

© manifestable

WEEK 21 | MAY 19 — MAY 25

CLASSIC HOURLY BLOCKS MINDFLOW < >

19 MON	20 TUE	21 WED	22 THU	23 FRI	24 SAT	25 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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- [ ]

BRAIN DUMP

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WEEK 21 | MAY 19 — MAY 25

CLASSIC HOURLY BLOCKS MINDFLOW < >

19 MON	20 TUE	21 WED
22 THU	23 FRI	24 SAT
		25 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

© manifestable

WEEK 21 | MAY 19 — MAY 25

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

19
MON

20
TUE

21
WED

22
THU

23
FRI

24
SAT

25
SUN

MINDFLOW

© manifestable

WEEK 22 | MAY 26 — JUNE 1

SCHEDULE	MAIN FOCUS
26 MON	
27 TUE	
28 WED	
29 THU	
30 FRI	
31 SAT	
1 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 22 | MAY 26 — JUNE 1

CLASSIC HOURLY BLOCKS MINDFLOW < >

26 MON	27 TUE	28 WED	29 THU	30 FRI	31 SAT	1 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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- [ ]
- [ ]

BRAIN DUMP

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WEEK 22 | MAY 26 — JUNE 1

CLASSIC HOURLY BLOCKS MINDFLOW < >

26 MON	27 TUE	28 WED
29 THU	30 FRI	31 SAT
		1 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

© manifestable

WEEK 22 | MAY 26 — JUNE 1

SCHEDULE

26
MON

27
TUE

28
WED

29
THU

30
FRI

31
SAT

1
SUN

MINDFLOW

© manifestable

THURSDAY, 1 MAY 2025

WEEK 18

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 2 MAY 2025

WEEK 18

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 3 MAY 2025

WEEK 18

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 4 MAY 2025

WEEK 18

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 5 MAY 2025

WEEK 19

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 6 MAY 2025

WEEK 19

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 7 MAY 2025

WEEK 19

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 8 MAY 2025

WEEK 19

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 9 MAY 2025

WEEK 19

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 10 MAY 2025

WEEK 19

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 11 MAY 2025

WEEK 19

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 12 MAY 2025

WEEK 20

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 13 MAY 2025

WEEK 20

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 14 MAY 2025

WEEK 20

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 15 MAY 2025

WEEK 20

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 16 MAY 2025

WEEK 20

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 17 MAY 2025

WEEK 20

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 18 MAY 2025

WEEK 20

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 19 MAY 2025

WEEK 21

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 20 MAY 2025

WEEK 21

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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12PM
1PM
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5PM
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8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 21 MAY 2025

WEEK 21

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 22 MAY 2025

WEEK 21

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
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8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 23 MAY 2025

WEEK 21

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 24 MAY 2025

WEEK 21

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 25 MAY 2025

WEEK 21

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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8PM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 26 MAY 2025

WEEK 22

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
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12PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 27 MAY 2025

WEEK 22

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
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10AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 28 MAY 2025

WEEK 22

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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THURSDAY, 29 MAY 2025

WEEK 22

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 30 MAY 2025

WEEK 22

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
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11AM
12PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 31 MAY 2025

WEEK 22

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
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8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

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GOALS AND INTENTIONS

JUNE 2025

Monthly goals

GOAL

- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

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JUNE 2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 22							1
WEEK 23	2	3	4	5	6	7	8
WEEK 24	9	10	11	12	13	14	15
WEEK 25	16	17	18	19	20	21	22
WEEK 26	23	24	25	26	27	28	29
WEEK 27	30						

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
- [ ]
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- [ ]
- [ ]
- [ ]

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VISION BOARD

JUNE 2025

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WELLNESS TRACKER

JUNE 2025

MENTAL & PHYSICAL STATE		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
SLEEP	8+ HOURS																														
	6-8 HOURS																														
	4-6 HOURS																														
	0-4 HOURS																														
OVERALL MOOD	GOOD																														
	NEUTRAL																														
	BAD																														
STRESS & ANXIETY LEVELS	HIGH																														
	MEDIUM																														
	LOW																														
ENERGY LEVELS	HIGH																														
	MEDIUM																														
	LOW																														
MOTIVATION	HIGH																														
	MEDIUM																														
	LOW																														
NUTRITION	HEALTHY																														
	NEUTRAL																														
	UNHEALTHY																														
WATER INTAKE	HIGH																														
	MEDIUM																														
	LOW																														
EXERCISE	HIGH																														
	MODERATE																														
	LOW																														
SELF-CARE	HIGH																														
	MEDIUM																														
	LOW																														
_____																															
NOTES																															

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MONTHLY REFLECTION

JUNE 2025

How would I rate my month out of ten?

1 2 3 4 5 6 7 8 9 10

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
YOUR ENVIRONMENT	☆ ☆ ☆ ☆ ☆
PERSONAL DEVELOPMENT	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆
MONEY & FINANCES	☆ ☆ ☆ ☆ ☆
CAREER OR BUSINESS	☆ ☆ ☆ ☆ ☆

Did I take good physical, mental, and emotional care of myself?

Did I have a work-life balance this month?

Did I make time for self-care, rest, and fun? Why or why not?

Has anything been making me feel stressed this past month?

What did I spend too little time on?

What challenges did I face and how did I manage them?

What did I spend too much time on?

Top three highlights of this month

1.

2.

3.

What are the things I am grateful for this month?

1.

2.

3.

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WEEK 23 | JUNE 2 — JUNE 8

CLASSIC | HOURLY | BLOCKS | MINDFLOW | < | >

SCHEDULE	MAIN FOCUS
2 MON	
3 TUE	
4 WED	
5 THU	
6 FRI	
7 SAT	
8 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 23 | JUNE 2 — JUNE 8

CLASSIC HOURLY BLOCKS MINDFLOW < >

2 MON	3 TUE	4 WED	5 THU	6 FRI	7 SAT	8 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
- [ ]
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- [ ]
- [ ]
- [ ]
- [ ]

BRAIN DUMP

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WEEK 23 | JUNE 2 — JUNE 8

CLASSIC HOURLY BLOCKS MINDFLOW < >

2 MON	3 TUE	4 WED

5 THU	6 FRI	7 SAT
		8 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

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WEEK 23 | JUNE 2 — JUNE 8

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

2
MON

3
TUE

4
WED

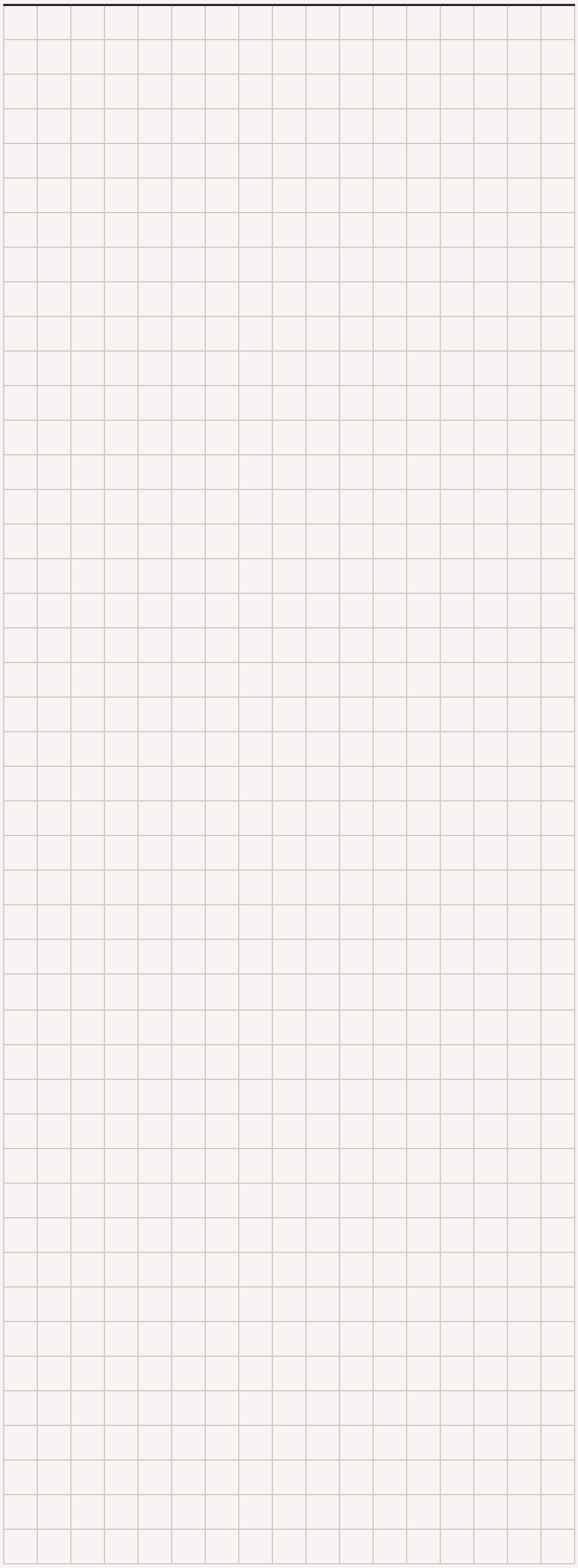
5
THU

6
FRI

7
SAT

8
SUN

MINDFLOW



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WEEK 24 | JUNE 9 — JUNE 15

CLASSIC | HOURLY | BLOCKS | MINDFLOW | < | >

SCHEDULE	MAIN FOCUS
9 MON	
10 TUE	
11 WED	
12 THU	
13 FRI	
14 SAT	
15 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 24 | JUNE 9 — JUNE 15

CLASSIC HOURLY BLOCKS MINDFLOW < >

9 MON	10 TUE	11 WED	12 THU	13 FRI	14 SAT	15 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

BRAIN DUMP

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WEEK 24 | JUNE 9 — JUNE 15

CLASSIC HOURLY BLOCKS MINDFLOW < >

9 MON	10 TUE	11 WED
12 THU	13 FRI	14 SAT
		15 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

HABIT	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 24 | JUNE 9 — JUNE 15

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

9
MON

10
TUE

11
WED

12
THU

13
FRI

14
SAT

15
SUN

MINDFLOW

© manifestable

WEEK 25 | JUNE 16 — JUNE 22

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

16
MON

17
TUE

18
WED

19
THU

20
FRI

21
SAT

22
SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 25 | JUNE 16 — JUNE 22

CLASSIC HOURLY BLOCKS MINDFLOW < >

16 MON	17 TUE	18 WED	19 THU	20 FRI	21 SAT	22 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
- [ ]
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- [ ]
- [ ]
- [ ]
- [ ]

BRAIN DUMP

© manifestable

WEEK 25 | JUNE 16 — JUNE 22

CLASSIC HOURLY BLOCKS MINDFLOW < >

16 MON	17 TUE	18 WED
19 THU	20 FRI	21 SAT
		22 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 25 | JUNE 16 — JUNE 22

SCHEDULE

16
MON

17
TUE

18
WED

19
THU

20
FRI

21
SAT

22
SUN

MINDFLOW

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WEEK 26 | JUNE 23 — JUNE 29

SCHEDULE

MAIN FOCUS

23 MON

24 TUE

25 WED

26 THU

27 FRI

28 SAT

29 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 26 | JUNE 23 — JUNE 29

CLASSIC HOURLY BLOCKS MINDFLOW < >

23 MON	24 TUE	25 WED	26 THU	27 FRI	28 SAT	29 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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BRAIN DUMP

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WEEK 26 | JUNE 23 — JUNE 29

CLASSIC HOURLY BLOCKS MINDFLOW < >

23 MON	24 TUE	25 WED
26 THU	27 FRI	28 SAT
		29 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

HABIT	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 26 | JUNE 23 — JUNE 29

SCHEDULE

23
MON

24
TUE

25
WED

26
THU

27
FRI

28
SAT

29
SUN

MINDFLOW

© manifestable

SUNDAY, 1 JUNE 2025

WEEK 22

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 2 JUNE 2025

WEEK 23

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 3 JUNE 2025

WEEK 23

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 4 JUNE 2025

WEEK 23

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

- ○
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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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THURSDAY, 5 JUNE 2025

WEEK 23

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 6 JUNE 2025

WEEK 23

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 7 JUNE 2025

WEEK 23

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 8 JUNE 2025

WEEK 23

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 9 JUNE 2025

WEEK 24

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 10 JUNE 2025

WEEK 24

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 11 JUNE 2025

WEEK 24

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 12 JUNE 2025

WEEK 24

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 13 JUNE 2025

WEEK 24

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 14 JUNE 2025

WEEK 24

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 15 JUNE 2025

WEEK 24

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 16 JUNE 2025

WEEK 25

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
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9AM
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11AM
12PM
1PM
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4PM
5PM
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7PM
8PM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 17 JUNE 2025

WEEK 25

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 18 JUNE 2025

WEEK 25

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 19 JUNE 2025

WEEK 25

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 20 JUNE 2025

WEEK 25

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 21 JUNE 2025

WEEK 25

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 22 JUNE 2025

WEEK 25

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 23 JUNE 2025

WEEK 26

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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- ○

DON'T FORGET

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- ○

MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 24 JUNE 2025

WEEK 26

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 25 JUNE 2025

WEEK 26

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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THURSDAY, 26 JUNE 2025

WEEK 26

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 27 JUNE 2025

WEEK 26

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 28 JUNE 2025

WEEK 26

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 29 JUNE 2025

WEEK 26

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 30 JUNE 2025

WEEK 27

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

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GOALS AND INTENTIONS

JULY 2025

Monthly goals

GOAL

REWARD:

GOAL

REWARD:

GOAL

REWARD:

GOAL

REWARD:

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

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JULY 2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 27		1	2	3	4	5	6
WEEK 28	~~7~~	8	9	10	11	12	13
WEEK 29	14	15	16	~~17~~	18	19	20
WEEK 30	21	22	23	24	25	26	~~27~~
WEEK 31	28	29	30	31			

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
- [ ]
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- [ ]

BRAIN DUMP

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VISION BOARD

JULY 2025

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WELLNESS TRACKER

JULY 2025

MENTAL & PHYSICAL STATE		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
SLEEP	8+ HOURS																															
	6-8 HOURS																															
	4-6 HOURS																															
	0-4 HOURS																															
OVERALL MOOD	GOOD																															
	NEUTRAL																															
	BAD																															
STRESS & ANXIETY LEVELS	HIGH																															
	MEDIUM																															
	LOW																															
ENERGY LEVELS	HIGH																															
	MEDIUM																															
	LOW																															
MOTIVATION	HIGH																															
	MEDIUM																															
	LOW																															
NUTRITION	HEALTHY																															
	NEUTRAL																															
	UNHEALTHY																															
WATER INTAKE	HIGH																															
	MEDIUM																															
	LOW																															
EXERCISE	HIGH																															
	MODERATE																															
	LOW																															
SELF-CARE	HIGH																															
	MEDIUM																															
	LOW																															
NOTES																																

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MONTHLY REFLECTION

JULY 2025

How would I rate my month out of ten?

1 2 3 4 5 6 7 8 9 10

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
YOUR ENVIRONMENT	☆ ☆ ☆ ☆ ☆
PERSONAL DEVELOPMENT	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆
MONEY & FINANCES	☆ ☆ ☆ ☆ ☆
CAREER OR BUSINESS	☆ ☆ ☆ ☆ ☆

Did I take good physical, mental, and emotional care of myself?

Did I have a work-life balance this month?

Did I make time for self-care, rest, and fun? Why or why not?

Has anything been making me feel stressed this past month?

What did I spend too little time on?

What challenges did I face and how did I manage them?

What did I spend too much time on?

Top three highlights of this month

1.

2.

3.

What are the things I am grateful for this month?

1.

2.

3.

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WEEK 27 | JUNE 30 — JULY 6

SCHEDULE | MAIN FOCUS

30 MON

1 TUE

2 WED

3 THU

4 FRI

5 SAT

6 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 27 | JUNE 30 — JULY 6

CLASSIC HOURLY BLOCKS MINDFLOW < >

30 MON	1 TUE	2 WED	3 THU	4 FRI	5 SAT	6 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
- [ ]
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- [ ]

BRAIN DUMP

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WEEK 27 | JUNE 30 — JULY 6

CLASSIC HOURLY BLOCKS MINDFLOW < >

30 MON	1 TUE	2 WED
3 THU	4 FRI	5 SAT
		6 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

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WEEK 27 | JUNE 30 — JULY 6

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

30
MON

1
TUE

2
WED

3
THU

4
FRI

5
SAT

6
SUN

MINDFLOW

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WEEK 28 | JULY 7 — JULY 13

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

7 MON

8 TUE

9 WED

10 THU

11 FRI

12 SAT

13 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 28 | JULY 7 – JULY 13

CLASSIC HOURLY BLOCKS MINDFLOW < >

7 MON	8 TUE	9 WED	10 THU	11 FRI	12 SAT	13 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
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2	2	2	2	2	2	2
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6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

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WEEK 28 | JULY 7 — JULY 13

CLASSIC HOURLY BLOCKS MINDFLOW < >

7 MON	8 TUE	9 WED

10 THU	11 FRI	12 SAT
		13 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

© manifestable

WEEK 28 | JULY 7 – JULY 13

SCHEDULE

7
MON

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9
WED

10
THU

11
FRI

12
SAT

13
SUN

MINDFLOW

© manifestable

WEEK 29 | JULY 14 — JULY 20

SCHEDULE | MAIN FOCUS

14 MON

15 TUE

16 WED

17 THU

18 FRI

19 SAT

20 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

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- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 29 | JULY 14 — JULY 20

CLASSIC HOURLY BLOCKS MINDFLOW < >

14 MON	15 TUE	16 WED	17 THU	18 FRI	19 SAT	20 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
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2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
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6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

© manifestable

WEEK 29 | JULY 14 — JULY 20

CLASSIC HOURLY BLOCKS MINDFLOW < >

14 MON	15 TUE	16 WED
17 THU	18 FRI	19 SAT
		20 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
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	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

© manifestable

WEEK 29 | JULY 14 — JULY 20

SCHEDULE

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20
SUN

MINDFLOW

© manifestable

WEEK 30 | JULY 21 – JULY 27

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

21 MON

22 TUE

23 WED

24 THU

25 FRI

26 SAT

27 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

© manifestable

WEEK 30 | JULY 21 — JULY 27

CLASSIC HOURLY BLOCKS MINDFLOW < >

21 MON	22 TUE	23 WED	24 THU	25 FRI	26 SAT	27 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
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2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
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7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

© manifestable

WEEK 30 | JULY 21 — JULY 27

CLASSIC HOURLY BLOCKS MINDFLOW < >

21 MON	22 TUE	23 WED
24 THU	25 FRI	26 SAT
		27 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

© manifestable

WEEK 30 | JULY 21 – JULY 27

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

21
MON

22
TUE

23
WED

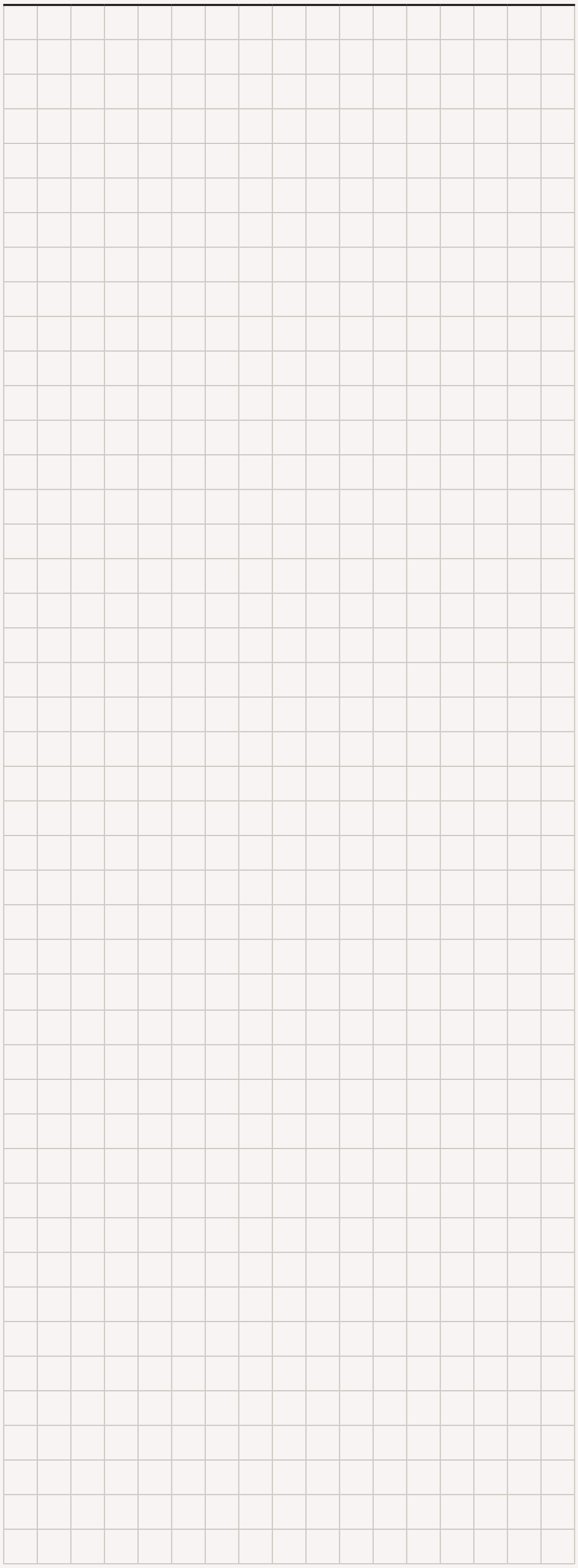
24
THU

25
FRI

26
SAT

27
SUN

MINDFLOW



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WEEK 31 | JULY 28 — AUGUST 3

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

28 MON

29 TUE

30 WED

31 THU

1 FRI

2 SAT

3 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

© manifestable

WEEK 31 | JULY 28 – AUGUST 3

CLASSIC HOURLY BLOCKS MINDFLOW < >

28 MON	29 TUE	30 WED	31 THU	1 FRI	2 SAT	3 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

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WEEK 31 | JULY 28 — AUGUST 3

CLASSIC HOURLY BLOCKS MINDFLOW < >

28 MON	29 TUE	30 WED

31 THU	1 FRI	2 SAT
		3 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
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BRAIN DUMP

HABIT

HABIT	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

© manifestable

WEEK 31 | JULY 28 – AUGUST 3

SCHEDULE

28
MON

29
TUE

30
WED

31
THU

1
FRI

2
SAT

3
SUN

MINDFLOW

© manifestable

TUESDAY, 1 JULY 2025

WEEK 27

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 2 JULY 2025

WEEK 27

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 3 JULY 2025

WEEK 27

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 4 JULY 2025

WEEK 27

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 5 JULY 2025

WEEK 27

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 6 JULY 2025

WEEK 27

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 7 JULY 2025

WEEK 28

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 8 JULY 2025

WEEK 28

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 9 JULY 2025

WEEK 28

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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- ○

DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 10 JULY 2025

WEEK 28

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 11 JULY 2025

WEEK 28

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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12PM
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8PM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 12 JULY 2025

WEEK 28

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 13 JULY 2025

WEEK 28

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 14 JULY 2025

WEEK 29

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 15 JULY 2025

WEEK 29

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 16 JULY 2025

WEEK 29

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 17 JULY 2025

WEEK 29

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 18 JULY 2025

WEEK 29

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 19 JULY 2025

WEEK 29

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 20 JULY 2025

WEEK 29

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 21 JULY 2025

WEEK 30

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 22 JULY 2025

WEEK 30

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 23 JULY 2025

WEEK 30

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
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- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 24 JULY 2025

WEEK 30

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 25 JULY 2025

WEEK 30

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 26 JULY 2025

WEEK 30

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 27 JULY 2025

WEEK 30

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 28 JULY 2025

WEEK 31

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 29 JULY 2025

WEEK 31

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 30 JULY 2025

WEEK 31

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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THURSDAY, 31 JULY 2025

WEEK 31

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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GOALS AND INTENTIONS

AUGUST 2025

Monthly goals

GOAL

- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

© manifestable

AUGUST 2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 31					1	2	3
WEEK 32	4	5	6	7	8	9	10
WEEK 33	11	12	13	14	15	16	17
WEEK 34	18	19	20	21	22	23	24
WEEK 35	25	26	27	28	29	30	31

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
- [ ]
- [ ]
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- [ ]
- [ ]

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VISION BOARD

AUGUST 2025

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WELLNESS TRACKER

AUGUST 2025

MENTAL & PHYSICAL STATE		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
SLEEP	8+ HOURS																															
	6-8 HOURS																															
	4-6 HOURS																															
	0-4 HOURS																															
OVERALL MOOD	GOOD																															
	NEUTRAL																															
	BAD																															
STRESS & ANXIETY LEVELS	HIGH																															
	MEDIUM																															
	LOW																															
ENERGY LEVELS	HIGH																															
	MEDIUM																															
	LOW																															
MOTIVATION	HIGH																															
	MEDIUM																															
	LOW																															
NUTRITION	HEALTHY																															
	NEUTRAL																															
	UNHEALTHY																															
WATER INTAKE	HIGH																															
	MEDIUM																															
	LOW																															
EXERCISE	HIGH																															
	MODERATE																															
	LOW																															
SELF-CARE	HIGH																															
	MEDIUM																															
	LOW																															
NOTES																																

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MONTHLY REFLECTION

AUGUST 2025

How would I rate my month out of ten?

1 2 3 4 5 6 7 8 9 10

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
YOUR ENVIRONMENT	☆ ☆ ☆ ☆ ☆
PERSONAL DEVELOPMENT	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆
MONEY & FINANCES	☆ ☆ ☆ ☆ ☆
CAREER OR BUSINESS	☆ ☆ ☆ ☆ ☆

Did I take good physical, mental, and emotional care of myself?

Did I have a work-life balance this month?

Did I make time for self-care, rest, and fun? Why or why not?

Has anything been making me feel stressed this past month?

What did I spend too little time on?

What challenges did I face and how did I manage them?

What did I spend too much time on?

Top three highlights of this month

1.

2.

3.

What are the things I am grateful for this month?

1.

2.

3.

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WEEK 32 | AUGUST 4 — AUGUST 10

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

4 MON

5 TUE

6 WED

7 THU

8 FRI

9 SAT

10 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 32 | AUGUST 4 – AUGUST 10

CLASSIC HOURLY BLOCKS MINDFLOW < >

4 MON	5 TUE	6 WED	7 THU	8 FRI	9 SAT	10 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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BRAIN DUMP

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WEEK 32 | AUGUST 4 – AUGUST 10

CLASSIC HOURLY BLOCKS MINDFLOW < >

4 MON	5 TUE	6 WED
7 THU	8 FRI	9 SAT
		10 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 32 | AUGUST 4 – AUGUST 10

SCHEDULE

4
MON

5
TUE

6
WED

7
THU

8
FRI

9
SAT

10
SUN

MINDFLOW

© manifestable

WEEK 33 | AUGUST 11 – AUGUST 17

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

11
MON

12
TUE

13
WED

14
THU

15
FRI

16
SAT

17
SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

© manifestable

WEEK 33 | AUGUST 11 – AUGUST 17

CLASSIC HOURLY BLOCKS MINDFLOW < >

11 MON	12 TUE	13 WED	14 THU	15 FRI	16 SAT	17 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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- [ ]
- [ ]
- [ ]

BRAIN DUMP

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WEEK 33 | AUGUST 11 – AUGUST 17

CLASSIC HOURLY BLOCKS MINDFLOW < >

11 MON	12 TUE	13 WED
14 THU	15 FRI	16 SAT
		17 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

© manifestable

WEEK 33 | AUGUST 11 – AUGUST 17

SCHEDULE

11
MON

12
TUE

13
WED

14
THU

15
FRI

16
SAT

17
SUN

MINDFLOW

© manifestable

WEEK 34 | AUGUST 18 — AUGUST 24

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

18 MON

19 TUE

20 WED

21 THU

22 FRI

23 SAT

24 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 34 | AUGUST 18 — AUGUST 24

CLASSIC HOURLY BLOCKS MINDFLOW < >

18 MON	19 TUE	20 WED	21 THU	22 FRI	23 SAT	24 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
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- [ ]
- [ ]
- [ ]

BRAIN DUMP

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WEEK 34 | AUGUST 18 — AUGUST 24

CLASSIC HOURLY BLOCKS MINDFLOW < >

18 MON	19 TUE	20 WED
21 THU	22 FRI	23 SAT
		24 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

M	T	W	T	F	S	S

© manifestable

WEEK 34 | AUGUST 18 – AUGUST 24

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

18
MON

19
TUE

20
WED

21
THU

22
FRI

23
SAT

24
SUN

MINDFLOW

© manifestable

WEEK 35 | AUGUST 25 – AUGUST 31

CLASSIC | HOURLY | BLOCKS | MINDFLOW | < | >

SCHEDULE	MAIN FOCUS
25 MON	
26 TUE	
27 WED	
28 THU	
29 FRI	
30 SAT	
31 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 35 | AUGUST 25 – AUGUST 31

CLASSIC HOURLY BLOCKS MINDFLOW < >

25 MON	26 TUE	27 WED	28 THU	29 FRI	30 SAT	31 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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- [ ]
- [ ]
- [ ]

BRAIN DUMP

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WEEK 35 | AUGUST 25 – AUGUST 31

CLASSIC HOURLY BLOCKS MINDFLOW < >

25 MON	26 TUE	27 WED
28 THU	29 FRI	30 SAT
		31 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

© manifestable

WEEK 35 | AUGUST 25 – AUGUST 31

SCHEDULE

25
MON

26
TUE

27
WED

28
THU

29
FRI

30
SAT

31
SUN

MINDFLOW

© manifestable

FRIDAY, 1 AUGUST 2025

WEEK 31

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 2 AUGUST 2025

WEEK 31

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
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10AM
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12PM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 3 AUGUST 2025

WEEK 31

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
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10AM
11AM
12PM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 4 AUGUST 2025

WEEK 32

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
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7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 5 AUGUST 2025

WEEK 32

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
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9AM
10AM
11AM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 6 AUGUST 2025

WEEK 32

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 7 AUGUST 2025

WEEK 32

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 8 AUGUST 2025

WEEK 32

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
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11AM
12PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 9 AUGUST 2025

WEEK 32

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 10 AUGUST 2025

WEEK 32

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 11 AUGUST 2025

WEEK 33

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 12 AUGUST 2025

WEEK 33

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 13 AUGUST 2025

WEEK 33

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 14 AUGUST 2025

WEEK 33

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 15 AUGUST 2025

WEEK 33

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 16 AUGUST 2025

WEEK 33

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 17 AUGUST 2025

WEEK 33

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 18 AUGUST 2025

WEEK 34

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 19 AUGUST 2025

WEEK 34

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 20 AUGUST 2025

WEEK 34

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 21 AUGUST 2025

WEEK 34

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 22 AUGUST 2025

WEEK 34

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 23 AUGUST 2025

WEEK 34

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 24 AUGUST 2025

WEEK 34

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 25 AUGUST 2025

WEEK 35

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 26 AUGUST 2025

WEEK 35

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 27 AUGUST 2025

WEEK 35

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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THURSDAY, 28 AUGUST 2025

WEEK 35

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 29 AUGUST 2025

WEEK 35

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

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SATURDAY, 30 AUGUST 2025

WEEK 35

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 31 AUGUST 2025

WEEK 35

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

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GOALS AND INTENTIONS

SEPTEMBER 2025

Monthly goals

GOAL

REWARD:

GOAL

REWARD:

GOAL

REWARD:

GOAL

REWARD:

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

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SEPTEMBER 2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 36	1	2	3	4	5	6	7
WEEK 37	8	9	10	11	12	13	14
WEEK 38	15	16	17	18	19	20	21
WEEK 39	22	23	24	25	26	27	28
WEEK 40	29	30					

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
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VISION BOARD

SEPTEMBER 2025

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WELLNESS TRACKER

SEPTEMBER 2025

MENTAL & PHYSICAL STATE		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
SLEEP	8+ HOURS																														
	6-8 HOURS																														
	4-6 HOURS																														
	0-4 HOURS																														
OVERALL MOOD	GOOD																														
	NEUTRAL																														
	BAD																														
STRESS & ANXIETY LEVELS	HIGH																														
	MEDIUM																														
	LOW																														
ENERGY LEVELS	HIGH																														
	MEDIUM																														
	LOW																														
MOTIVATION	HIGH																														
	MEDIUM																														
	LOW																														
NUTRITION	HEALTHY																														
	NEUTRAL																														
	UNHEALTHY																														
WATER INTAKE	HIGH																														
	MEDIUM																														
	LOW																														
EXERCISE	HIGH																														
	MODERATE																														
	LOW																														
SELF-CARE	HIGH																														
	MEDIUM																														
	LOW																														
_____																															
NOTES																															

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MONTHLY REFLECTION

SEPTEMBER 2025

How would I rate my month out of ten?

1 2 3 4 5 6 7 8 9 10

MENTAL & EMOTIONAL	☆	☆	☆	☆	☆
RELATIONSHIPS	☆	☆	☆	☆	☆
HEALTH & FITNESS	☆	☆	☆	☆	☆
SPIRITUALITY	☆	☆	☆	☆	☆
YOUR ENVIRONMENT	☆	☆	☆	☆	☆
PERSONAL DEVELOPMENT	☆	☆	☆	☆	☆
FUN & RECREATION	☆	☆	☆	☆	☆
MONEY & FINANCES	☆	☆	☆	☆	☆
CAREER OR BUSINESS	☆	☆	☆	☆	☆

Did I take good physical, mental, and emotional care of myself?

Did I have a work-life balance this month?

Did I make time for self-care, rest, and fun? Why or why not?

Has anything been making me feel stressed this past month?

What did I spend too little time on?

What challenges did I face and how did I manage them?

What did I spend too much time on?

Top three highlights of this month

1.

2.

3.

What are the things I am grateful for this month?

1.

2.

3.

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WEEK 36 | SEPTEMBER 1—SEPTEMBER 7

SCHEDULE	MAIN FOCUS
1 MON	
2 TUE	
3 WED	
4 THU	
5 FRI	
6 SAT	
7 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 36 | SEPTEMBER 1—SEPTEMBER 7

CLASSIC HOURLY BLOCKS MINDFLOW < >

1 MON	2 TUE	3 WED	4 THU	5 FRI	6 SAT	7 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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WEEK 36 | SEPTEMBER 1—SEPTEMBER 7

CLASSIC HOURLY BLOCKS MINDFLOW < >

1 MON	2 TUE	3 WED
4 THU	5 FRI	6 SAT
		7 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

M T W T F S S

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WEEK 36 | SEPTEMBER 1–SEPTEMBER 7

SCHEDULE

1
MON

2
TUE

3
WED

4
THU

5
FRI

6
SAT

7
SUN

MINDFLOW

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WEEK 37 | SEPTEMBER 8—SEPTEMBER 14

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE	MAIN FOCUS
8 MON	
9 TUE	
10 WED	
11 THU	
12 FRI	
13 SAT	
14 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 37 | SEPTEMBER 8—SEPTEMBER 14

CLASSIC HOURLY BLOCKS MINDFLOW < >

8 MON	9 TUE	10 WED	11 THU	12 FRI	13 SAT	14 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
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- [ ]
- [ ]
- [ ]

BRAIN DUMP

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WEEK 37 | SEPTEMBER 8—SEPTEMBER 14

CLASSIC HOURLY BLOCKS MINDFLOW < >

8 MON	9 TUE	10 WED
11 THU	12 FRI	13 SAT
		14 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 37 | SEPTEMBER 8—SEPTEMBER 14

SCHEDULE

8
MON

9
TUE

10
WED

11
THU

12
FRI

13
SAT

14
SUN

MINDFLOW

© manifestable

WEEK 38 | SEPTEMBER 15—SEPTEMBER 21

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

15
MON

16
TUE

17
WED

18
THU

19
FRI

20
SAT

21
SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 38 | SEPTEMBER 15—SEPTEMBER 21

CLASSIC HOURLY BLOCKS MINDFLOW < >

15 MON	16 TUE	17 WED	18 THU	19 FRI	20 SAT	21 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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- [ ]

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WEEK 38 | SEPTEMBER 15—SEPTEMBER 21

CLASSIC HOURLY BLOCKS MINDFLOW < >

15 MON	16 TUE	17 WED
18 THU	19 FRI	20 SAT
		21 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 38 | SEPTEMBER 15—SEPTEMBER 21

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

15
MON

16
TUE

17
WED

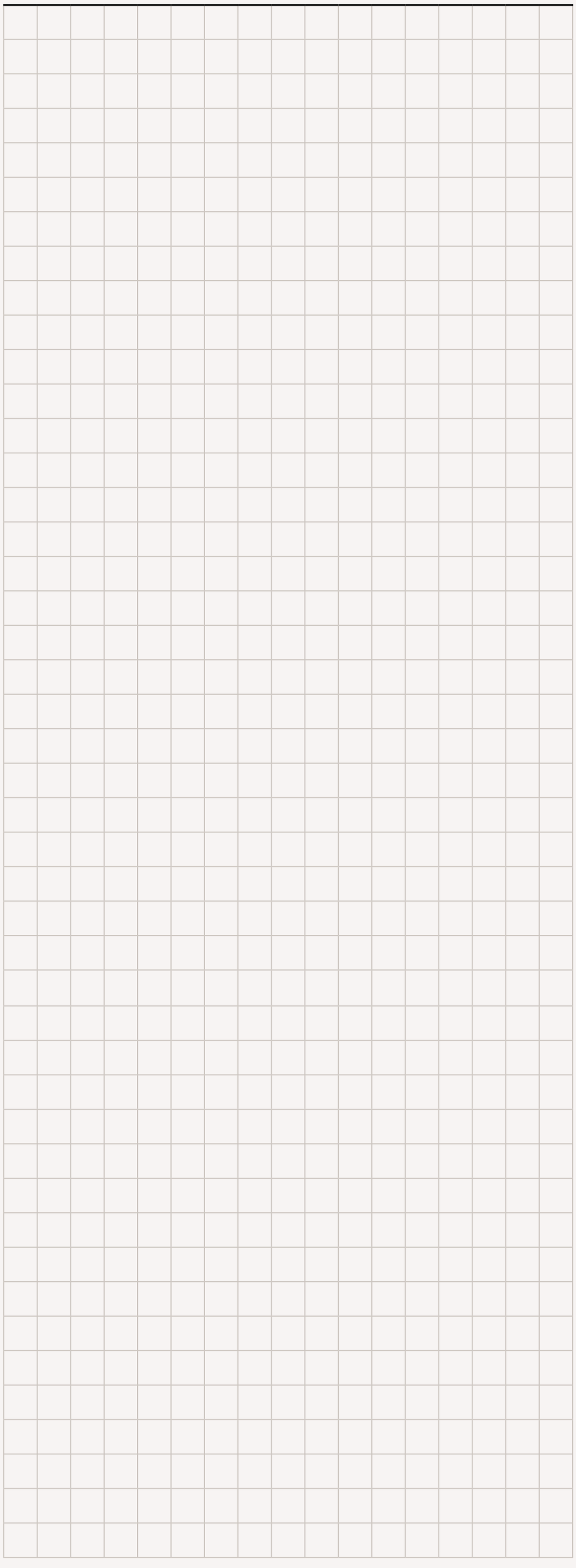
18
THU

19
FRI

20
SAT

21
SUN

MINDFLOW



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WEEK 39 | SEPTEMBER 22—SEPTEMBER 28

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

22 MON

23 TUE

24 WED

25 THU

26 FRI

27 SAT

28 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 39 | SEPTEMBER 22—SEPTEMBER 28

CLASSIC HOURLY BLOCKS MINDFLOW < >

22 MON	23 TUE	24 WED	25 THU	26 FRI	27 SAT	28 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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- [ ]
- [ ]
- [ ]
- [ ]

BRAIN DUMP

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WEEK 39 | SEPTEMBER 22—SEPTEMBER 28

CLASSIC HOURLY BLOCKS MINDFLOW < >

22 MON	23 TUE	24 WED
25 THU	26 FRI	27 SAT
		28 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 39 | SEPTEMBER 22—SEPTEMBER 28

SCHEDULE

22
MON

23
TUE

24
WED

25
THU

26
FRI

27
SAT

28
SUN

MINDFLOW

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WEEK 40 | SEPTEMBER 29 – OCTOBER 5

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE	MAIN FOCUS
29 MON	
30 TUE	
1 WED	
2 THU	
3 FRI	
4 SAT	
5 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 40 | SEPTEMBER 29 – OCTOBER 5

CLASSIC HOURLY BLOCKS MINDFLOW < >

29 MON	30 TUE	1 WED	2 THU	3 FRI	4 SAT	5 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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- [ ]
- [ ]
- [ ]
- [ ]

BRAIN DUMP

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WEEK 40 | SEPTEMBER 29 – OCTOBER 5

CLASSIC HOURLY BLOCKS MINDFLOW < >

29 MON	30 TUE	1 WED
2 THU	3 FRI	4 SAT
		5 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

HABIT	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 40 | SEPTEMBER 29 – OCTOBER 5

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

29
MON

30
TUE

1
WED

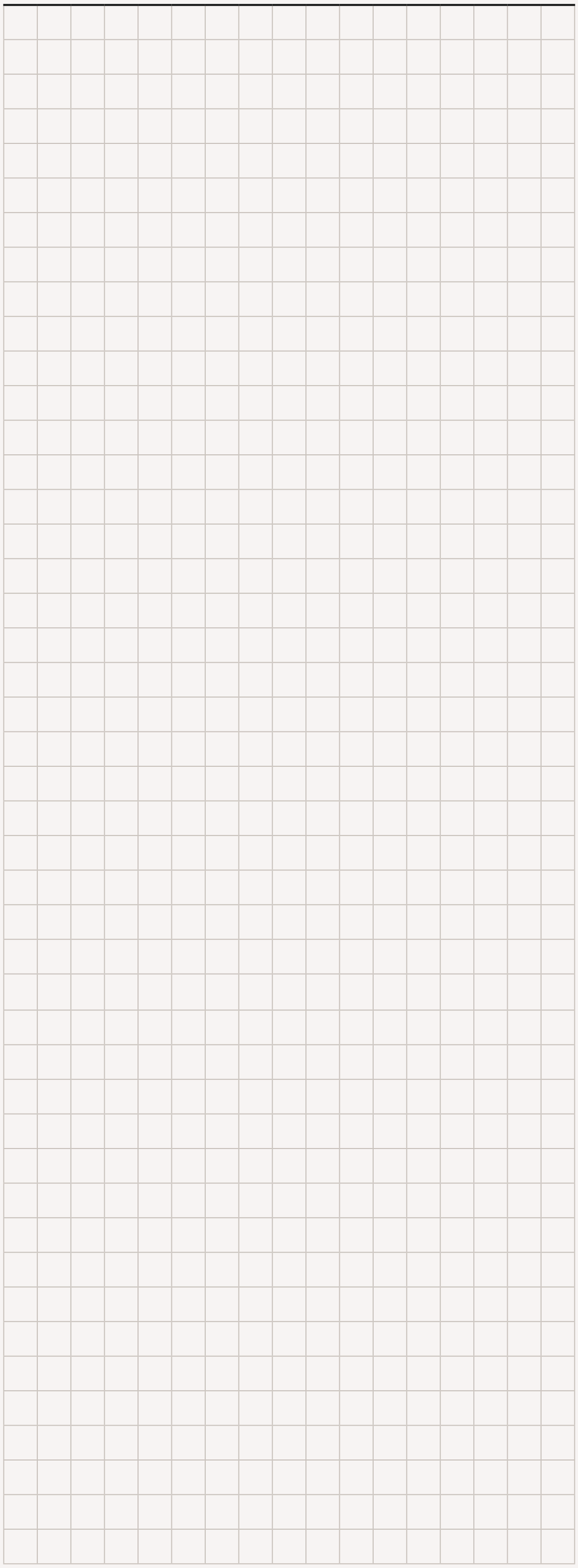
2
THU

3
FRI

4
SAT

5
SUN

MINDFLOW



2025
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

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MONDAY, 1 SEPTEMBER 2025

WEEK 36

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 2 SEPTEMBER 2025

WEEK 36

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
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12PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 3 SEPTEMBER 2025

WEEK 36

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 4 SEPTEMBER 2025

WEEK 36

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 5 SEPTEMBER 2025

WEEK 36

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 6 SEPTEMBER 2025

WEEK 36

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 7 SEPTEMBER 2025

WEEK 36

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 8 SEPTEMBER 2025

WEEK 37

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 9 SEPTEMBER 2025

WEEK 37

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 10 SEPTEMBER 2025

WEEK 37

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 11 SEPTEMBER 2025

WEEK 37

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 12 SEPTEMBER 2025

WEEK 37

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 13 SEPTEMBER 2025

WEEK 37

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 14 SEPTEMBER 2025

WEEK 37

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 15 SEPTEMBER 2025

WEEK 38

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 16 SEPTEMBER 2025

WEEK 38

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 17 SEPTEMBER 2025

WEEK 38

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 18 SEPTEMBER 2025

WEEK 38

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 19 SEPTEMBER 2025

WEEK 38

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 20 SEPTEMBER 2025

WEEK 38

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
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- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 21 SEPTEMBER 2025

WEEK 38

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 22 SEPTEMBER 2025

WEEK 39

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 23 SEPTEMBER 2025

WEEK 39

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 24 SEPTEMBER 2025

WEEK 39

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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THURSDAY, 25 SEPTEMBER 2025

WEEK 39

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
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7PM
8PM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 26 SEPTEMBER 2025

WEEK 39

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
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3PM
4PM
5PM
6PM
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8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 27 SEPTEMBER 2025

WEEK 39

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 28 SEPTEMBER 2025

WEEK 39

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 29 SEPTEMBER 2025

WEEK 40

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 30 SEPTEMBER 2025

WEEK 40

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
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3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

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GOALS AND INTENTIONS

OCTOBER 2025

Monthly goals

GOAL

- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

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OCTOBER 2025

GOALS | CALENDAR | VISION BOARD | WELLNESS TRACKER | REFLECTION

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 40			1	2	3	4	5
WEEK 41	6	~~7~~	8	9	10	11	12
WEEK 42	13	14	15	16	~~17~~	18	19
WEEK 43	20	21	22	23	24	25	26
WEEK 44	~~27~~	28	29	30	31		

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

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VISION BOARD

OCTOBER 2025

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WELLNESS TRACKER

OCTOBER 2025

MENTAL & PHYSICAL STATE		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
SLEEP	8+ HOURS																															
	6-8 HOURS																															
	4-6 HOURS																															
	0-4 HOURS																															
OVERALL MOOD	GOOD																															
	NEUTRAL																															
	BAD																															
STRESS & ANXIETY LEVELS	HIGH																															
	MEDIUM																															
	LOW																															
ENERGY LEVELS	HIGH																															
	MEDIUM																															
	LOW																															
MOTIVATION	HIGH																															
	MEDIUM																															
	LOW																															
NUTRITION	HEALTHY																															
	NEUTRAL																															
	UNHEALTHY																															
WATER INTAKE	HIGH																															
	MEDIUM																															
	LOW																															
EXERCISE	HIGH																															
	MODERATE																															
	LOW																															
SELF-CARE	HIGH																															
	MEDIUM																															
	LOW																															
NOTES																																

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MONTHLY REFLECTION

OCTOBER 2025

How would I rate my month out of ten?

1 2 3 4 5 6 7 8 9 10

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
YOUR ENVIRONMENT	☆ ☆ ☆ ☆ ☆
PERSONAL DEVELOPMENT	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆
MONEY & FINANCES	☆ ☆ ☆ ☆ ☆
CAREER OR BUSINESS	☆ ☆ ☆ ☆ ☆

Did I take good physical, mental, and emotional care of myself?

Did I have a work-life balance this month?

Did I make time for self-care, rest, and fun? Why or why not?

Has anything been making me feel stressed this past month?

What did I spend too little time on?

What challenges did I face and how did I manage them?

What did I spend too much time on?

Top three highlights of this month

1.

2.

3.

What are the things I am grateful for this month?

1.

2.

3.

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WEEK 41 | OCTOBER 6 – OCTOBER 12

SCHEDULE | MAIN FOCUS

6 MON

7 TUE

8 WED

9 THU

10 FRI

11 SAT

12 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 41 | OCTOBER 6 – OCTOBER 12

CLASSIC HOURLY BLOCKS MINDFLOW < >

6 MON	7 TUE	8 WED	9 THU	10 FRI	11 SAT	12 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
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- [ ]
- [ ]
- [ ]

BRAIN DUMP

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WEEK 41 | OCTOBER 6 – OCTOBER 12

CLASSIC HOURLY BLOCKS MINDFLOW < >

6 MON	7 TUE	8 WED

9 THU	10 FRI	11 SAT
		12 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

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WEEK 41 | OCTOBER 6 – OCTOBER 12

SCHEDULE

6
MON

7
TUE

8
WED

9
THU

10
FRI

11
SAT

12
SUN

MINDFLOW

© manifestable

WEEK 42 | OCTOBER 13 – OCTOBER 19

CLASSIC | HOURLY | BLOCKS | MINDFLOW | < | >

SCHEDULE | MAIN FOCUS

13 MON

14 TUE

15 WED

16 THU

17 FRI

18 SAT

19 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 42 | OCTOBER 13 – OCTOBER 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

13 MON	14 TUE	15 WED	16 THU	17 FRI	18 SAT	19 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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- [ ]
- [ ]
- [ ]

BRAIN DUMP

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WEEK 42 | OCTOBER 13 – OCTOBER 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

13 MON	14 TUE	15 WED

16 THU	17 FRI	18 SAT
		19 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

© manifestable

WEEK 42 | OCTOBER 13 – OCTOBER 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

13
MON

14
TUE

15
WED

16
THU

17
FRI

18
SAT

19
SUN

MINDFLOW

© manifestable

WEEK 43 | OCTOBER 20 – OCTOBER 26

CLASSIC | HOURLY | BLOCKS | MINDFLOW | < | >

SCHEDULE | MAIN FOCUS

20 MON

21 TUE

22 WED

23 THU

24 FRI

25 SAT

26 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 43 | OCTOBER 20 – OCTOBER 26

CLASSIC HOURLY BLOCKS MINDFLOW < >

20 MON	21 TUE	22 WED	23 THU	24 FRI	25 SAT	26 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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- [ ]
- [ ]
- [ ]

BRAIN DUMP

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WEEK 43 | OCTOBER 20 – OCTOBER 26

CLASSIC HOURLY BLOCKS MINDFLOW < >

20 MON	21 TUE	22 WED
23 THU	24 FRI	25 SAT
		26 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 43 | OCTOBER 20 – OCTOBER 26

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

20
MON

21
TUE

22
WED

23
THU

24
FRI

25
SAT

26
SUN

MINDFLOW

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WEEK 44 | OCTOBER 27 — NOVEMBER 2

CLASSIC | HOURLY | BLOCKS | MINDFLOW | < | >

SCHEDULE | MAIN FOCUS

27 MON

28 TUE

29 WED

30 THU

31 FRI

1 SAT

2 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 44 | OCTOBER 27 — NOVEMBER 2

CLASSIC HOURLY BLOCKS MINDFLOW < >

27 MON	28 TUE	29 WED	30 THU	31 FRI	1 SAT	2 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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BRAIN DUMP

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WEEK 44 | OCTOBER 27 – NOVEMBER 2

CLASSIC HOURLY BLOCKS MINDFLOW < >

27 MON	28 TUE	29 WED
30 THU	31 FRI	1 SAT
		2 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 44 | OCTOBER 27 – NOVEMBER 2

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

27
MON

28
TUE

29
WED

30
THU

31
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1
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2
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MINDFLOW

© manifestable

WEDNESDAY, 1 OCTOBER 2025

WEEK 40

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 2 OCTOBER 2025

WEEK 40

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 3 OCTOBER 2025

WEEK 40

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 4 OCTOBER 2025

WEEK 40

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 5 OCTOBER 2025

WEEK 40

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 6 OCTOBER 2025

WEEK 41

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 7 OCTOBER 2025

WEEK 41

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 8 OCTOBER 2025

WEEK 41

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 9 OCTOBER 2025

WEEK 41

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 10 OCTOBER 2025

WEEK 41

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 11 OCTOBER 2025

WEEK 41

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 12 OCTOBER 2025

WEEK 41

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 13 OCTOBER 2025

WEEK 42

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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MEALS & HYDRATION

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self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 14 OCTOBER 2025

WEEK 42

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 15 OCTOBER 2025

WEEK 42

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 16 OCTOBER 2025

WEEK 42

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 17 OCTOBER 2025

WEEK 42

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 18 OCTOBER 2025

WEEK 42

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
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12PM
1PM
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3PM
4PM
5PM
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7PM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 19 OCTOBER 2025

WEEK 42

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 20 OCTOBER 2025

WEEK 43

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 21 OCTOBER 2025

WEEK 43

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 22 OCTOBER 2025

WEEK 43

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 23 OCTOBER 2025

WEEK 43

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 24 OCTOBER 2025

WEEK 43

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 25 OCTOBER 2025

WEEK 43

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 26 OCTOBER 2025

WEEK 43

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 27 OCTOBER 2025

WEEK 44

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 28 OCTOBER 2025

WEEK 44

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 29 OCTOBER 2025

WEEK 44

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

daily movement

self-care of the day

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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- ○

DON'T FORGET

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MEALS & HYDRATION

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TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 30 OCTOBER 2025

WEEK 44

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 31 OCTOBER 2025

WEEK 44

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

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GOALS AND INTENTIONS

NOVEMBER 2025

Monthly goals

GOAL

- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

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NOVEMBER 2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 44						1	2
WEEK 45	3	4	5	6	7	8	9
WEEK 46	10	11	12	13	14	15	16
WEEK 47	17	18	19	20	21	22	23
WEEK 48	24	25	26	27	28	29	30

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
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BRAIN DUMP

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VISION BOARD

NOVEMBER 2025

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WELLNESS TRACKER

NOVEMBER 2025

MENTAL & PHYSICAL STATE		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
SLEEP	8+ HOURS																														
	6-8 HOURS																														
	4-6 HOURS																														
	0-4 HOURS																														
OVERALL MOOD	GOOD																														
	NEUTRAL																														
	BAD																														
STRESS & ANXIETY LEVELS	HIGH																														
	MEDIUM																														
	LOW																														
ENERGY LEVELS	HIGH																														
	MEDIUM																														
	LOW																														
MOTIVATION	HIGH																														
	MEDIUM																														
	LOW																														
NUTRITION	HEALTHY																														
	NEUTRAL																														
	UNHEALTHY																														
WATER INTAKE	HIGH																														
	MEDIUM																														
	LOW																														
EXERCISE	HIGH																														
	MODERATE																														
	LOW																														
SELF-CARE	HIGH																														
	MEDIUM																														
	LOW																														
_____																															
NOTES																															

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MONTHLY REFLECTION

NOVEMBER 2025

How would I rate my month out of ten?

1 2 3 4 5 6 7 8 9 10

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
YOUR ENVIRONMENT	☆ ☆ ☆ ☆ ☆
PERSONAL DEVELOPMENT	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆
MONEY & FINANCES	☆ ☆ ☆ ☆ ☆
CAREER OR BUSINESS	☆ ☆ ☆ ☆ ☆

Did I take good physical, mental, and emotional care of myself?

Did I have a work-life balance this month?

Did I make time for self-care, rest, and fun? Why or why not?

Has anything been making me feel stressed this past month?

What did I spend too little time on?

What challenges did I face and how did I manage them?

What did I spend too much time on?

Top three highlights of this month

1.

2.

3.

What are the things I am grateful for this month?

1.

2.

3.

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WEEK 45 | NOVEMBER 3—NOVEMBER 9

SCHEDULE | MAIN FOCUS

3 MON

4 TUE

5 WED

6 THU

7 FRI

8 SAT

9 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 45 | NOVEMBER 3—NOVEMBER 9

CLASSIC HOURLY BLOCKS MINDFLOW < >

3 MON	4 TUE	5 WED	6 THU	7 FRI	8 SAT	9 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
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BRAIN DUMP

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WEEK 45 | NOVEMBER 3—NOVEMBER 9

3 MON	4 TUE	5 WED
6 THU	7 FRI	8 SAT
		9 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

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WEEK 45 | NOVEMBER 3—NOVEMBER 9

SCHEDULE

3
MON

4
TUE

5
WED

6
THU

7
FRI

8
SAT

9
SUN

MINDFLOW

© manifestable

WEEK 46 | NOVEMBER 10—NOVEMBER 16

SCHEDULE

MAIN FOCUS

10
MON

11
TUE

12
WED

13
THU

14
FRI

15
SAT

16
SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

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WEEK 46 | NOVEMBER 10—NOVEMBER 16

CLASSIC HOURLY BLOCKS MINDFLOW < >

10 MON	11 TUE	12 WED	13 THU	14 FRI	15 SAT	16 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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- [ ]

BRAIN DUMP

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WEEK 46 | NOVEMBER 10—NOVEMBER 16

CLASSIC HOURLY BLOCKS MINDFLOW < >

10 MON	11 TUE	12 WED
13 THU	14 FRI	15 SAT
		16 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

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WEEK 46 | NOVEMBER 10—NOVEMBER 16

SCHEDULE

10
MON

11
TUE

12
WED

13
THU

14
FRI

15
SAT

16
SUN

MINDFLOW

© manifestable

WEEK 47 | NOVEMBER 17—NOVEMBER 23

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

17 MON

18 TUE

19 WED

20 THU

21 FRI

22 SAT

23 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

© manifestable

WEEK 47 | NOVEMBER 17—NOVEMBER 23

CLASSIC HOURLY BLOCKS MINDFLOW < >

17 MON	18 TUE	19 WED	20 THU	21 FRI	22 SAT	23 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

© manifestable

WEEK 47 | NOVEMBER 17—NOVEMBER 23

CLASSIC HOURLY BLOCKS MINDFLOW < >

17 MON	18 TUE	19 WED
20 THU	21 FRI	22 SAT
		23 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

© manifestable

WEEK 47 | NOVEMBER 17—NOVEMBER 23

SCHEDULE

17
MON

18
TUE

19
WED

20
THU

21
FRI

22
SAT

23
SUN

MINDFLOW

© manifestable

WEEK 48 | NOVEMBER 24—NOVEMBER 30

SCHEDULE

MAIN FOCUS

24 MON

25 TUE

26 WED

27 THU

28 FRI

29 SAT

30 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

© manifestable

WEEK 48 | NOVEMBER 24—NOVEMBER 30

CLASSIC HOURLY BLOCKS MINDFLOW < >

24 MON	25 TUE	26 WED	27 THU	28 FRI	29 SAT	30 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

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WEEK 48 | NOVEMBER 24—NOVEMBER 30

24 MON	25 TUE	26 WED
27 THU	28 FRI	29 SAT
		30 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

HABIT	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 48 | NOVEMBER 24—NOVEMBER 30

SCHEDULE

24
MON

25
TUE

26
WED

27
THU

28
FRI

29
SAT

30
SUN

MINDFLOW

© manifestable

SATURDAY, 1 NOVEMBER 2025

WEEK 44

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 2 NOVEMBER 2025

WEEK 44

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
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12PM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 3 NOVEMBER 2025

WEEK 45

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 4 NOVEMBER 2025

WEEK 45

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 5 NOVEMBER 2025

WEEK 45

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 6 NOVEMBER 2025

WEEK 45

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 7 NOVEMBER 2025

WEEK 45

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 8 NOVEMBER 2025

WEEK 45

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 9 NOVEMBER 2025

WEEK 45

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 10 NOVEMBER 2025

WEEK 46

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 11 NOVEMBER 2025

WEEK 46

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 12 NOVEMBER 2025

WEEK 46

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 13 NOVEMBER 2025

WEEK 46

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 14 NOVEMBER 2025

WEEK 46

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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12PM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 15 NOVEMBER 2025

WEEK 46

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 16 NOVEMBER 2025

WEEK 46

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 17 NOVEMBER 2025

WEEK 47

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 18 NOVEMBER 2025

WEEK 47

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 19 NOVEMBER 2025

WEEK 47

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 20 NOVEMBER 2025

WEEK 47

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 21 NOVEMBER 2025

WEEK 47

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 22 NOVEMBER 2025

WEEK 47

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 23 NOVEMBER 2025

WEEK 47

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 24 NOVEMBER 2025

WEEK 48

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 25 NOVEMBER 2025

WEEK 48

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 26 NOVEMBER 2025

WEEK 48

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 27 NOVEMBER 2025

WEEK 48

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 28 NOVEMBER 2025

WEEK 48

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 29 NOVEMBER 2025

WEEK 48

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SUNDAY, 30 NOVEMBER 2025

WEEK 48

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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GOALS AND INTENTIONS

DECEMBER 2025

Monthly goals

GOAL

- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
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- ○

REWARD:

GOAL

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- ○

REWARD:

GOAL

- ○
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- ○

REWARD:

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

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DECEMBER 2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 49	1	2	3	4	5	6	7
WEEK 50	8	9	10	11	12	13	14
WEEK 51	15	16	17	18	19	20	21
WEEK 52	22	23	24	25	26	27	28
WEEK 1	29	30	31				

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

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VISION BOARD

DECEMBER 2025

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WELLNESS TRACKER

DECEMBER 2025

MENTAL & PHYSICAL STATE		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
SLEEP	8+ HOURS																															
	6-8 HOURS																															
	4-6 HOURS																															
	0-4 HOURS																															
OVERALL MOOD	GOOD																															
	NEUTRAL																															
	BAD																															
STRESS & ANXIETY LEVELS	HIGH																															
	MEDIUM																															
	LOW																															
ENERGY LEVELS	HIGH																															
	MEDIUM																															
	LOW																															
MOTIVATION	HIGH																															
	MEDIUM																															
	LOW																															
NUTRITION	HEALTHY																															
	NEUTRAL																															
	UNHEALTHY																															
WATER INTAKE	HIGH																															
	MEDIUM																															
	LOW																															
EXERCISE	HIGH																															
	MODERATE																															
	LOW																															
SELF-CARE	HIGH																															
	MEDIUM																															
	LOW																															
NOTES																																

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MONTHLY REFLECTION

DECEMBER 2025

How would I rate my month out of ten?

1 2 3 4 5 6 7 8 9 10

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
YOUR ENVIRONMENT	☆ ☆ ☆ ☆ ☆
PERSONAL DEVELOPMENT	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆
MONEY & FINANCES	☆ ☆ ☆ ☆ ☆
CAREER OR BUSINESS	☆ ☆ ☆ ☆ ☆

Did I take good physical, mental, and emotional care of myself?

Did I have a work-life balance this month?

Did I make time for self-care, rest, and fun? Why or why not?

Has anything been making me feel stressed this past month?

What did I spend too little time on?

What challenges did I face and how did I manage them?

What did I spend too much time on?

Top three highlights of this month

1.

2.

3.

What are the things I am grateful for this month?

1.

2.

3.

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WEEK 49 | DECEMBER 1 — DECEMBER 7

SCHEDULE	MAIN FOCUS
1 MON	
2 TUE	
3 WED	
4 THU	
5 FRI	
6 SAT	
7 SUN	

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 49 | DECEMBER 1 – DECEMBER 7

CLASSIC HOURLY BLOCKS MINDFLOW < >

1 MON	2 TUE	3 WED	4 THU	5 FRI	6 SAT	7 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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BRAIN DUMP

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WEEK 49 | DECEMBER 1 – DECEMBER 7

CLASSIC HOURLY BLOCKS MINDFLOW < >

1 MON	2 TUE	3 WED
4 THU	5 FRI	6 SAT
		7 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

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WEEK 49 | DECEMBER 1 – DECEMBER 7

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

1
MON

2
TUE

3
WED

4
THU

5
FRI

6
SAT

7
SUN

MINDFLOW

© manifestable

WEEK 50 | DECEMBER 8 – DECEMBER 14

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

8 MON

9 TUE

10 WED

11 THU

12 FRI

13 SAT

14 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

© manifestable

WEEK 50 | DECEMBER 8 – DECEMBER 14

CLASSIC HOURLY BLOCKS MINDFLOW < >

8 MON	9 TUE	10 WED	11 THU	12 FRI	13 SAT	14 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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BRAIN DUMP

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WEEK 50 | DECEMBER 8 – DECEMBER 14

CLASSIC HOURLY BLOCKS MINDFLOW < >

8 MON	9 TUE	10 WED

11 THU	12 FRI	13 SAT
		14 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

© manifestable

WEEK 50 | DECEMBER 8 – DECEMBER 14

SCHEDULE

8
MON

9
TUE

10
WED

11
THU

12
FRI

13
SAT

14
SUN

MINDFLOW

© manifestable

WEEK 51 | DECEMBER 15 — DECEMBER 21

CLASSIC | HOURLY | BLOCKS | MINDFLOW | < | >

SCHEDULE | MAIN FOCUS

15 MON

16 TUE

17 WED

18 THU

19 FRI

20 SAT

21 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 51 | DECEMBER 15 – DECEMBER 21

CLASSIC HOURLY BLOCKS MINDFLOW < >

15 MON	16 TUE	17 WED	18 THU	19 FRI	20 SAT	21 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
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9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

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WEEK 51 | DECEMBER 15 — DECEMBER 21

CLASSIC HOURLY BLOCKS MINDFLOW < >

15 MON	16 TUE	17 WED
18 THU	19 FRI	20 SAT
		21 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

© manifestable

WEEK 51 | DECEMBER 15 – DECEMBER 21

SCHEDULE

15
MON

16
TUE

17
WED

18
THU

19
FRI

20
SAT

21
SUN

MINDFLOW

© manifestable

WEEK 52 | DECEMBER 22 — DECEMBER 28

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

22
MON

23
TUE

24
WED

25
THU

26
FRI

27
SAT

28
SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

© manifestable

WEEK 52 | DECEMBER 22 – DECEMBER 28

CLASSIC HOURLY BLOCKS MINDFLOW < >

22 MON	23 TUE	24 WED	25 THU	26 FRI	27 SAT	28 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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- [ ]

BRAIN DUMP

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WEEK 52 | DECEMBER 22 – DECEMBER 28

22 MON	23 TUE	24 WED
25 THU	26 FRI	27 SAT
		28 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S

© manifestable

WEEK 52 | DECEMBER 22 – DECEMBER 28

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

22
MON

23
TUE

24
WED

25
THU

26
FRI

27
SAT

28
SUN

MINDFLOW

© manifestable

WEEK 01 | DECEMBER 29 — JANUARY 4

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

29 MON

30 TUE

31 WED

1 THU

2 FRI

3 SAT

4 SUN

weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1.

2.

3.

TO DO LIST

BRAIN DUMP

© manifestable

WEEK 01 | DECEMBER 29 — JANUARY 4

CLASSIC HOURLY BLOCKS MINDFLOW < >

29 MON	30 TUE	31 WED	1 THU	2 FRI	3 SAT	4 SUN
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

weekly focus

TOP PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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- [ ]

BRAIN DUMP

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WEEK 01 | DECEMBER 29 — JANUARY 4

CLASSIC HOURLY BLOCKS MINDFLOW < >

29 MON	30 TUE	31 WED

1 THU	2 FRI	3 SAT
		4 SUN

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

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WEEK 01 | DECEMBER 29 — JANUARY 4

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

29
MON

30
TUE

31
WED

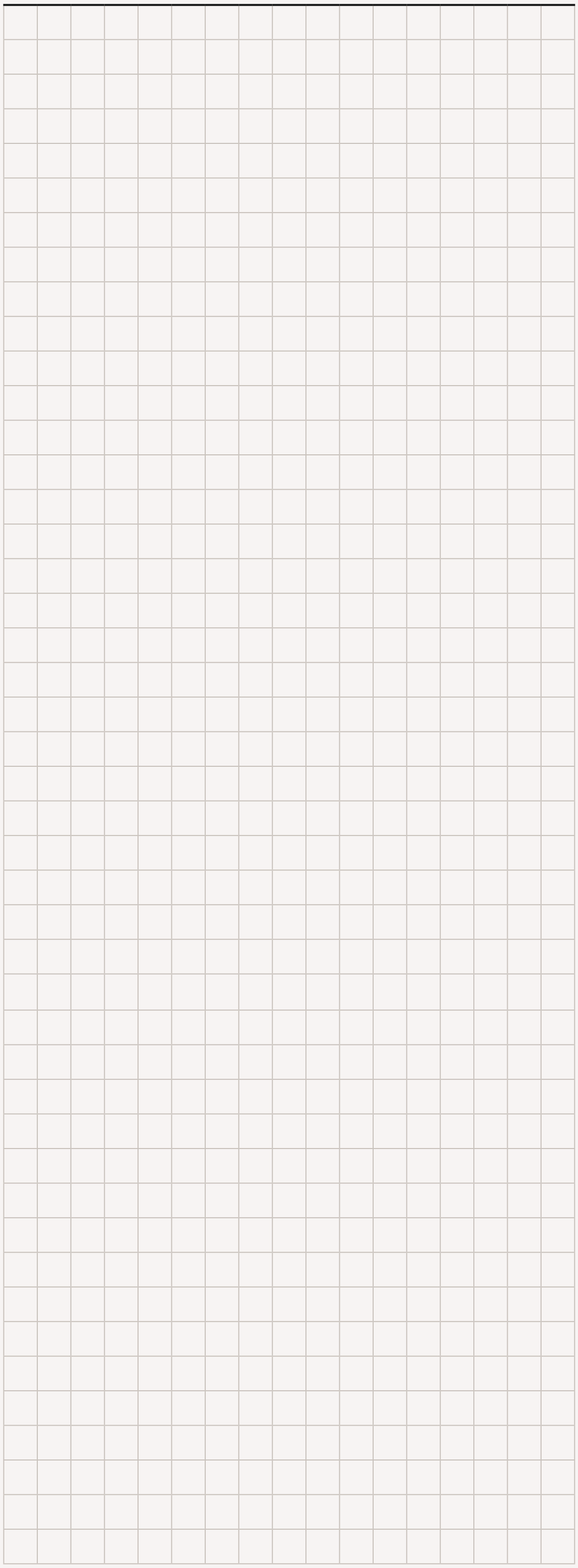
1
THU

2
FRI

3
SAT

4
SUN

MINDFLOW



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MONDAY, 1 DECEMBER 2025

WEEK 49

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 2 DECEMBER 2025

WEEK 49

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
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10AM
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12PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 3 DECEMBER 2025

WEEK 49

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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THURSDAY, 4 DECEMBER 2025

WEEK 49

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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FRIDAY, 5 DECEMBER 2025

WEEK 49

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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SATURDAY, 6 DECEMBER 2025

WEEK 49

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 7 DECEMBER 2025

WEEK 49

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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MONDAY, 8 DECEMBER 2025

WEEK 50

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 9 DECEMBER 2025

WEEK 50

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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WEDNESDAY, 10 DECEMBER 2025

WEEK 50

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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THURSDAY, 11 DECEMBER 2025

WEEK 50

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 12 DECEMBER 2025

WEEK 50

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 13 DECEMBER 2025

WEEK 50

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 14 DECEMBER 2025

WEEK 50

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

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MEALS & HYDRATION

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D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 15 DECEMBER 2025

WEEK 51

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

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daily movement

self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 16 DECEMBER 2025

WEEK 51

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 17 DECEMBER 2025

WEEK 51

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 18 DECEMBER 2025

WEEK 51

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 19 DECEMBER 2025

WEEK 51

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 20 DECEMBER 2025

WEEK 51

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 21 DECEMBER 2025

WEEK 51

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 22 DECEMBER 2025

WEEK 52

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
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MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

TUESDAY, 23 DECEMBER 2025

WEEK 52

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

B	L
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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 24 DECEMBER 2025

WEEK 52

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

THURSDAY, 25 DECEMBER 2025

WEEK 52

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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daily movement

self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

FRIDAY, 26 DECEMBER 2025

WEEK 52

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

TIME BLOCKING

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SATURDAY, 27 DECEMBER 2025

WEEK 52

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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self-care of the day

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 28 DECEMBER 2025

WEEK 52

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
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- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

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PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

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DON'T FORGET

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MEALS & HYDRATION

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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

MONDAY, 29 DECEMBER 2025

WEEK 1

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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TUESDAY, 30 DECEMBER 2025

WEEK 1

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

WEDNESDAY, 31 DECEMBER 2025

WEEK 1

Starting energy level ① ② ③ ④ ⑤

Starting anxiety level ① ② ③ ④ ⑤

Today's mood

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ Medium ○ Low ○ None

main focus

NON NEGOTIABLE THINGS I'LL GET DONE TODAY

- ○
- ○
- ○

REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

Yearly Reflection

How would I describe 2025 in one word?

How did I take care of my mental and physical health?

What achievements this year made me feel proud, and how did they shape my personal growth?

What were the biggest challenges I faced, and how did I overcome them and grow from them?

What are the three biggest wins I experienced in 2025, and how did they make me feel?

What areas of my life felt the most chaotic or out of balance this year?

If I could go back to last January 1, what suggestions would I give my past self?

Looking back overall, how do I rate my happiness on a scale of 1–10?

1 2 3 4 5 6 7 8 9 10

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ADHD WELLNESS TOOLS

ADHD DAILY JOURNAL

MORNING ANXIETY JOURNAL

EVENING ANXIETY JOURNAL

GRATITUDE JOURNAL

MANIFESTATION JOURNAL

LIFE CHANGES

TRAVEL WISHLIST

GOAL SETTING

HEALTHY HABITS

WHEEL OF LIFE

SELF-CARE GOALS

SELF-CARE TRACKER

MEAL PLANNER

FITNESS LOG

RECIPE JOURNAL

STEPS TRACKER

SLEEP TRACKER

MOOD TRACKER

SKINCARE ROUTINE

PERIOD TRACKER

GRATITUDE JAR

INSPIRATIONAL QUOTES

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ADHD
Daily Journal

How can I show myself kindness today?

What's something I'm grateful for right now?

What positive thoughts or affirmations can I focus on to challenge my anxiety today?

1.

2.

3.

4.

5.

What is currently making me feel anxious, and why do I think it's triggering me?

Is there a small step I can take today to face something I'm feeling anxious about?

What can I do today to reduce stress?

1.

2.

3.

What would I tell a friend who is feeling the way I am right now?

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MORNING

Anxiety Journal

How are you really feeling this morning?

Emotionally	*Physically*	*Mentally*

If you aren't feeling your best, what ways can you help yourself improve these areas?

Are you anxious about anything in the day ahead?

If so, take a minute to reflect on any negative thoughts you may be having.	Then, take a minute to rewrite this anxious thought in a more positive or realistic way.

If I feel anxious today, what are three phrases I can tell myself to help me feel grounded?

What are some of my anxiety triggers? What will I do if I am faced with them today?

What is something I am looking forward to today?

How can I manage my anxiety today better than yesterday?

Today I am letting go of...

List three positive affirmations about yourself

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EVENING
Anxiety Journal

What was the best part of my day?

What are three things I am grateful for today?

What was one thing that went right today?

What was one thing that went wrong today?

What is one thing I can do tomorrow that my future self will thank me for?

Is there anything causing me stress or anxiety?

Did I feel anxious at all today?

Did I learn any lessons today?

Take a minute to reflect on how you felt today.

Write down 2-3 emotions you felt during the day

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Gratitude Journal

WEEK OF:

MONDAY

1.
2.
3.

TUESDAY

1.
2.
3.

WEDNESDAY

1.
2.
3.

THURSDAY

1.
2.
3.

FRIDAY

1.
2.
3.

SATURDAY

1.
2.
3.

SUNDAY

1.
2.
3.

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Manifestation Journal

I WANT TO MANIFEST

HOW DO I WANT TO FEEL ?

LIMITING BELIEFS

1.

2.

3.

ACTION STEPS TO TAKE

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
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- [ ]

POSITIVE AFFIRMATIONS

1.

2.

3.

VISUALIZATION

I SEE	
I FEEL	
I AM	

I am so happy and grateful now that...

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Life Changes

	WHERE AM I NOW?	WHERE DO I WANT TO BE?	HOW CAN I GET THERE?
HEALTH & FITNESS			
SPIRITUALITY			
FAMILY			
LOVE			
SOCIAL			
CAREER & BUSINESS			
FINANCE			
FUN & RECREATION			
PERSONAL DEVELOPMENT			

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2025

Travel Wishlist

01. _____

02. _____

03. _____

04. _____

05. _____

06. _____

07. _____

08. _____

09. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

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Goal Setting

MY GOAL	MY WHY (WHY IS IT IMPORTANT TO ME?)	STEPS TO MAKE IT HAPPEN	REWARD IF ACHIEVED
		○ ○ ○ ○ ○	
		○ ○ ○	
		○ ○ ○ ○ ○	
		○ ○ ○ ○ ○	
		○ ○ ○	
		○ ○ ○ ○ ○	
		○ ○ ○ ○ ○	
		○ ○ ○	
		○ ○ ○ ○ ○	
		○ ○ ○	

Healthy Habits

HABITS TO BREAK

MY IDEAL HABITS

MY IDEAL MORNING ROUTINE

MY IDEAL EVENING ROUTINE

HOW CAN I STICK TO A DAILY ROUTINE THAT SUPPORTS MY HEALTH?

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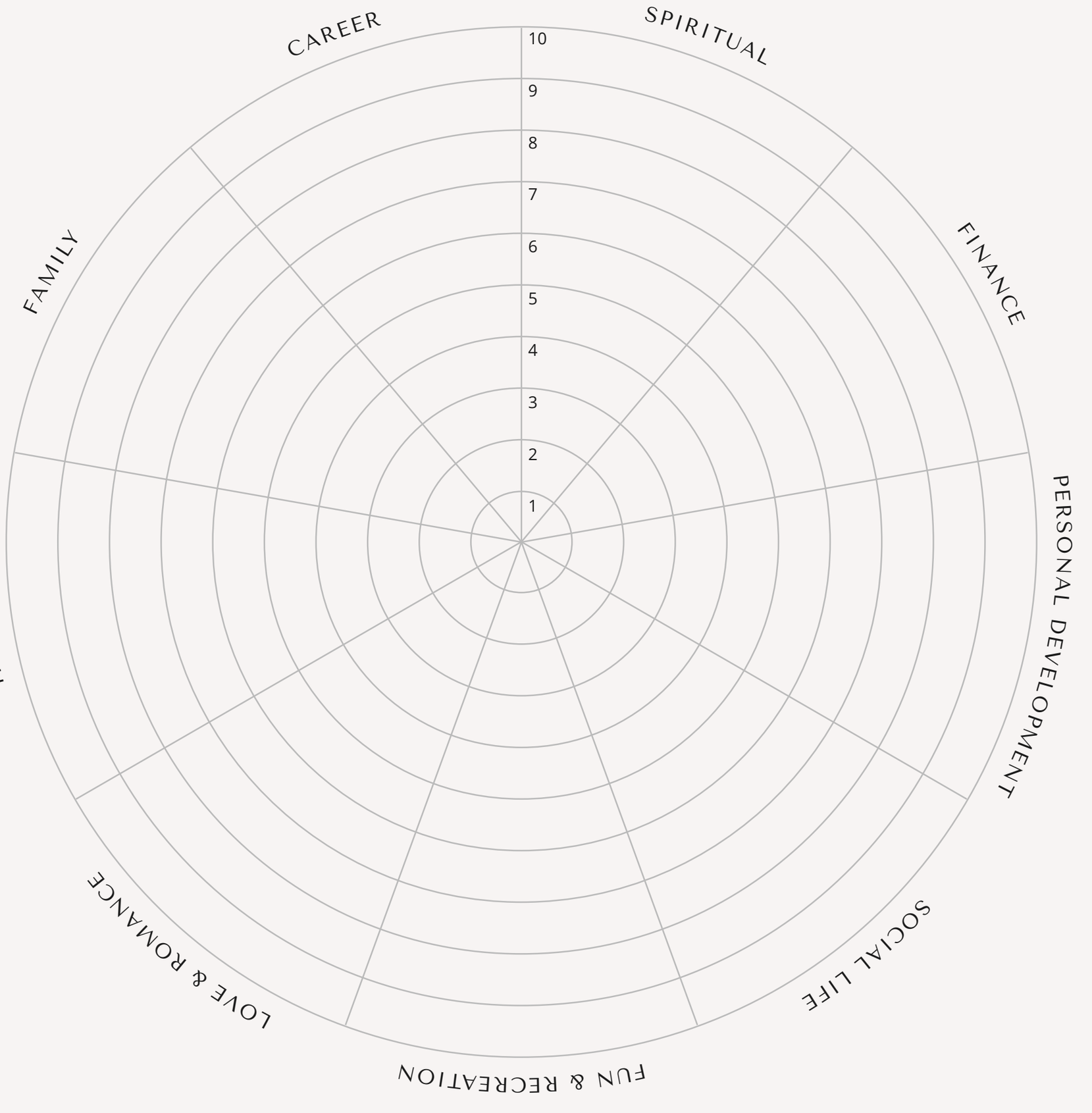
Wheel of Life



CAREER:

FINANCE:

SPIRITUAL:

FAMILY:

PERSONAL DEVELOPMENT:

SOCIAL LIFE:

FUN & RECREATION:

LOVE & ROMANCE:

HEALTH:

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Self-Care Goals

GOALS FOR MY MIND & SOUL

GOAL #1

1.
2.
3.
4.
5.

REWARD & MOTIVATION:

GOAL #2

1.
2.
3.
4.
5.

REWARD & MOTIVATION:

GOAL #3

1.
2.
3.
4.
5.

REWARD & MOTIVATION:

GOALS FOR MY BODY

GOAL #1

1.
2.
3.
4.
5.

REWARD & MOTIVATION:

GOAL #2

1.
2.
3.
4.
5.

REWARD & MOTIVATION:

GOAL #3

1.
2.
3.
4.
5.

REWARD & MOTIVATION:

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WEEKLY
Self-Care Tracker

WEEK OF:

SELF—CARE GOALS	M	T	W	T	F	S	S
	○	○	○	○	○	○	○

Meal Planner

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

GROCERY LIST

- ○
- ○
- ○

Fitness Log

WEEK OF:

	ACTIVITY	TIME	DISTANCE	SETS	REPS	WEIGHT	NOTES
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							

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Recipes

Insert image here

COOKING TIME:

PREP TIME:

COOKING TEMP:

SERVES:

CALORIES:

RATING: ☆ ☆ ☆ ☆ ☆ DIFFICULTY: ○ ○ ○ ○ ○

INGREDIENTS

DIRECTIONS

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Steps Tracker

MONTH:

	50	100	250	500	750	1 000	1 500	2 000	2 500	3 000	3 500	4 000	4 500	5 000	5 500	6 000	6 500	7 000	7 500	8 000	8 500	9 000	9 500	10 000
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30																								
31																								

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Sleep Tracker

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY	HOURS SLEPT														QUALITY OF SLEEP
1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
2	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
4	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
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10	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
11	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
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16	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
17	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
18	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
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23	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
25	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
26	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
27	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
28	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
29	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆

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Mood Tracker

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
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- HAPPY
- EXCITED
- RELAXED
- INSPIRED
- PRODUCTIVE
- SAD
- DEPRESSED
- SICK
- NERVOUS

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Skincare Routine

MORNING SKINCARE

STEP	M	T	W	T	F	S	S	NOTES
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	

EVENING SKINCARE

STEP	M	T	W	T	F	S	S	NOTES
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	

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Period Tracker

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
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28												
29												
30												
31												

PERIOD KEY

CRAMPS ♡ LIGHT ♡ MEDIUM ♡

HEAVY ♡ SPOTTING ♡ TIRED ♡

FATIGUE ♡ ACNE ♡ HEADACHE ♡

_____ ♡ _____ ♡ _____ ♡

CYCLE LENGTH

JAN		JUL	
FEB		AUG	
MAR		SEP	
APR		OCT	
MAY		NOV	
JUN		DEC	

NOTES

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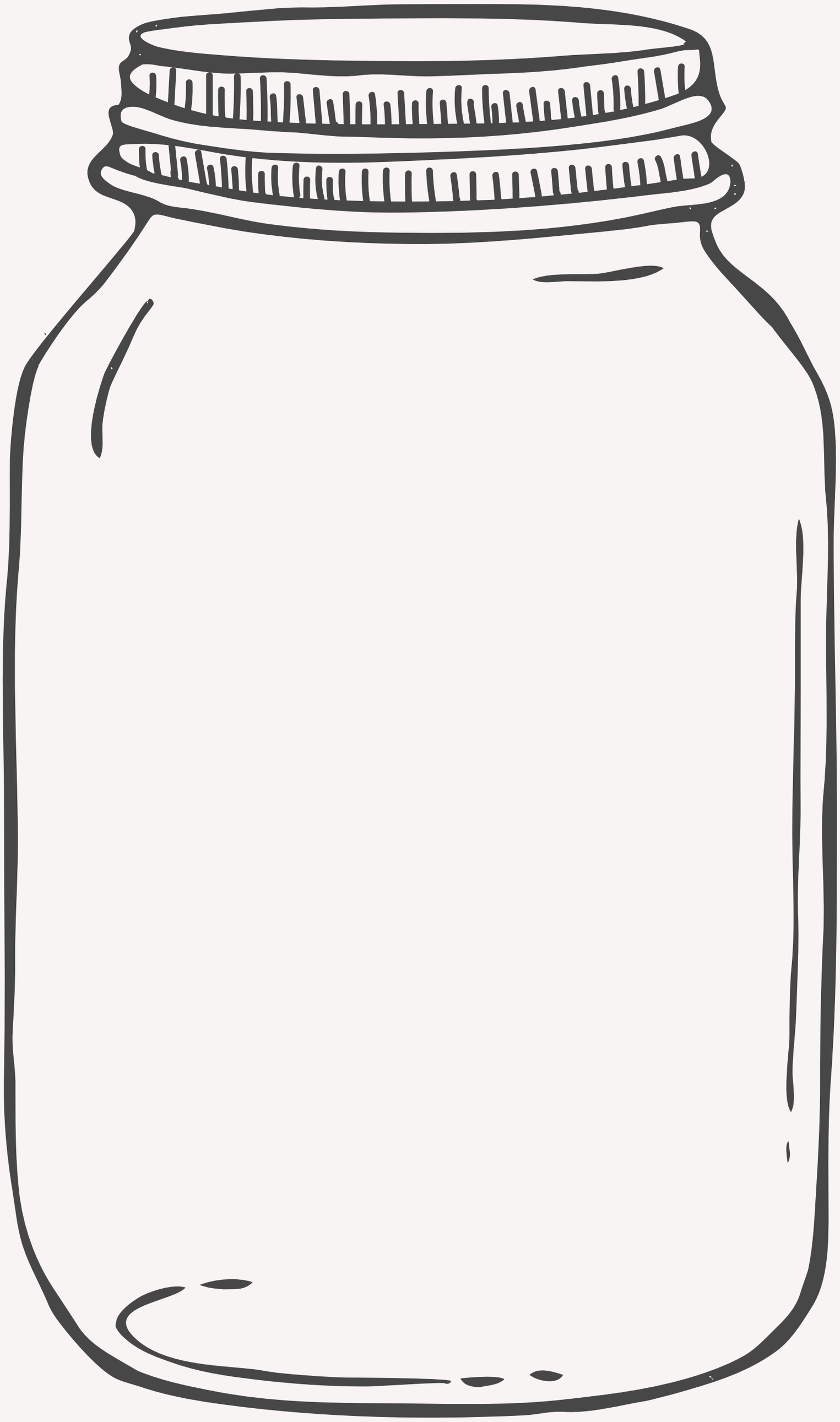
Gratitude Jar

Take some time to reflect on the people, experiences and the things you have in your life that you're really grateful for and put them in this gratitude jar! The goal is to fill up the jar up to the lid, so you can come back and reflect on things you've written down when you're feeling a bit down.



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Inspirational Quotes

“ “

“ “

“ “

“ “

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“ “

“ “

“ “

“ “

“ “

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ADHD PRODUCTIVITY TOOLS

GOAL PLANNER

30 DAY CHALLENGE

MIND MAP

BUCKET LIST

TRAVEL PLANNER

HABIT TRACKER

WISHLIST

LOGINS

CLEANING SCHEDULE

READING WISHLIST

MOVIES & TV SERIES

PODCASTS

YOUTUBE

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Goal Planner

GOAL

START DATE:

FINISH DATE:

ACTION STEPS TO TAKE

- [ ]
- [ ]
- [ ]

30 Day Challenge

GOAL

REWARD

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

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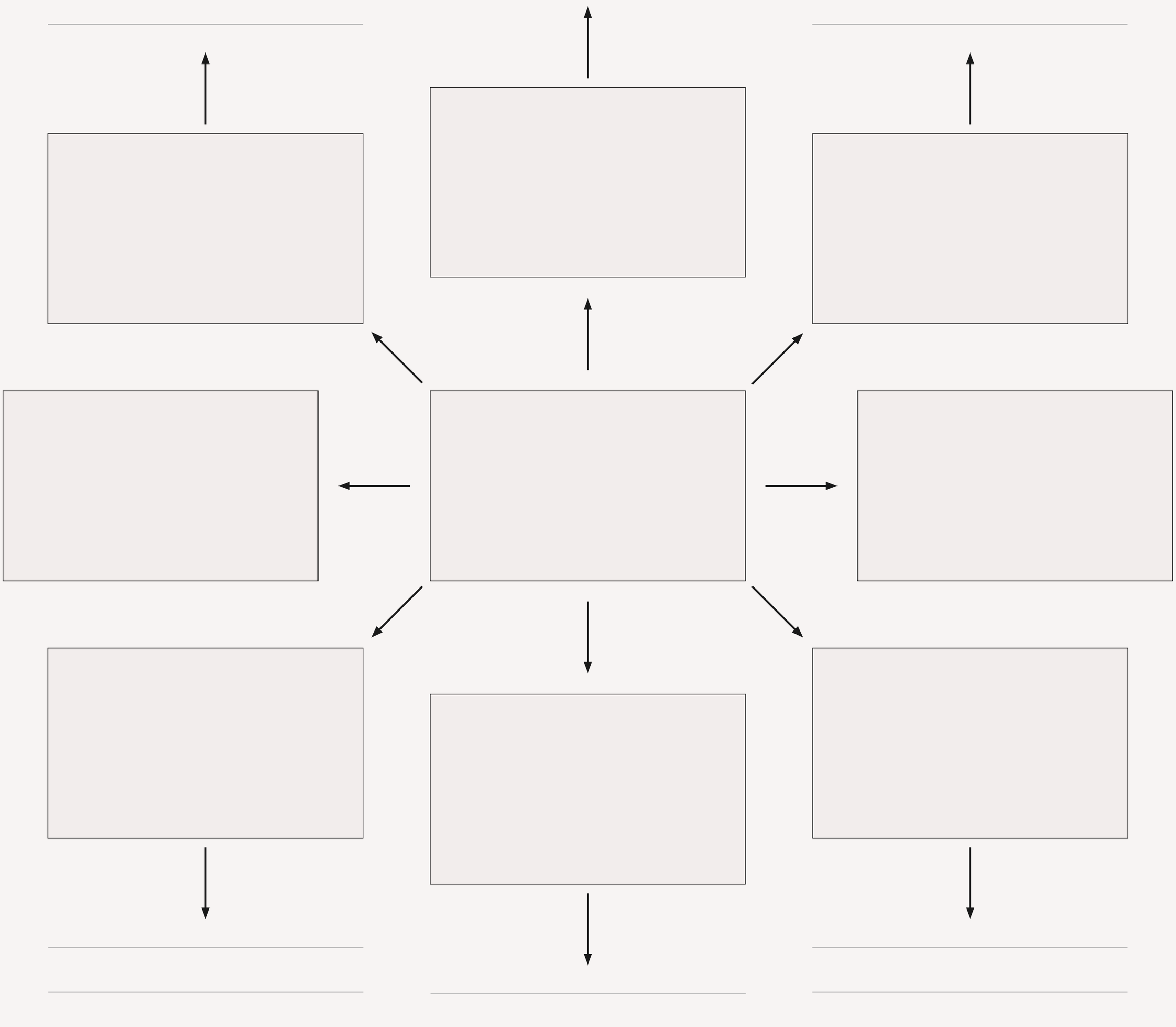
Mind Map



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Bucket List

01. ☐
02. ☐
03. ☐
04. ☐
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48. ☐
49. ☐
50. ☐

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Travel Planner

DESTINATION:

DEPARTURE DATE & TIME

ARRIVAL DATE & TIME

PRE-DEPARTURE CHECKLIST

- [ ]
- [ ]
- [ ]
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PLACES TO VISIT

- [ ]
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ACCOMODATION NAME	PRICE	CHECK IN/OUT

ESSENTIAL ITEMS

AIRLINE NAME	FLIGHT NO.	FROM	TO	DURATION	BOARDING TIME / GATE	DEPARTURE TIME

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Habit Tracker

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

	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	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	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	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	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	6	7	8	9	10	11	12	13	14	15	16
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	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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	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	

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Wishlist

CATEGORY:

✓	ITEM	STORE	PRICE	NEED	WANT	NOTES
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	

CATEGORY:

✓	ITEM	STORE	PRICE	NEED	WANT	NOTES
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	

CATEGORY:

✓	ITEM	STORE	PRICE	NEED	WANT	NOTES
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	
○				○	○	

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Logins

WEBSITE:

USERNAME:

PASSWORD:

EMAIL:

NOTES:

WEBSITE:

USERNAME:

PASSWORD:

EMAIL:

NOTES:

WEBSITE:

USERNAME:

PASSWORD:

EMAIL:

NOTES:

WEBSITE:

USERNAME:

PASSWORD:

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WEBSITE:

USERNAME:

PASSWORD:

EMAIL:

NOTES:

WEBSITE:

USERNAME:

PASSWORD:

EMAIL:

NOTES:

WEBSITE:

USERNAME:

PASSWORD:

EMAIL:

NOTES:

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Cleaning Schedule

WEEK OF:

DAILY TASKS	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

MONDAY ✓	TUESDAY ✓	WEDNESDAY ✓
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○

THURSDAY ✓	FRIDAY ✓	WEEKEND ✓
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○

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Reading Wishlist

Insert book cover image here

TITLE:

AUTHOR:

○ BOUGHT ○ READ

COMMENTS:

☆ ☆ ☆ ☆ ☆

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TITLE:

AUTHOR:

○ BOUGHT ○ READ

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Movies & TV Series

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YouTube

MOTIVATIONAL & INSPIRATIONAL YOUTUBE CHANNELS TO KEEP ME MOTIVATED

ADHD FINANCE TOOLS

YEARLY FINANCES

BUDGET PLANNER

SPENDING TRACKER

SUBSCRIPTION TRACKER

BILL PAYMENT TRACKER

DEBT PAYMENT TRACKER

52 SAVINGS CHALLENGE

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Yearly Finances

FINANCIAL GOALS

YEAR:	INCOME GOAL:
BEGINNING NET WORTH:	SAVINGS GOAL:
STARTING SAVINGS BALANCE:	INVESTING GOAL:
STARTING DEBT BALANCE:	DEBT PAYOFF GOAL:

	INCOME	EXPENSES	SAVINGS	INVESTMENTS	DEBT PAID	OTHER
JAN						
FEB						
MAR						
APR						
MAY						
JUN						
JUL						
AUG						
SEP						
OCT						
NOV						
DEC						

NOTES

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Monthly Budget Planner

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

FINANCE GOALS
1.
2.
3.

INCOME	DATE	AMOUNT
TOTAL INCOME		

HOUSING&UTILITIES	DATE	AMOUNT
TOTAL:		

FOOD	BUDGET	ACTUAL
TOTAL:		

DEBT	BUDGET	ACTUAL
TOTAL:		

HEALTH	BUDGET	ACTUAL
TOTAL:		

SAVINGS	BUDGET	ACTUAL
TOTAL:		

OTHER		BUDGET	ACTUAL
TOTAL:			

PERSONAL	BUDGET	ACTUAL
TOTAL:		

MONTH SUMMARY	BUDGET	ACTUAL
INCOME		
EXPENSES		
BALANCE:		

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Spending Tracker

DATE	DESCRIPTION	AMOUNT	CASH	CARD
			☐	☐
			☐	☐
			☐	☐

Subscription Tracker

SERVICE/ITEM	AMOUNT	DUE DATE	MONTHLY	QUARTERLY	YEARLY	PAID
			○	○	○	☐
			○	○	○	☐
			○	○	○	☐

Bill Payment Tracker

MONTH:

BILL	AMOUNT	DUE DATE	PAID DATE	PAID	AUTOPAY
				○	○
				○	○
				○	○

Debt Payment Tracker

DEBT NAME:

CREDITOR:

START BALANCE:

INTEREST RATE:

ACCOUNT #

DUE DATE:

MIN. PAYMENT:

GOAL PAYOFF DATE:

DATE	AMOUNT	BALANCE	NOTES

52 WEEK
Savings Challenge

WEEK	AMOUNT	BALANCE	DONE?
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			◯

WEEK	AMOUNT	BALANCE	DONE?
27			◯
28			◯
29			◯
30			◯
31			◯
32			◯
33			◯
34			◯
35			◯
36			◯
37			◯
38			◯
39			◯
40			◯
41			◯
42			◯
43			◯
44			◯
45			◯
46			◯
47			◯
48			◯
49			◯
50			◯
51			◯
52			◯

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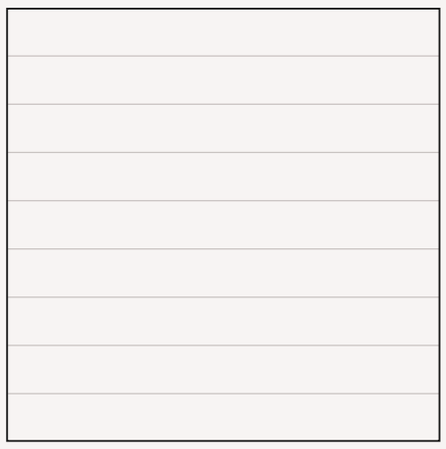
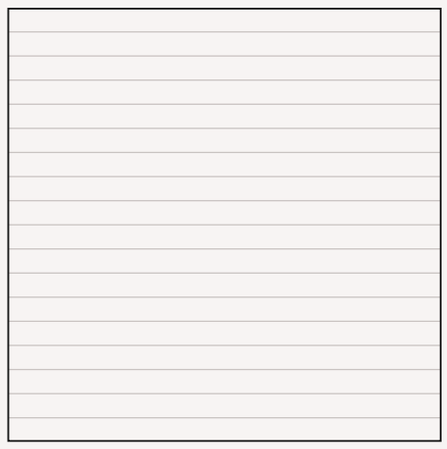
NOTES TEMPLATES



LINED



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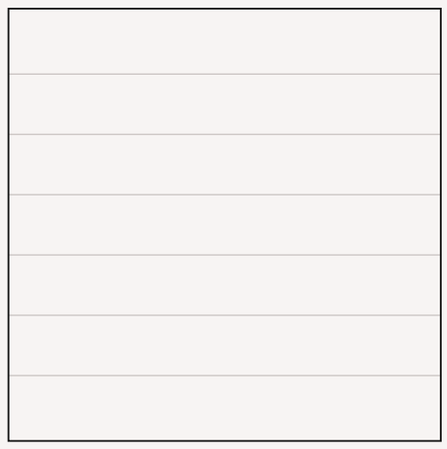

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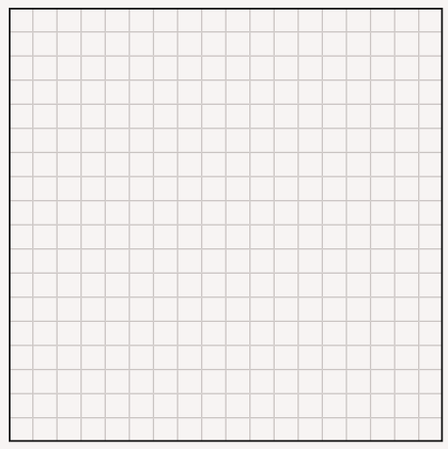

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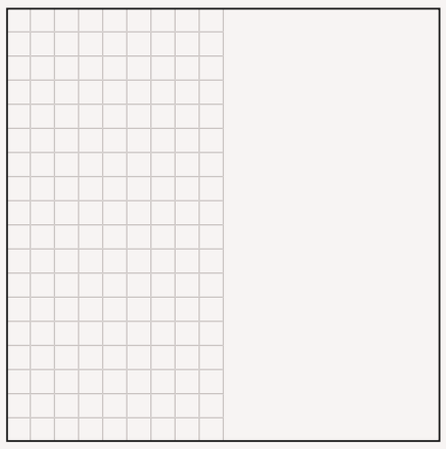

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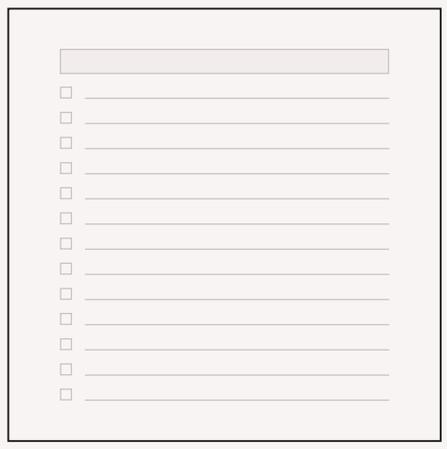
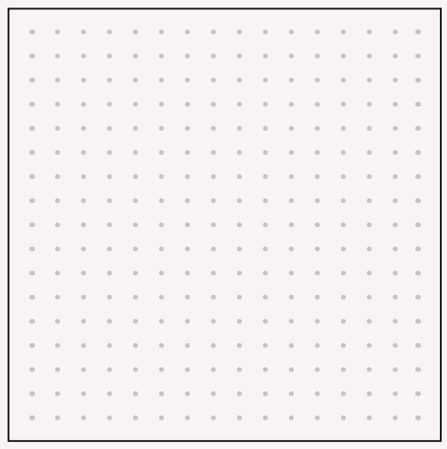


TO DO LISTS



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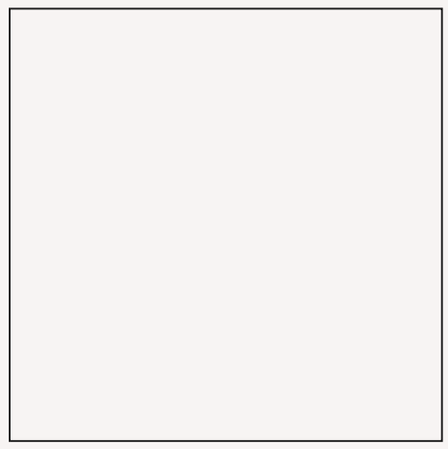

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