2025

PLANNER

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Jan Feb Mar Apr
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Lined

Narrow Lined

Wide Lined

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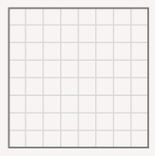

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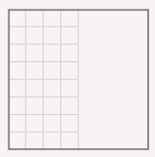

Half Grid

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Blank

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2025 | CALENDAR

JANUARY

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

FEBRUARY

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

MARCH

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

APRIL

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

MAY

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

JUNE

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

JULY

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

AUGUST

	S	M	T	W	T	F	S
31						1	2
32	3	4	5	6	7	8	9
33	10	11	12	13	14	15	16
34	17	18	19	20	21	22	23
35	24	25	26	27	28	29	30
36	31						

SEPTEMBER

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

OCTOBER

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

NOVEMBER

	S	M	T	W	T	F	S
44							1
45	2	3	4	5	6	7	8
46	9	10	11	12	13	14	15
47	16	17	18	19	20	21	22
48	23	24	25	26	27	28	29
49	30						

DECEMBER

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

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

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

PRIORITIES

1.

2.

3.

TO DO LIST

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

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 29 — JANUARY 4

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

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WEEK 01 | DECEMBER 29 — JANUARY 4

CLASSIC HOURLY BLOCKS MINDFLOW < >

29 SUN	30 MON	31 TUE	1 WED	2 THU	3 FRI	4 SAT
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 01 | DECEMBER 29 — JANUARY 4

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 01 | DECEMBER 29 — JANUARY 4

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

29
SUN

30
MON

31
TUE

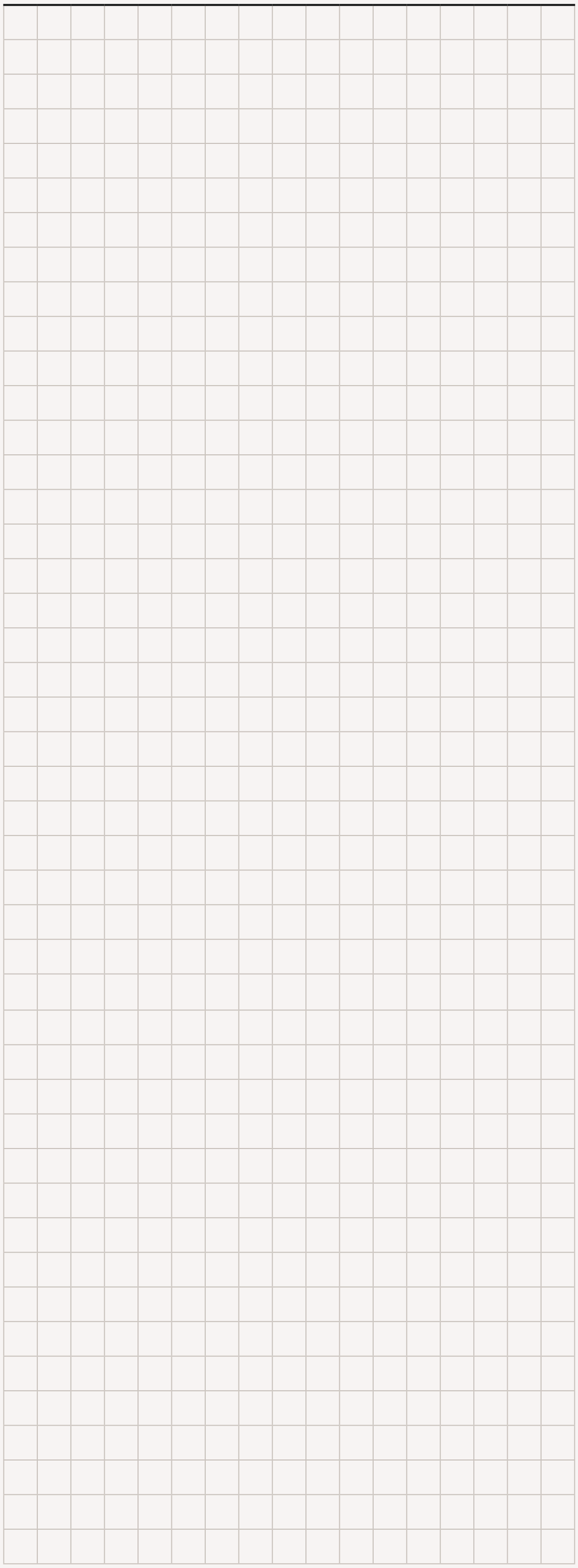
1
WED

2
THU

3
FRI

4
SAT

MINDFLOW



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

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WEEK 02 | JANUARY 5 — JANUARY 11

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 02 | JANUARY 5 — JANUARY 11

CLASSIC HOURLY BLOCKS MINDFLOW < >

5 SUN	6 MON	7 TUE	8 WED	9 THU	10 FRI	11 SAT
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 02 | JANUARY 5 — JANUARY 11

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

S	M	T	W	T	F	S

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WEEK 02 | JANUARY 5 — JANUARY 11

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

5
SUN

6
MON

7
TUE

8
WED

9
THU

10
FRI

11
SAT

MINDFLOW

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WEEK 03 | JANUARY 12 — JANUARY 18

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 03 | JANUARY 12 — JANUARY 18

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 03 | JANUARY 12 — JANUARY 18

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

12
SUN

13
MON

14
TUE

15
WED

16
THU

17
FRI

18
SAT

MINDFLOW

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WEEK 04 | JANUARY 19 — JANUARY 25

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

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WEEK 04 | JANUARY 19 — JANUARY 25

CLASSIC HOURLY BLOCKS MINDFLOW < >

19 SUN	20 MON	21 TUE	22 WED	23 THU	24 FRI	25 SAT
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 04 | JANUARY 19 — JANUARY 25

CLASSIC HOURLY BLOCKS MINDFLOW < >

19 SUN	20 MON	21 TUE	22 WED

23 THU	24 FRI	25 SAT	REMINDERS

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

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WEEK 04 | JANUARY 19 — JANUARY 25

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

19
SUN

20
MON

21
TUE

22
WED

23
THU

24
FRI

25
SAT

MINDFLOW

© manifestable

WEEK 05 | JANUARY 26 — FEBRUARY 1

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

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WEEK 05 | JANUARY 26 — FEBRUARY 1

CLASSIC HOURLY BLOCKS MINDFLOW < >

26 SUN	27 MON	28 TUE	29 WED	30 THU	31 FRI	1 SAT
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 05 | JANUARY 26 — FEBRUARY 1

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

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

© manifestable

WEEK 05 | JANUARY 26 — FEBRUARY 1

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

26
SUN

27
MON

28
TUE

29
WED

30
THU

31
FRI

1
SAT

MINDFLOW

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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
7PM
8PM
9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

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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
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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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

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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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)

- ○
- ○
- ○
- ○
- ○

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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SUNDAY, 5 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

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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+)

- ○
- ○
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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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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

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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+)

- ○
- ○
- ○

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)

- ○
- ○
- ○
- ○
- ○

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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8PM
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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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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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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

© manifestable

SUNDAY, 12 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
8AM
9AM
10AM
11AM
12PM
1PM
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4PM
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7PM
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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, 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
6AM
7AM
8AM
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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

© manifestable

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
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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)

- ○
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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, 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

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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, 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
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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, 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

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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 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

© manifestable

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

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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, 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)

- ○
- ○
- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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

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, 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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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, 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

- ○
- ○
- ○

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, 26 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

- ○
- ○
- ○

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, 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

- ○
- ○
- ○

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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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, 29 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

© manifestable

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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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, 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

- ○
- ○
- ○

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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GOALS AND INTENTIONS

FEBRUARY 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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FEBRUARY 2025

GOALS | CALENDAR | VISION BOARD | WELLNESS TRACKER | REFLECTION

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

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

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 2 — FEBRUARY 8

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

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WEEK 06 | FEBRUARY 2 — FEBRUARY 8

CLASSIC HOURLY BLOCKS MINDFLOW < >

2 SUN	3 MON	4 TUE	5 WED	6 THU	7 FRI	8 SAT
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 2 — FEBRUARY 8

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 06 | FEBRUARY 2 — FEBRUARY 8

SCHEDULE

2
SUN

3
MON

4
TUE

5
WED

6
THU

7
FRI

8
SAT

MINDFLOW

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WEEK 07 | FEBRUARY 9 — FEBRUARY 15

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 07 | FEBRUARY 9 — FEBRUARY 15

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 07 | FEBRUARY 9 — FEBRUARY 15

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

9
SUN

10
MON

11
TUE

12
WED

13
THU

14
FRI

15
SAT

MINDFLOW

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WEEK 08 | FEBRUARY 16 — FEBRUARY 22

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 08 | FEBRUARY 16 — FEBRUARY 22

CLASSIC HOURLY BLOCKS MINDFLOW < >

16 SUN	17 MON	18 TUE	19 WED	20 THU	21 FRI	22 SAT
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 08 | FEBRUARY 16 — FEBRUARY 22

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 08 | FEBRUARY 16 — FEBRUARY 22

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

16
SUN

17
MON

18
TUE

19
WED

20
THU

21
FRI

22
SAT

MINDFLOW

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WEEK 09 | FEBRUARY 23 — MARCH 1

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

23 SUN

24 MON

25 TUE

26 WED

27 THU

28 FRI

1 SAT

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

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WEEK 09 | FEBRUARY 23 — MARCH 1

CLASSIC HOURLY BLOCKS MINDFLOW < >

23 SUN	24 MON	25 TUE	26 WED	27 THU	28 FRI	1 SAT
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 09 | FEBRUARY 23 — MARCH 1

CLASSIC HOURLY BLOCKS MINDFLOW < >

23 SUN	24 MON	25 TUE	26 WED

27 THU	28 FRI	1 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 09 | FEBRUARY 23 – MARCH 1

SCHEDULE

23
SUN

24
MON

25
TUE

26
WED

27
THU

28
FRI

1
SAT

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 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

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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
3PM
4PM
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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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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
7AM
8AM
9AM
10AM
11AM
12PM
1PM
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4PM
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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, 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
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, 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
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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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
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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, 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
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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

SUNDAY, 9 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

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

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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

- ○
- ○
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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, 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

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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, 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

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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

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SUNDAY, 16 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

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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+)

- ○
- ○
- ○

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 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

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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

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, 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)

- ○
- ○
- ○
- ○
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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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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

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+)

- ○
- ○
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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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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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10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

SUNDAY, 23 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

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+)

- ○
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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, 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+)

- ○
- ○
- ○

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

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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

- ○
- ○
- ○

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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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)

- ○
- ○
- ○
- ○
- ○

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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GOALS AND INTENTIONS

MARCH 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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MARCH 2025

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

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

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 2 – MARCH 8

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

2 SUN

3 MON

4 TUE

5 WED

6 THU

7 FRI

8 SAT

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

○
○
○
○
○
○
○
○
○

BRAIN DUMP

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WEEK 10 | MARCH 2 – MARCH 8

CLASSIC HOURLY BLOCKS MINDFLOW < >

2 SUN	3 MON	4 TUE	5 WED	6 THU	7 FRI	8 SAT
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 2 – MARCH 8

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

S	M	T	W	T	F	S

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WEEK 10 | MARCH 2 – MARCH 8

SCHEDULE

2
SUN

3
MON

4
TUE

5
WED

6
THU

7
FRI

8
SAT

MINDFLOW

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WEEK 11 | MARCH 9 — MARCH 15

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 11 | MARCH 9 – MARCH 15

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

9 SUN	10 MON	11 TUE	12 WED

13 THU	14 FRI	15 SAT	REMINDERS

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

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WEEK 11 | MARCH 9 – MARCH 15

SCHEDULE

9
SUN

10
MON

11
TUE

12
WED

13
THU

14
FRI

15
SAT

MINDFLOW

© manifestable

WEEK 12 | MARCH 16 – MARCH 22

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 12 | MARCH 16 – MARCH 22

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

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

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WEEK 12 | MARCH 16 – MARCH 22

SCHEDULE

16
SUN

17
MON

18
TUE

19
WED

20
THU

21
FRI

22
SAT

MINDFLOW

© manifestable

WEEK 13 | MARCH 23 – MARCH 29

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 13 | MARCH 23 – MARCH 29

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

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

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WEEK 13 | MARCH 23 – MARCH 29

SCHEDULE

23
SUN

24
MON

25
TUE

26
WED

27
THU

28
FRI

29
SAT

MINDFLOW

© manifestable

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

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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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SUNDAY, 2 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

- ○
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REWARD FOR COMPLETING NON NEGOTIABLE TASKS

TASKS FOR TODAY (5-15MINS)

- ○
- ○
- ○
- ○
- ○

PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)

- ○
- ○
- ○

DON'T FORGET

- ○
- ○
- ○

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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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
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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

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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

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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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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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12PM
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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

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
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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 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)

- ○
- ○
- ○
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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, 9 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+)

- ○
- ○
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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, 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)

- ○
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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 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+)

- ○
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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, 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)

- ○
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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, 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+)

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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, 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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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, 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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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, 16 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

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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 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
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 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+)

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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, 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+)

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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, 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)

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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, 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)

- ○
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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, 23 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

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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+)

- ○
- ○
- ○

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, 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+)

- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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, 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

- ○
- ○
- ○

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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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)

- ○
- ○
- ○
- ○
- ○

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, 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

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SUNDAY, 30 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
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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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
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

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

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

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

PRIORITIES

1.

2.

3.

TO DO LIST

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

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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 30 – APRIL 5

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 14 | MARCH 30 – APRIL 5

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 14 | MARCH 30 – APRIL 5

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

30
SUN

31
MON

1
TUE

2
WED

3
THU

4
FRI

5
SAT

MINDFLOW

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WEEK 15 | APRIL 6 — APRIL 12

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

MAIN FOCUS

6
SUN

7
MON

8
TUE

9
WED

10
THU

11
FRI

12
SAT

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

○
○
○
○
○
○
○
○
○

BRAIN DUMP

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WEEK 15 | APRIL 6 — APRIL 12

CLASSIC HOURLY BLOCKS MINDFLOW < >

6 SUN	7 MON	8 TUE	9 WED	10 THU	11 FRI	12 SAT
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 6 — APRIL 12

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 15 | APRIL 6 — APRIL 12

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

6
SUN

7
MON

8
TUE

9
WED

10
THU

11
FRI

12
SAT

MINDFLOW

© manifestable

WEEK 16 | APRIL 13 — APRIL 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE MAIN FOCUS

13 SUN

14 MON

15 TUE

16 WED

17 THU

18 FRI

19 SAT

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

○
○
○
○
○
○
○
○

BRAIN DUMP

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WEEK 16 | APRIL 13 – APRIL 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

BRAIN DUMP

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WEEK 16 | APRIL 13 – APRIL 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

S	M	T	W	T	F	S

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WEEK 16 | APRIL 13 — APRIL 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

13
SUN

14
MON

15
TUE

16
WED

17
THU

18
FRI

19
SAT

MINDFLOW

© manifestable

WEEK 17 | APRIL 20 — APRIL 26

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 17 | APRIL 20 — APRIL 26

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

20 SUN	21 MON	22 TUE	23 WED

24 THU	25 FRI	26 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

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

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WEEK 17 | APRIL 20 — APRIL 26

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

20
SUN

21
MON

22
TUE

23
WED

24
THU

25
FRI

26
SAT

MINDFLOW

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WEEK 18 | APRIL 27 — MAY 3

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 18 | APRIL 27 — MAY 3

CLASSIC HOURLY BLOCKS MINDFLOW < >

27 SUN	28 MON	29 TUE	30 WED	1 THU	2 FRI	3 SAT
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 27 – MAY 3

CLASSIC HOURLY BLOCKS MINDFLOW < >

27 SUN	28 MON	29 TUE	30 WED

1 THU	2 FRI	3 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
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TO DO LIST

- ○
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BRAIN DUMP

HABIT

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

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WEEK 18 | APRIL 27 – MAY 3

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

27
SUN

28
MON

29
TUE

30
WED

1
THU

2
FRI

3
SAT

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

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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, 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)

- ○
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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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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)

- ○
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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, 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)

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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, 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)

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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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SUNDAY, 6 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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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, 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

- ○
- ○
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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, 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

- ○
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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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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, 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

- ○
- ○
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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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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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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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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

- ○
- ○
- ○

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, 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

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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 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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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, 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

- ○
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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

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

- ○
- ○
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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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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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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

- ○
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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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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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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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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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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

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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, 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)

- ○
- ○
- ○
- ○
- ○

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, 20 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
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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

- ○
- ○
- ○

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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FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

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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)

- ○
- ○
- ○
- ○
- ○

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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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

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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, 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

- ○
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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, 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

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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, 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)

- ○
- ○
- ○
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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, 27 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)

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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, 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
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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, 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
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9PM
10PM

FINISHING ENERGY LEVEL ① ② ③ ④ ⑤

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

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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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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:

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

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MAY 2025

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

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

PRIORITIES

1.

2.

3.

TO DO LIST

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

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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 4 — MAY 10

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

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WEEK 19 | MAY 4 — MAY 10

CLASSIC HOURLY BLOCKS MINDFLOW < >

4 SUN	5 MON	6 TUE	7 WED	8 THU	9 FRI	10 SAT
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 19 | MAY 4 — MAY 10

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

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

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WEEK 19 | MAY 4 — MAY 10

SCHEDULE

4
SUN

5
MON

6
TUE

7
WED

8
THU

9
FRI

10
SAT

MINDFLOW

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WEEK 20 | MAY 11 — MAY 17

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

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WEEK 20 | MAY 11 — MAY 17

CLASSIC HOURLY BLOCKS MINDFLOW < >

11 SUN	12 MON	13 TUE	14 WED	15 THU	16 FRI	17 SAT
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 20 | MAY 11 – MAY 17

CLASSIC HOURLY BLOCKS MINDFLOW < >

11 SUN	12 MON	13 TUE	14 WED

15 THU	16 FRI	17 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

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

© manifestable

WEEK 20 | MAY 11 — MAY 17

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

11
SUN

12
MON

13
TUE

14
WED

15
THU

16
FRI

17
SAT

MINDFLOW

© manifestable

WEEK 21 | MAY 18 — MAY 24

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 21 | MAY 18 — MAY 24

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

18 SUN	19 MON	20 TUE	21 WED

22 THU	23 FRI	24 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

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

© manifestable

WEEK 21 | MAY 18 — MAY 24

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

18
SUN

19
MON

20
TUE

21
WED

22
THU

23
FRI

24
SAT

MINDFLOW

© manifestable

WEEK 22 | MAY 25 — MAY 31

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 22 | MAY 25 – MAY 31

CLASSIC HOURLY BLOCKS MINDFLOW < >

25 SUN	26 MON	27 TUE	28 WED	29 THU	30 FRI	31 SAT
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 22 | MAY 25 — MAY 31

CLASSIC HOURLY BLOCKS MINDFLOW < >

25 SUN	26 MON	27 TUE	28 WED

29 THU	30 FRI	31 SAT	REMINDERS

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

© manifestable

WEEK 22 | MAY 25 – MAY 31

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

25
SUN

26
MON

27
TUE

28
WED

29
THU

30
FRI

31
SAT

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

- ○
- ○
- ○

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, 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
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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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

- ○
- ○
- ○

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

© manifestable

SUNDAY, 4 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

- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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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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+)

- ○
- ○
- ○

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, 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

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, 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

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, 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+)

- ○
- ○
- ○

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, 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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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 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

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)

- ○
- ○
- ○
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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, 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+)

- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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

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

- ○
- ○
- ○

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, 18 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

- ○
- ○
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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

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)

- ○
- ○
- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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, 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

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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, 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)

- ○
- ○
- ○
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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

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, 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
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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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12PM
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3PM
4PM
5PM
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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

© manifestable

SUNDAY, 25 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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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

- ○
- ○
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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, 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)

- ○
- ○
- ○
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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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10PM

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)

- ○
- ○
- ○
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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, 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)

- ○
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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, 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

- ○
- ○
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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

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, 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)

- ○
- ○
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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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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

GOALS | CALENDAR | VISION BOARD | WELLNESS TRACKER | REFLECTION

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

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

PRIORITIES

1.

2.

3.

TO DO LIST

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BRAIN DUMP

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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 1 — JUNE 7

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 23 | JUNE 1 — JUNE 7

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

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

© manifestable

WEEK 23 | JUNE 1 – JUNE 7

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

1
SUN

2
MON

3
TUE

4
WED

5
THU

6
FRI

7
SAT

MINDFLOW

© manifestable

WEEK 24 | JUNE 8 — JUNE 14

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
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- ○

BRAIN DUMP

© manifestable

WEEK 24 | JUNE 8 — JUNE 14

CLASSIC HOURLY BLOCKS MINDFLOW < >

8 SUN	9 MON	10 TUE	11 WED	12 THU	13 FRI	14 SAT
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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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
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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 24 | JUNE 8 — JUNE 14

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

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

© manifestable

WEEK 24 | JUNE 8 — JUNE 14

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

8
SUN

9
MON

10
TUE

11
WED

12
THU

13
FRI

14
SAT

MINDFLOW

© manifestable

WEEK 25 | JUNE 15 — JUNE 21

SCHEDULE

MAIN FOCUS

15
SUN

16
MON

17
TUE

18
WED

19
THU

20
FRI

21
SAT

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

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BRAIN DUMP

© manifestable

WEEK 25 | JUNE 15 — JUNE 21

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

15 SUN	16 MON	17 TUE	18 WED

19 THU	20 FRI	21 SAT	REMINDERS

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

© manifestable

WEEK 25 | JUNE 15 — JUNE 21

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

15
SUN

16
MON

17
TUE

18
WED

19
THU

20
FRI

21
SAT

MINDFLOW

© manifestable

WEEK 26 | JUNE 22 — JUNE 28

SCHEDULE

MAIN FOCUS

22
SUN

23
MON

24
TUE

25
WED

26
THU

27
FRI

28
SAT

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 26 | JUNE 22 — JUNE 28

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

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

© manifestable

WEEK 26 | JUNE 22 — JUNE 28

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

22
SUN

23
MON

24
TUE

25
WED

26
THU

27
FRI

28
SAT

MINDFLOW

© manifestable

SUNDAY, 1 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
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, 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
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

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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

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, 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

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, 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

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, 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

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, 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

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, 8 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

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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, 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)

- ○
- ○
- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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

FINISHING ANXIETY LEVEL ① ② ③ ④ ⑤

BRAIN DUMP

© manifestable

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)

- ○
- ○
- ○
- ○
- ○

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

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)

- ○
- ○
- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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, 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

- ○
- ○
- ○

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 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

© 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)

- ○
- ○
- ○
- ○
- ○

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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8PM
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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)

- ○
- ○
- ○
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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, 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)

- ○
- ○
- ○
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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, 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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10PM

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

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, 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

- ○
- ○
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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

SUNDAY, 22 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

- ○
- ○
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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, 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

© manifestable

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+)

- ○
- ○
- ○

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, 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

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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, 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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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, 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

- ○
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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, 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)

- ○
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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

SUNDAY, 29 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

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, 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

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

JULY 2025

Monthly goals

GOAL

- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

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JULY 2025

GOALS | CALENDAR | VISION BOARD | WELLNESS TRACKER | REFLECTION

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

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
- [ ]
- [ ]
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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 29 — JULY 5

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 27 | JUNE 29 — JULY 5

CLASSIC HOURLY BLOCKS MINDFLOW < >

29 MON	30 MON	1 TUE	2 WED	3 THU	4 FRI	5 SAT
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 27 | JUNE 29 — JULY 5

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

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

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WEEK 27 | JUNE 29 — JULY 5

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

29
SUN

30
MON

1
TUE

2
WED

3
THU

4
FRI

5
SAT

MINDFLOW

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WEEK 28 | JULY 6 — JULY 12

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE	MAIN FOCUS
6 SUN	
7 MON	
8 TUE	
9 WED	
10 THU	
11 FRI	
12 SAT	

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 28 | JULY 6 — JULY 12

CLASSIC HOURLY BLOCKS MINDFLOW < >

6 SUN	7 MON	8 TUE	9 WED	10 THU	11 FRI	12 SAT
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 28 | JULY 6 — JULY 12

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 28 | JULY 6 – JULY 12

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

6
SUN

7
MON

8
TUE

9
WED

10
THU

11
FRI

12
SAT

MINDFLOW

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WEEK 29 | JULY 13 — JULY 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 29 | JULY 13 — JULY 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

BRAIN DUMP

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WEEK 29 | JULY 13 — JULY 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

13 SUN	14 MON	15 TUE	16 WED

17 THU	18 FRI	19 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 29 | JULY 13 — JULY 19

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

13
SUN

14
MON

15
TUE

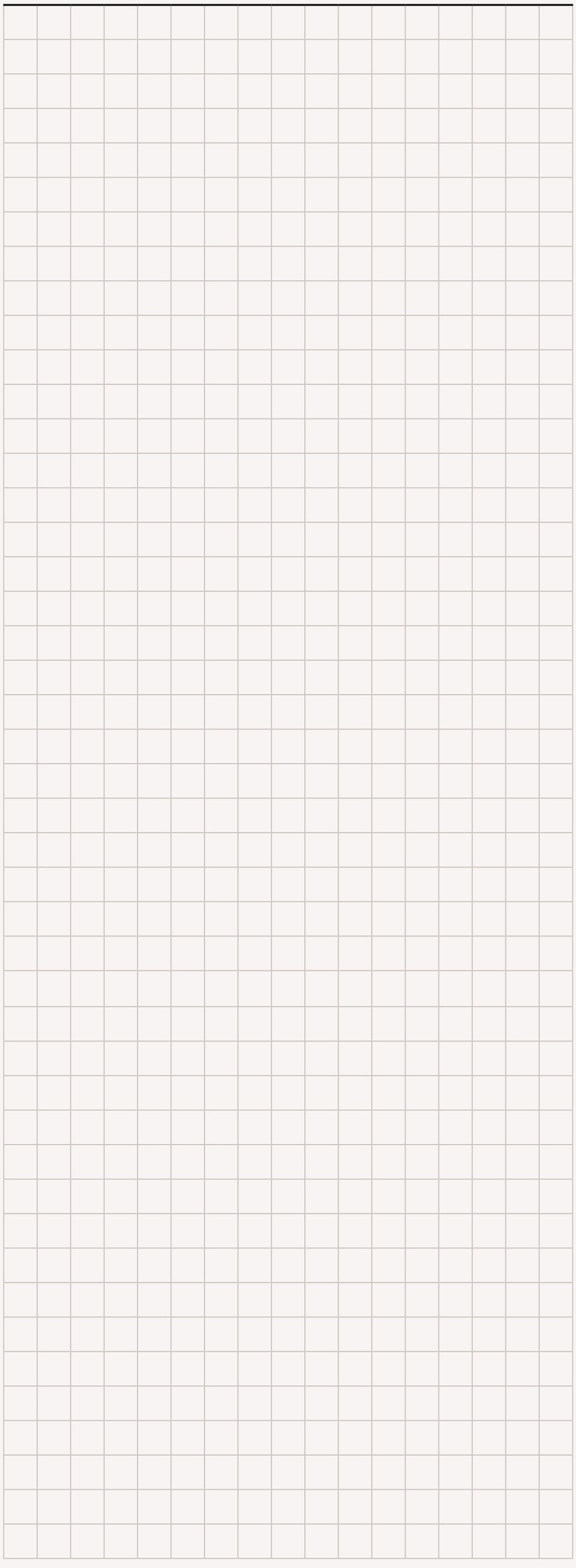
16
WED

17
THU

18
FRI

19
SAT

MINDFLOW



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WEEK 30 | JULY 20 – JULY 26

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 30 | JULY 20 – JULY 26

CLASSIC HOURLY BLOCKS MINDFLOW < >

20 SUN	21 MON	22 TUE	23 WED	24 THU	25 FRI	26 SAT
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 30 | JULY 20 – JULY 26

CLASSIC HOURLY BLOCKS MINDFLOW < >

20 SUN	21 MON	22 TUE	23 WED

24 THU	25 FRI	26 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

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

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WEEK 30 | JULY 20 – JULY 26

SCHEDULE

20
SUN

21
MON

22
TUE

23
WED

24
THU

25
FRI

26
SAT

MINDFLOW

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WEEK 31 | JULY 27 — AUGUST 2

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 31 | JULY 27 — AUGUST 2

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

27 SUN	28 MON	29 TUE	30 WED

31 THU	1 FRI	2 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 31 | JULY 27 – AUGUST 2

SCHEDULE

27
SUN

28
MON

29
TUE

30
WED

31
THU

1
FRI

2
SAT

MINDFLOW

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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
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 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
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 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)

- ○
- ○
- ○
- ○
- ○

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

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, 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+)

- ○
- ○
- ○

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, 6 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

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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, 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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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, 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

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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

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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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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 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

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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 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

SUNDAY, 13 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

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)

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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, 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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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, 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+)

- ○
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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, 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

- ○
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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, 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

- ○
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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

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

- ○
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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

SUNDAY, 20 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, 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)

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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

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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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, 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

- ○
- ○
- ○

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 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

- ○
- ○
- ○

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 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

- ○
- ○
- ○

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 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

- ○
- ○
- ○

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, 27 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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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

- ○
- ○
- ○

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, 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

- ○
- ○
- ○

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 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
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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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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
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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

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GOALS AND INTENTIONS

AUGUST 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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AUGUST 2025

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 31						1	2
WEEK 32	3	4	5	6	7	8	9
WEEK 33	10	11	12	13	14	15	16
WEEK 34	17	18	19	20	21	22	23
WEEK 35	24	25	26	27	28	29	30
WEEK 36	31						

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

PRIORITIES

1.

2.

3.

TO DO LIST

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

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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 3 – AUGUST 9

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 32 | AUGUST 3 – AUGUST 9

CLASSIC HOURLY BLOCKS MINDFLOW < >

3 SUN	4 MON	5 TUE	6 WED	7 THU	8 FRI	9 SAT
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 32 | AUGUST 3 – AUGUST 9

CLASSIC HOURLY BLOCKS MINDFLOW < >

3 SUN	4 MON	5 TUE	6 WED

7 THU	8 FRI	9 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 32 | AUGUST 3 – AUGUST 9

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

3
SUN

4
MON

5
TUE

6
WED

7
THU

8
FRI

9
SAT

MINDFLOW

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WEEK 33 | AUGUST 10 – AUGUST 16

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 33 | AUGUST 10 — AUGUST 16

CLASSIC HOURLY BLOCKS MINDFLOW < >

10 SUN	11 MON	12 TUE	13 WED	14 THU	15 FRI	16 SAT
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 33 | AUGUST 10 – AUGUST 16

CLASSIC HOURLY BLOCKS MINDFLOW < >

10 SUN	11 MON	12 TUE	13 WED

14 THU	15 FRI	16 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 33 | AUGUST 10 – AUGUST 16

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

10
SUN

11
MON

12
TUE

13
WED

14
THU

15
FRI

16
SAT

MINDFLOW

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WEEK 34 | AUGUST 17 — AUGUST 23

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 34 | AUGUST 17 — AUGUST 23

CLASSIC HOURLY BLOCKS MINDFLOW < >

17 SUN	18 MON	19 TUE	20 WED	21 THU	22 FRI	23 SAT
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 34 | AUGUST 17 – AUGUST 23

CLASSIC HOURLY BLOCKS MINDFLOW < >

17 SUN	18 MON	19 TUE	20 WED

21 THU	22 FRI	23 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 34 | AUGUST 17 – AUGUST 23

SCHEDULE

17
SUN

18
MON

19
TUE

20
WED

21
THU

22
FRI

23
SAT

MINDFLOW

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WEEK 35 | AUGUST 24 — AUGUST 30

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 35 | AUGUST 24 — AUGUST 30

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

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WEEK 35 | AUGUST 24 — AUGUST 30

CLASSIC HOURLY BLOCKS MINDFLOW < >

24 SUN	25 MON	26 TUE	27 WED

28 THU	29 FRI	30 SAT	REMINDERS

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

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WEEK 35 | AUGUST 24 — AUGUST 30

SCHEDULE

24
SUN

25
MON

26
TUE

27
WED

28
THU

29
FRI

30
SAT

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
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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

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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

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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, 3 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

- ○
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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, 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)

- ○
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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, 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)

- ○
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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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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)

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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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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

- ○
- ○
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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, 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

- ○
- ○
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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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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)

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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, 10 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

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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)

- ○
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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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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)

- ○
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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, 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+)

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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

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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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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, 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

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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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- ○
- ○

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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SUNDAY, 17 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

- ○
- ○
- ○

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

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)

- ○
- ○
- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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)

- ○
- ○
- ○
- ○
- ○

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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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
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, 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+)

- ○
- ○
- ○

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, 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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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, 24 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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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, 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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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, 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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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, 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+)

- ○
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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, 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)

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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, 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

- ○
- ○
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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

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, 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)

- ○
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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

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SUNDAY, 31 AUGUST 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

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GOALS AND INTENTIONS

SEPTEMBER 2025

Monthly goals

GOAL

- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

GOAL

- ○
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- ○
- ○
- ○

REWARD:

GOAL

- ○
- ○
- ○
- ○
- ○

REWARD:

Monthly intentions

PERSONAL GROWTH

HEALTH & FITNESS

FUN & RECREATION

RELATIONSHIPS

SPIRITUALITY

CAREER / BUSINESS

FINANCES

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SEPTEMBER 2025

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

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

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 | AUGUST 31 – SEPTEMBER 6

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

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WEEK 36 | AUGUST 31 – SEPTEMBER 6

CLASSIC HOURLY BLOCKS MINDFLOW < >

31 SUN	1 MON	2 TUE	3 WED	4 THU	5 FRI	6 SAT
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 | AUGUST 31 – SEPTEMBER 6

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 36 | AUGUST 31 – SEPTEMBER 6

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

31
SUN

1
MON

2
TUE

3
WED

4
THU

5
FRI

6
SAT

MINDFLOW

© manifestable

WEEK 37 | SEPTEMBER 7—SEPTEMBER 13

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 37 | SEPTEMBER 7—SEPTEMBER 13

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

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

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WEEK 37 | SEPTEMBER 7—SEPTEMBER 13

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

7
SUN

8
MON

9
TUE

10
WED

11
THU

12
FRI

13
SAT

MINDFLOW

© manifestable

WEEK 38 | SEPTEMBER 14—SEPTEMBER 20

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 38 | SEPTEMBER 14—SEPTEMBER 20

CLASSIC HOURLY BLOCKS MINDFLOW < >

14 SUN	15 MON	16 TUE	17 WED	18 THU	19 FRI	20 SAT
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 38 | SEPTEMBER 14—SEPTEMBER 20

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

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

© manifestable

WEEK 38 | SEPTEMBER 14—SEPTEMBER 20

SCHEDULE

14
SUN

15
MON

16
TUE

17
WED

18
THU

19
FRI

20
SAT

MINDFLOW

© manifestable

WEEK 39 | SEPTEMBER 21—SEPTEMBER 27

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 39 | SEPTEMBER 21—SEPTEMBER 27

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

© manifestable

WEEK 39 | SEPTEMBER 21—SEPTEMBER 27

SCHEDULE

21
SUN

22
MON

23
TUE

24
WED

25
THU

26
FRI

27
SAT

MINDFLOW

© manifestable

WEEK 40 | SEPTEMBER 28—OCTOBER 4

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 40 | SEPTEMBER 28—OCTOBER 4

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

S M T W T F S

© manifestable

WEEK 40 | SEPTEMBER 28—OCTOBER 4

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

28
SUN

29
MON

30
TUE

1
WED

2
THU

3
FRI

4
SAT

MINDFLOW

© manifestable

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
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 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
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, 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

- ○
- ○
- ○

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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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

- ○
- ○
- ○

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

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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)

- ○
- ○
- ○
- ○
- ○

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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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)

- ○
- ○
- ○
- ○
- ○

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

SUNDAY, 7 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

- ○
- ○
- ○

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
12PM
1PM
2PM
3PM
4PM
5PM
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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

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)

- ○
- ○
- ○
- ○
- ○

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
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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 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

- ○
- ○
- ○

MEALS & HYDRATION

B	L
D	S

daily movement

self-care of the day

TIME BLOCKING

5AM
6AM
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9AM
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11AM
12PM
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4PM
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, 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)

- ○
- ○
- ○
- ○
- ○

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, 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

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 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

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)

- ○
- ○
- ○
- ○
- ○

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

SUNDAY, 14 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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- ○
- ○
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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, 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)

- ○
- ○
- ○
- ○
- ○

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, 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+)

- ○
- ○
- ○

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

- ○
- ○
- ○

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 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

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+)

- ○
- ○
- ○

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 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

- ○
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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, 21 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

- ○
- ○
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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

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)

- ○
- ○
- ○
- ○
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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, 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)

- ○
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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, 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)

- ○
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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, 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)

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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, 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)

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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 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)

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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, 28 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

- ○
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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, 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)

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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

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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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
2PM
3PM
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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

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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

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

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
- [ ]
- [ ]
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- [ ]
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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 5 – OCTOBER 11

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 41 | OCTOBER 5 – OCTOBER 11

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

5 SUN	6 MON	7 TUE	8 WED

9 THU	10 FRI	11 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 41 | OCTOBER 5 – OCTOBER 11

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

5
SUN

6
MON

7
TUE

8
WED

9
THU

10
FRI

11
SAT

MINDFLOW

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WEEK 42 | OCTOBER 12 – OCTOBER 18

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 42 | OCTOBER 12 – OCTOBER 18

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

S	M	T	W	T	F	S

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WEEK 42 | OCTOBER 12 – OCTOBER 18

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

12
SUN

13
MON

14
TUE

15
WED

16
THU

17
FRI

18
SAT

MINDFLOW

© manifestable

WEEK 43 | OCTOBER 19 – OCTOBER 25

CLASSIC | HOURLY | BLOCKS | MINDFLOW | < | >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 43 | OCTOBER 19 — OCTOBER 25

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC | HOURLY | BLOCKS | MINDFLOW | < | >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

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

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WEEK 43 | OCTOBER 19 – OCTOBER 25

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

19
SUN

20
MON

21
TUE

22
WED

23
THU

24
FRI

25
SAT

MINDFLOW

© manifestable

WEEK 44 | OCTOBER 26 — NOVEMBER 1

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

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WEEK 44 | OCTOBER 26 — NOVEMBER 1

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

26 SUN	27 MON	28 TUE	29 WED

30 THU	31 FRI	1 SAT	REMINDERS

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

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WEEK 44 | OCTOBER 26 – NOVEMBER 1

SCHEDULE

26
SUN

27
MON

28
TUE

29
WED

30
THU

31
FRI

1
SAT

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

- ○
- ○
- ○
- ○
- ○

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
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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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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)

- ○
- ○
- ○
- ○
- ○

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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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)

- ○
- ○
- ○
- ○
- ○

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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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, 5 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)

- ○
- ○
- ○
- ○
- ○

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
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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, 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)

- ○
- ○
- ○
- ○
- ○

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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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

- ○
- ○
- ○

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, 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

- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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, 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

- ○
- ○
- ○

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, 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+)

- ○
- ○
- ○

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, 12 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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- ○
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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

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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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, 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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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, 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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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, 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

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 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

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 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

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, 19 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

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, 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)

- ○
- ○
- ○
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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, 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)

- ○
- ○
- ○
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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, 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)

- ○
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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, 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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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, 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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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, 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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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, 26 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

- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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
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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

SOCIAL OR SENSORY HANGOVER FROM YESTERDAY

○ High ○ 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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10PM

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)

- ○
- ○
- ○
- ○
- ○

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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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

- ○
- ○
- ○

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

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GOALS AND INTENTIONS

NOVEMBER 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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NOVEMBER 2025

GOALS | CALENDAR | VISION BOARD | WELLNESS TRACKER | REFLECTION

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 44							1
WEEK 45	2	3	4	5	6	7	8
WEEK 46	9	10	11	12	13	14	15
WEEK 47	16	17	18	19	20	21	22
WEEK 48	23	24	25	26	27	28	29
WEEK 49	30						

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

PRIORITIES

1.

2.

3.

TO DO LIST

- [ ]
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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 2—NOVEMBER 8

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 45 | NOVEMBER 2–NOVEMBER 8

CLASSIC HOURLY BLOCKS MINDFLOW < >

2 SUN	3 MON	4 TUE	5 WED	6 THU	7 FRI	8 SAT
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 2–NOVEMBER 8

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

S	M	T	W	T	F	S

© manifestable

WEEK 45 | NOVEMBER 2–NOVEMBER 8

SCHEDULE

2
SUN

3
MON

4
TUE

5
WED

6
THU

7
FRI

8
SAT

MINDFLOW

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WEEK 46 | NOVEMBER 9—NOVEMBER 15

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 46 | NOVEMBER 9—NOVEMBER 15

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

S M T W T F S

© manifestable

WEEK 46 | NOVEMBER 9—NOVEMBER 15

SCHEDULE

9
SUN

10
MON

11
TUE

12
WED

13
THU

14
FRI

15
SAT

MINDFLOW

© manifestable

WEEK 47 | NOVEMBER 16—NOVEMBER 22

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE MAIN FOCUS

16 SUN

17 MON

18 TUE

19 WED

20 THU

21 FRI

22 SAT

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

○
○
○
○
○
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○
○
○

BRAIN DUMP

© manifestable

WEEK 47 | NOVEMBER 16—NOVEMBER 22

CLASSIC | HOURLY | BLOCKS | MINDFLOW | < | >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

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

© manifestable

WEEK 47 | NOVEMBER 16—NOVEMBER 22

SCHEDULE

16
SUN

17
MON

18
TUE

19
WED

20
THU

21
FRI

22
SAT

MINDFLOW

© manifestable

WEEK 48 | NOVEMBER 23—NOVEMBER 29

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 48 | NOVEMBER 23—NOVEMBER 29

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

S	M	T	W	T	F	S

© manifestable

WEEK 48 | NOVEMBER 23—NOVEMBER 29

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

23
SUN

24
MON

25
TUE

26
WED

27
THU

28
FRI

29
SAT

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
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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, 2 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

- ○
- ○
- ○

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, 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

- ○
- ○
- ○

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)

- ○
- ○
- ○
- ○
- ○

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)

- ○
- ○
- ○
- ○
- ○

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, 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

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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, 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

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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, 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

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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, 9 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+)

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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, 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

- ○
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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, 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)

- ○
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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, 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)

- ○
- ○
- ○
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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, 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)

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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, 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

- ○
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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, 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)

- ○
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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 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

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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 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

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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

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+)

- ○
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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, 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

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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

- ○
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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

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

- ○
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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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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

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, 23 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

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, 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

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, 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

- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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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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)

- ○
- ○
- ○
- ○
- ○

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, 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)

- ○
- ○
- ○
- ○
- ○

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, 30 NOVEMBER 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
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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

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GOALS AND INTENTIONS

DECEMBER 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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DECEMBER 2025

GOALS | CALENDAR | VISION BOARD | WELLNESS TRACKER | REFLECTION

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

MY MAIN FOCUS THIS WEEK

MONTHLY INTENTION

PRIORITIES

1.

2.

3.

TO DO LIST

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

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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 | NOVEMBER 30—DECEMBER 6

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 49 | NOVEMBER 30—DECEMBER 6

CLASSIC HOURLY BLOCKS MINDFLOW < >

30 SUN	1 MON	2 TUE	3 WED	4 THU	5 FRI	6 SAT
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 49 | NOVEMBER 30—DECEMBER 6

CLASSIC HOURLY BLOCKS MINDFLOW < >

30 SUN	1 MON	2 TUE	3 WED

4 THU	5 FRI	6 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 49 | NOVEMBER 30—DECEMBER 6

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

30
SUN

1
MON

2
TUE

3
WED

4
THU

5
FRI

6
SAT

MINDFLOW

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WEEK 50 | DECEMBER 7 – DECEMBER 13

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 50 | DECEMBER 7 – DECEMBER 13

CLASSIC HOURLY BLOCKS MINDFLOW < >

7 SUN	8 MON	9 TUE	10 WED	11 THU	12 FRI	13 SAT
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 50 | DECEMBER 7 – DECEMBER 13

CLASSIC HOURLY BLOCKS MINDFLOW < >

7 SUN	8 MON	9 TUE	10 WED

11 THU	12 FRI	13 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

- ○
- ○
- ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

HABIT

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

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WEEK 50 | DECEMBER 7 – DECEMBER 13

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

7
SUN

8
MON

9
TUE

10
WED

11
THU

12
FRI

13
SAT

MINDFLOW

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WEEK 51 | DECEMBER 14 — DECEMBER 20

CLASSIC | HOURLY | BLOCKS | MINDFLOW | < | >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 51 | DECEMBER 14 — DECEMBER 20

CLASSIC HOURLY BLOCKS MINDFLOW < >

14 SUN	15 MON	16 TUE	17 WED	18 THU	19 FRI	20 SAT
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 51 | DECEMBER 14 – DECEMBER 20

CLASSIC HOURLY BLOCKS MINDFLOW < >

14 SUN	15 MON	16 TUE	17 WED

18 THU	19 FRI	20 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

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

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WEEK 51 | DECEMBER 14 – DECEMBER 20

SCHEDULE

14
SUN

15
MON

16
TUE

17
WED

18
THU

19
FRI

20
SAT

MINDFLOW

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WEEK 52 | DECEMBER 21 — DECEMBER 27

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

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WEEK 52 | DECEMBER 21 — DECEMBER 27

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

BRAIN DUMP

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WEEK 52 | DECEMBER 21 – DECEMBER 27

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

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

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WEEK 52 | DECEMBER 21 – DECEMBER 27

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

21
SUN

22
MON

23
TUE

24
WED

25
THU

26
FRI

27
SAT

MINDFLOW

© manifestable

WEEK 01 | DECEMBER 28 — JANUARY 3

CLASSIC HOURLY BLOCKS MINDFLOW < >

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

my weekly intention

THIS WEEK'S MAIN FOCUS

TOP PRIORITIES

1. ○
2. ○
3. ○

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BRAIN DUMP

© manifestable

WEEK 01 | DECEMBER 28 — JANUARY 3

CLASSIC HOURLY BLOCKS MINDFLOW < >

28 SUN	29 MON	30 TUE	31 WED	1 THU	2 FRI	3 SAT
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 28 — JANUARY 3

CLASSIC HOURLY BLOCKS MINDFLOW < >

28 SUN	29 MON	30 TUE	31 WED
1 THU	2 FRI	3 SAT	REMINDERS

weekly intention

MY WEEKLY GOALS

1.

2.

3.

MAIN FOCUS THIS WEEK

TOP PRIORITIES

TO DO LIST

BRAIN DUMP

HABIT

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

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WEEK 01 | DECEMBER 28 — JANUARY 3

CLASSIC HOURLY BLOCKS MINDFLOW < >

SCHEDULE

28
SUN

29
MON

30
TUE

31
WED

1
THU

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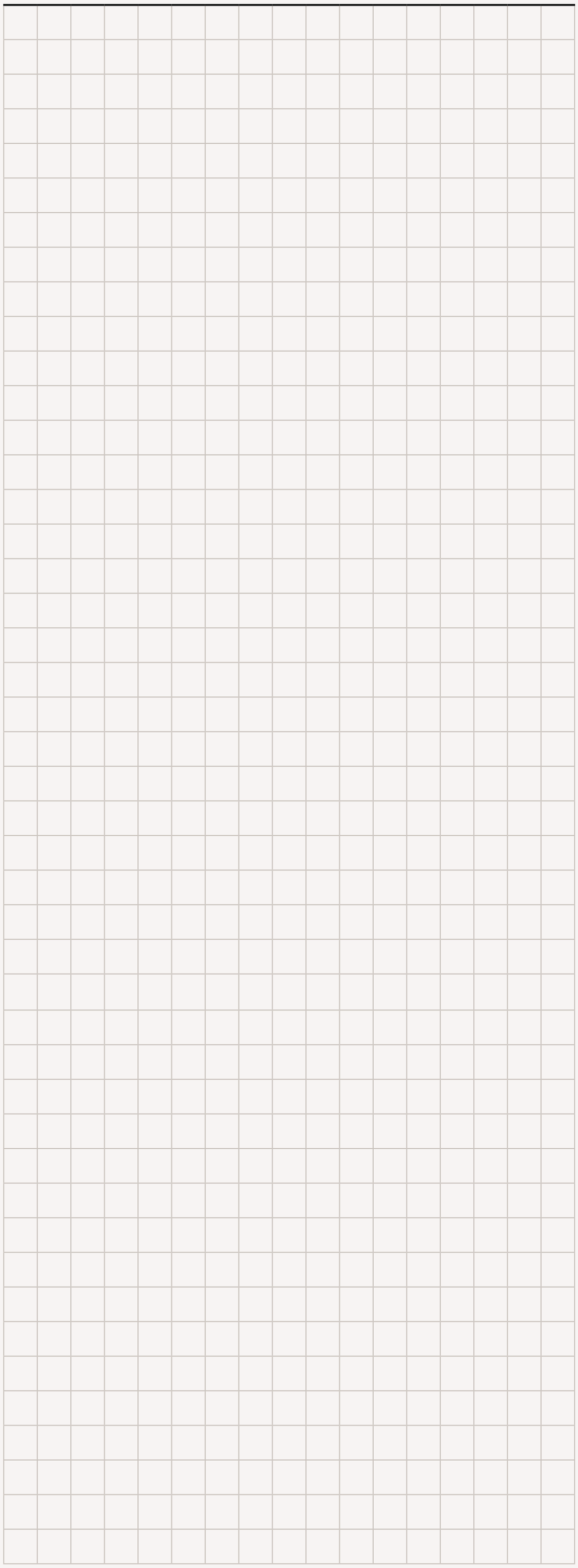
3
SAT

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
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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)

- ○
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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

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)

- ○
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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, 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)

- ○
- ○
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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, 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+)

- ○
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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, 7 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+)

- ○
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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, 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)

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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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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)

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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, 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)

- ○
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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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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)

- ○
- ○
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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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10PM

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)

- ○
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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, 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)

- ○
- ○
- ○
- ○
- ○

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

SUNDAY, 14 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

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)

- ○
- ○
- ○
- ○
- ○

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, 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+)

- ○
- ○
- ○

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

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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)

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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, 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)

- ○
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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, 21 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

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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)

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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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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

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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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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)

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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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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

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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

- ○
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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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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

- ○
- ○
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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

SUNDAY, 28 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)

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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, 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)

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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, 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

- ○
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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

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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

- ○
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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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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

© manifestable

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:

SUNDAY

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MONDAY

1.

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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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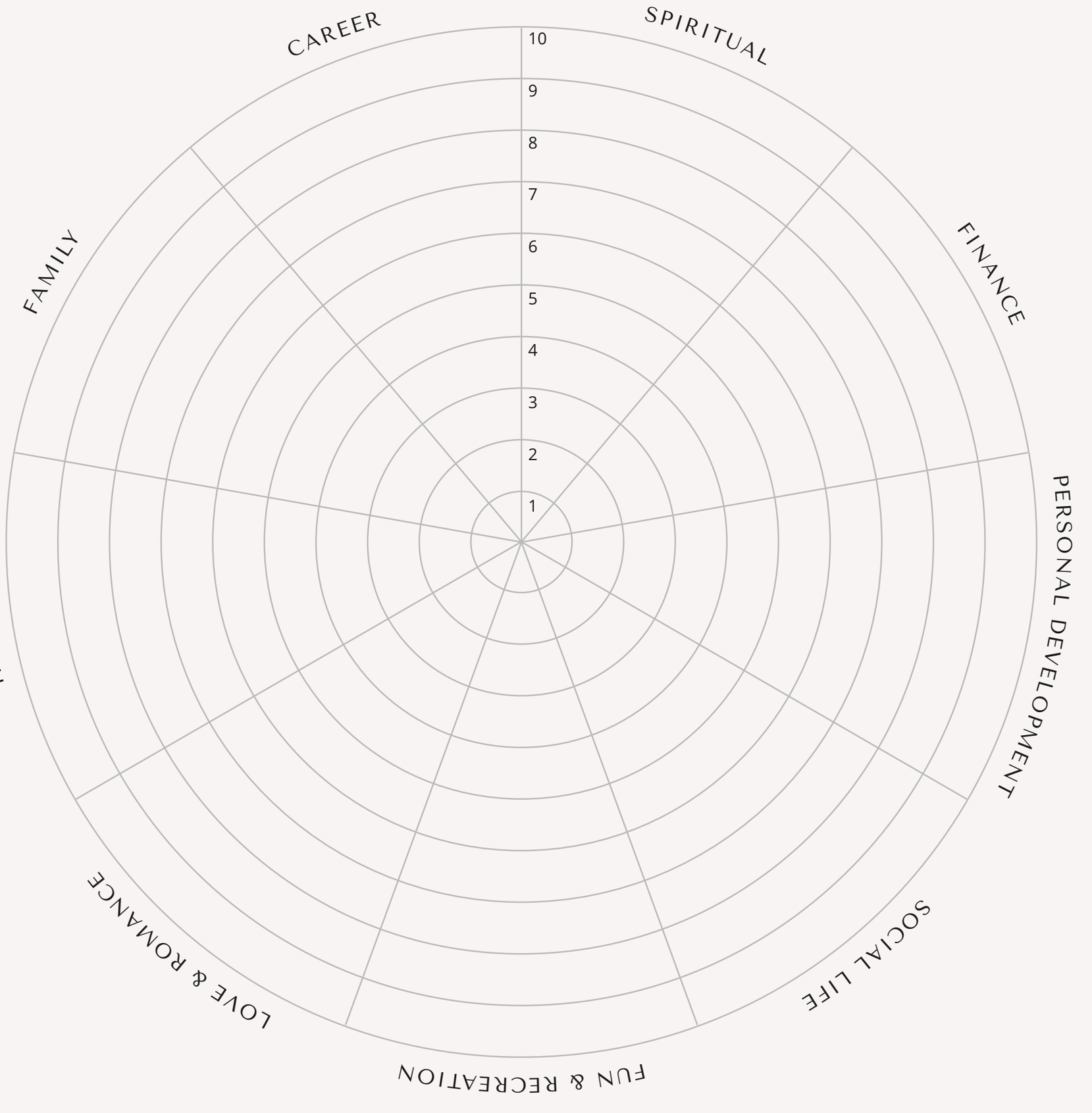
Wheel of Life



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	S	M	T	W	T	F	S
	○	○	○	○	○	○	○

Meal Planner

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

GROCERY LIST

- ○
- ○
- ○

Fitness Log

WEEK OF:

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

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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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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	☆ ☆ ☆ ☆ ☆
5	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
6	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
7	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
8	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
9	1	2	3	4	5	6	7	8	9	10	11	12	13	14	☆ ☆ ☆ ☆ ☆
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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	☆ ☆ ☆ ☆ ☆
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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
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31												

- [ ] HAPPY
- [ ] EXCITED
- [ ] RELAXED
- [ ] INSPIRED
- [ ] PRODUCTIVE
- [ ] SAD
- [ ] DEPRESSED
- [ ] SICK
- [ ] NERVOUS
- [ ]
- [ ]
- [ ]

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Skincare Routine

MORNING SKINCARE

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

EVENING SKINCARE

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

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Period Tracker

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
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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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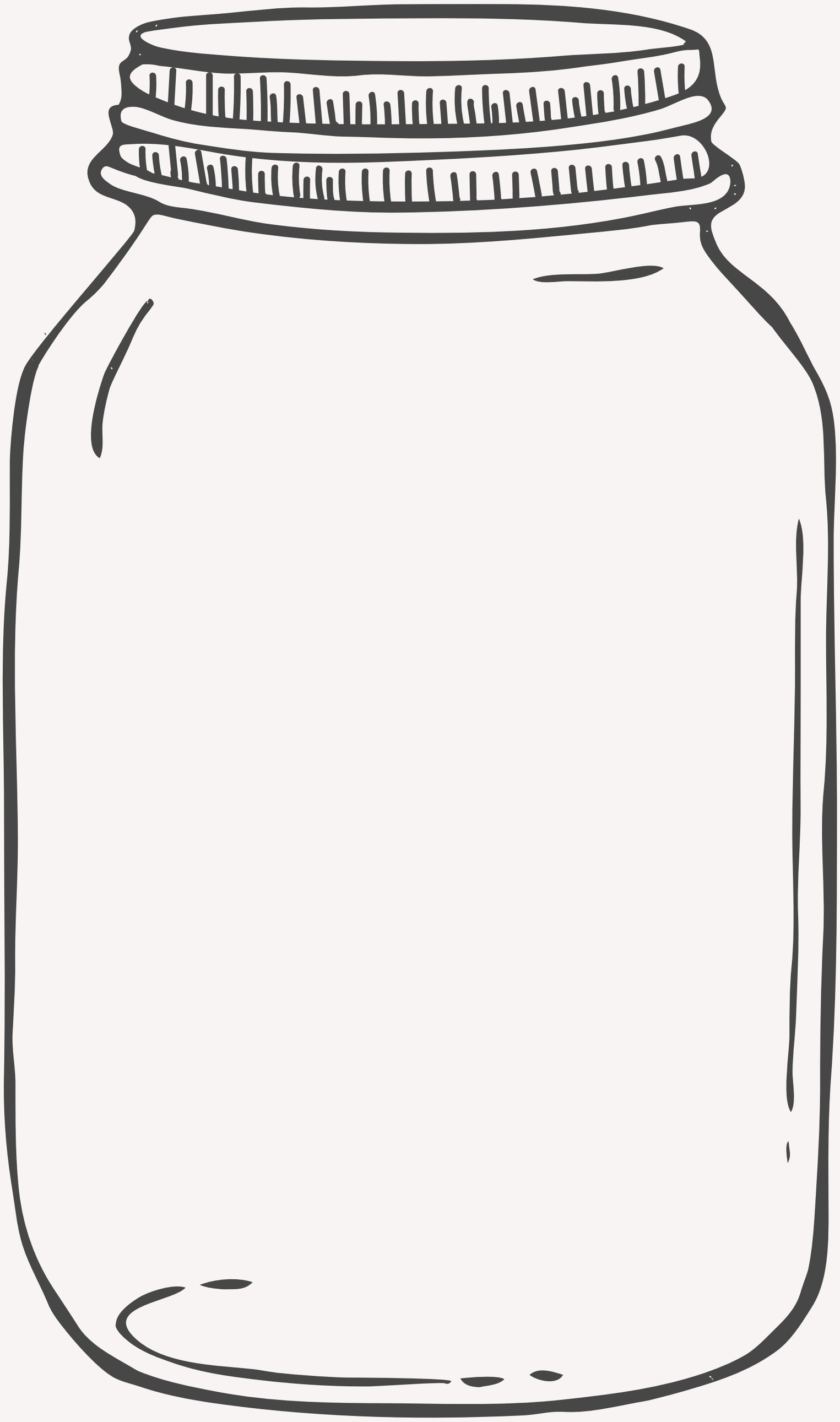
Gratitude Jar

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

“ “

“ “

“ “

“ “

“ “

“ “

“ “

“ “

“ “

“ “

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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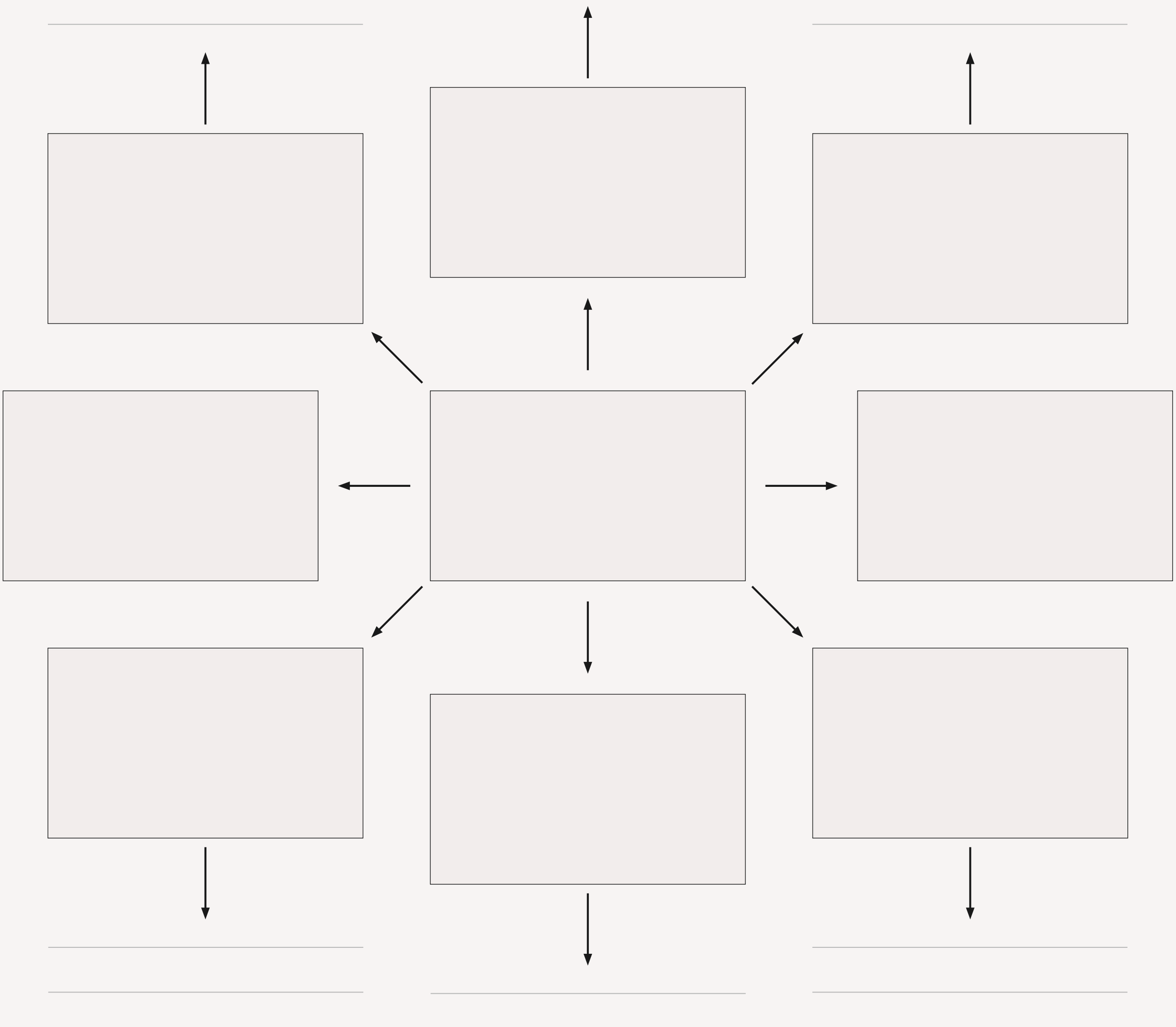
Mind Map



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Bucket List

01. ☐
02. ☐
03. ☐
04. ☐
05. ☐
06. ☐
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08. ☐
09. ☐
10. ☐
11. ☐
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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	
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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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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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○				○	○	
○				○	○	
○				○	○	
○				○	○	

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Logins

WEBSITE:
USERNAME:
PASSWORD:
EMAIL:
NOTES:

WEBSITE:
USERNAME:
PASSWORD:
EMAIL:
NOTES:

WEBSITE:
USERNAME:
PASSWORD:
EMAIL:
NOTES:

WEBSITE:
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NOTES:

WEBSITE:
USERNAME:
PASSWORD:
EMAIL:
NOTES:

WEBSITE:
USERNAME:
PASSWORD:
EMAIL:
NOTES:

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Cleaning Schedule

WEEK OF:

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

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

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

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Reading Wishlist

Insert book cover image here

TITLE:

AUTHOR:

○ BOUGHT ○ READ

COMMENTS:

☆ ☆ ☆ ☆ ☆

Insert book cover image here

TITLE:

AUTHOR:

○ BOUGHT ○ READ

COMMENTS:

☆ ☆ ☆ ☆ ☆

Insert book cover image here

TITLE:

AUTHOR:

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TITLE:

AUTHOR:

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AUTHOR:

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COMMENTS:

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Movies & TV Series

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MOTIVATIONAL & INSPIRATIONAL YOUTUBE CHANNELS TO KEEP ME MOTIVATED

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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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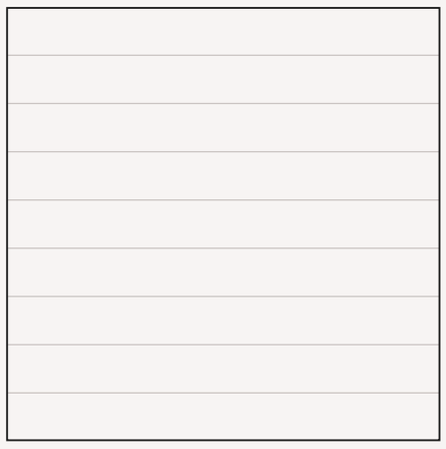
NOTES TEMPLATES



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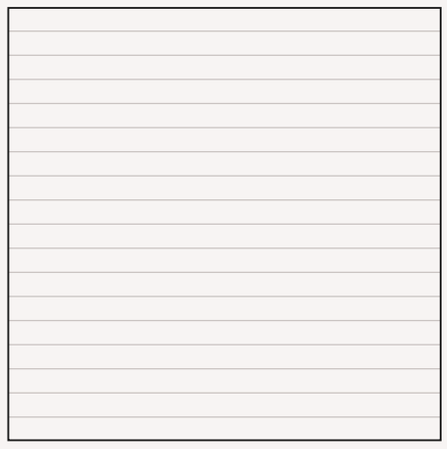

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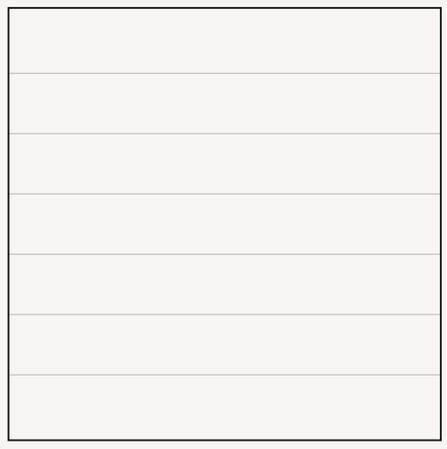

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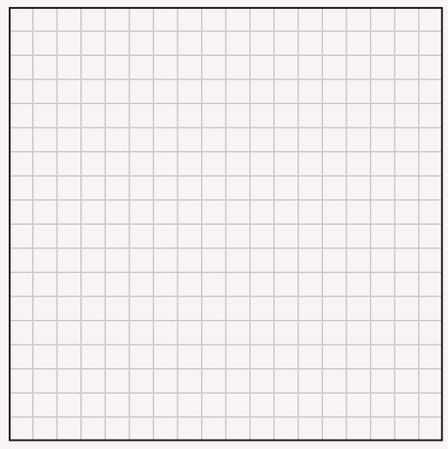

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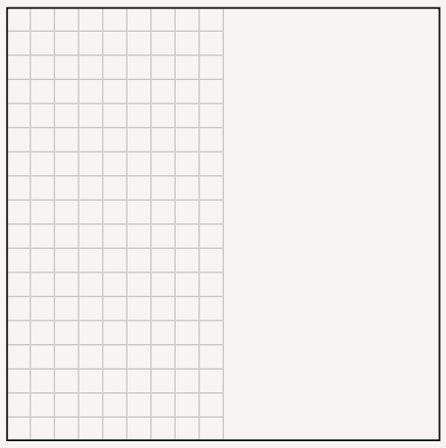

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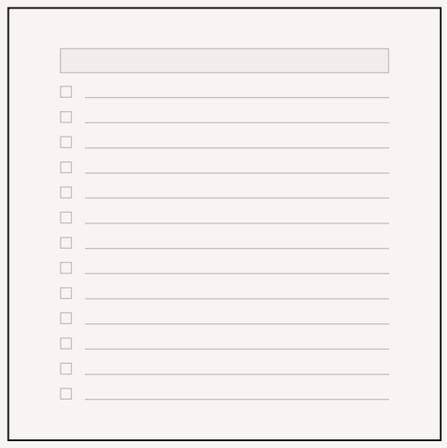

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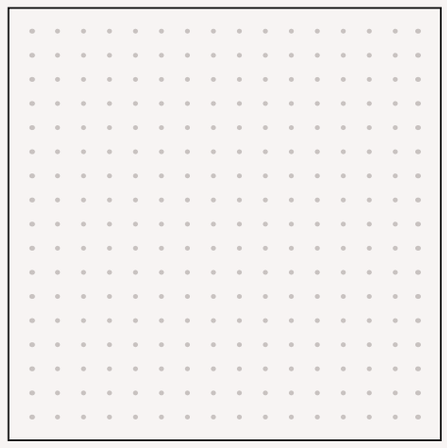

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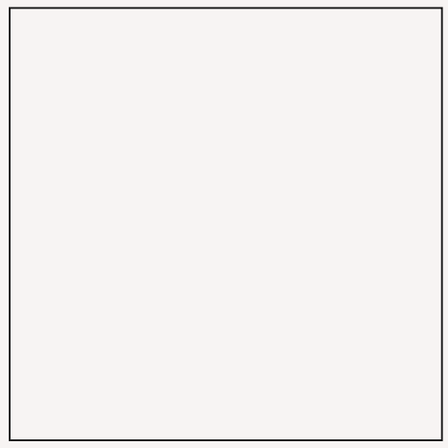

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