



Freedom CEO: *A Daily Practice*

**A GROUNDED RHYTHM FOR LEADING WITH
SPACE, REFLECTION, AND VISION**

"Success is liking yourself, liking what you do, and liking how you do it."

- Maya Angelou -



This calendar is designed to support visionary leaders in building a business—and life—around what matters most.

EACH DAY OFFERS:

- A **quote** to inspire perspective
- A **prompt** to guide reflection
- A few **open lines** to write what you need to remember, release, or recommit to

YOU'LL MOVE THROUGH THE YEAR WITH A STEADY WEEKLY RHYTHM:

- **Monday** – Vision & Mindset
- **Tuesday** – Time & Tools
- **Wednesday** – People & Leadership
- **Thursday** – Progress & Priorities
- **Friday** – Self & Success
- **Saturday/Sunday** – Space & Restoration

Each month brings a unique theme to help you lead with clarity, intention, and ease.

Use this daily or whenever you need to re-center. This is your space to reflect, realign, and lead on purpose.

Let's begin...

28 JULY 2025
Monday

ANCHOR IN



*“Don’t let the momentum of your old habits
outweigh the magic of your new clarity.”*

Unknown



**WHAT TRUTH OR BREAKTHROUGH FROM THE RETREAT DO YOU WANT
TO CARRY FORWARD—AND PROTECT?**



Process the retreat, honor what surfaced, and shape your months ahead with clarity.



29 JULY 2025
Tuesday

ANCHOR IN



*“If you want something new, you have to
stop doing something old.”*

Peter Drucker



**WHAT RECURRING TASK OR HABIT NO LONGER FITS YOUR VISION?
WHAT'S ONE FIRST STEP TO SHIFT OR RELEASE IT?**



Process the retreat, honor what surfaced, and shape your months ahead with clarity.



30 JULY 2025
Wednesday

ANCHOR IN



*“The way you lead yourself is the way
you lead everything.”*

Robin Sharma



**HOW WILL YOU MODEL YOUR 10-HOUR WORK WEEK MINDSET FOR YOUR
TEAM AND/OR FAMILY? WHAT NEEDS TO BE SAID OR SHARED?**



Process the retreat, honor what surfaced, and shape your months ahead with clarity.



31 JULY 2025
Thursday

ANCHOR IN

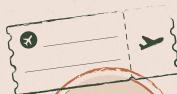


“You can do anything, but not everything.”

David Allen



WHAT ARE THE 3 MOST IMPORTANT THINGS TO MOVE FORWARD IN
AUGUST? CAN YOU SEE THEM CLEARLY IN YOUR CALENDAR?



Process the retreat, honor what surfaced, and shape your months ahead with clarity.



01 AUGUST 2025
Friday

ANCHOR IN



“Define success on your own terms, achieve it by your own rules, and build a life you’re proud to live.”

Anne Sweeney



WHAT WOULD **FEEL** LIKE A SUCCESSFUL YEAR
— BEYOND THE NUMBERS? DEFINE IT.



Process the retreat, honor what surfaced, and shape your months ahead with clarity.

2/3 AUGUST 2025
Saturday/Sunday

ANCHOR IN



*“Almost everything will work again if you
unplug it for a few minutes—including you.”*

Anne Lamott



WHERE CAN YOU LOOSEN YOUR GRIP THIS WEEKEND?

Bonus: Take 15 minutes to do something that fills you up *with no outcome attached*.

Process the retreat, honor what surfaced, and shape your months ahead with clarity.



04 AUGUST 2025
Monday

ANCHOR IN

*“Decide what kind of life you actually want...
then say no to everything that isn’t that.”*

Brianna Wiest

WHAT DOES A 10-HOUR WORK WEEK LIFE ACTUALLY LOOK LIKE FOR
YOU? LIST 3 DEFINING TRAITS—AND 3 THINGS IT EXCLUDES.

Establish rhythms, finalize plans, protect white space, clarify values for the year.



05 AUGUST 2025
Tuesday

ANCHOR IN



“What gets scheduled gets done.”

Michael Hyatt



**OPEN YOUR CALENDAR. DO YOUR TIME BLOCKS REFLECT YOUR
VALUES—OR JUST YOUR TASKS?**



Establish rhythms, finalize plans, protect white space, clarify values for the year.



06 AUGUST 2025
Wednesday

ANCHOR IN



"If you want to go fast, go alone. If you want to go far, go together."

African Proverb



**WHO CAN HELP YOU STAY ANCHORED THIS SEASON? WHAT SUPPORT
ARE YOU READY TO ASK FOR?**



Establish rhythms, finalize plans, protect white space, clarify values for the year.



07 AUGUST 2025
Thursday

ANCHOR IN



“You have to decide what your highest priorities are and have the courage—pleasantly, smilingly, non-apologetically—to say no to other things.”

Stephen Covey



WHAT DO YOU NEED TO SAY NO TO THIS WEEK IN ORDER TO
SAY YES TO WHAT MATTERS?



Establish rhythms, finalize plans, protect white space, clarify values for the year.



08 AUGUST 2025
Friday

ANCHOR IN



“Find out where joy resides, and give it a voice far beyond singing. For to miss the joy is to miss all.”

Robert Louis Stevenson



WHAT MOMENT THIS WEEK SPARKED JOY, EVEN BRIEFLY? HOW CAN YOU BUILD MORE OF THAT INTO YOUR WORK RHYTHM?



Establish rhythms, finalize plans, protect white space, clarify values for the year.

9/10 AUGUST 2025
Saturday/Sunday

ANCHOR IN



“Almost nothing is urgent. Breathe.”

Unknown



WHAT CAN WAIT UNTIL MONDAY? WHAT WOULD MAKE THIS
WEEKEND *FEEL* LIKE A RESET?



Establish rhythms, finalize plans, protect white space, clarify values for the year.



11 AUGUST 2025
Monday

ANCHOR IN



*“You don’t have to set yourself on fire to
keep others warm.”*

Unknown



**WHAT BOUNDARIES ARE NEEDED TO PROTECT YOUR TIME, ENERGY,
AND LEADERSHIP THIS SEASON?**



Create structure that supports—not suffocates—you. Reinforce boundaries, deepen clarity.



12 AUGUST 2025
Tuesday

ANCHOR IN



“You will never find time for anything. If you want time, you must make it.”

Charles Buxton



WHAT NEEDS A STANDING TIME BLOCK—SO IT STOPS FALLING
THROUGH THE CRACKS?



Create structure that supports—not suffocates—you. Reinforce boundaries, deepen clarity.



13 AUGUST 2025
Wednesday

ANCHOR IN



*“The most powerful leadership tool you have is
your own personal example.”*

John Wooden



**WHERE ARE YOUR ACTIONS MODELING ALIGNMENT? WHERE ARE YOU
SENDING MIXED SIGNALS?**



Create structure that supports—not suffocates—you. Reinforce boundaries, deepen clarity.



14 AUGUST 2025
Thursday

ANCHOR IN



“Don’t confuse activity with progress.”

Alfred A. Montapert



**WHAT HAS KEPT YOU “BUSY” THIS WEEK WITHOUT REALLY MOVING
ANYTHING FORWARD?**

Create structure that supports—not suffocates—you. Reinforce boundaries, deepen clarity.



15 AUGUST 2025
Friday

ANCHOR IN



*“When you recover or discover something that
nourishes your soul and brings joy, care enough about
yourself to make room for it in your life.”*

Jean Shinoda Bolen



**WHAT NOURISHED YOU THIS WEEK—PROFESSIONALLY OR PERSONALLY?
HOW CAN YOU HONOR IT NEXT WEEK, TOO?**



Create structure that supports—not suffocates—you. Reinforce boundaries, deepen clarity.

16/17 AUGUST 2025
Saturday/Sunday

ANCHOR IN



“Almost nothing works the first time. Just because what you’re doing doesn’t seem to be working, doesn’t mean it won’t work.”

Bob Parsons



TRY SCHEDULING *NOTHING* FOR ONE HOUR THIS WEEKEND. HOW DOES THAT FEEL?

Bonus: What kind of rest do you need—physical, mental, emotional, creative?



Create structure that supports—not suffocates—you. Reinforce boundaries, deepen clarity.



18 AUGUST 2025
Monday

ANCHOR IN



*“Be stubborn about your goals and flexible
about your methods.”*

James Clear



WHAT'S WORKING—EVEN IF IT LOOKS DIFFERENT THAN YOU EXPECTED?
WHAT'S WORTH ADJUSTING?



Recommit to what's working. Edit what's not. Let structure serve you—not the other way around.



19 AUGUST 2025
Tuesday

ANCHOR IN



“Efficiency is doing things right; effectiveness is doing the right things.”

Peter Drucker



**WHAT TOOL, SYSTEM, OR HABIT CAN YOU STREAMLINE—OR DELETE—FOR
GREATER EFFECTIVENESS?**

Recommit to what's working. Edit what's not. Let structure serve you—not the other way around.



AUGUST 2025
Wednesday

ANCHOR IN



*“You can’t build a strong business
on a weak team.”*

Unknown



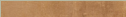
WHERE IS YOUR TEAM STRONG? WHERE DO YOU NEED TO STEP IN, STEP
BACK, OR SHORE THINGS UP?



Recommit to what's working. Edit what's not. Let structure serve you—not the other way around.



21 AUGUST 2025
Thursday

ANCHOR IN 



*“Success is the product of daily habits—
not once-in-a-lifetime transformations.”*

James Clear



**WHAT 1% SHIFT COULD MAKE A MEANINGFUL DIFFERENCE BY THIS TIME
NEXT MONTH?**



Recommit to what's working. Edit what's not. Let structure serve you—not the other way around.



22 AUGUST 2025
Friday

ANCHOR IN



“Almost everything will work better if you pause, breathe, and come back to yourself.”

Unknown



WHAT HAS BEEN TUGGING AT YOUR ATTENTION THIS WEEK—AND HOW
CAN YOU GENTLY RESET YOUR FOCUS?



Recommit to what's working. Edit what's not. Let structure serve you—not the other way around.

23/24 AUGUST 2025
Saturday/Sunday

ANCHOR IN



"Time you enjoy wasting is not wasted time."

Marthe Troly-Curtin



**WHEN WAS THE LAST TIME YOU PLAYED, MEANDERED, OR LET THE
CLOCK GO QUIET? TRY IT THIS WEEKEND.**



Recommit to what's working. Edit what's not. Let structure serve you—not the other way around.



25 AUGUST 2025
Monday

ANCHOR IN



*“Discipline is choosing between what you want
now and what you want most.”*

Abraham Lincoln (attributed)



**WHAT IS ONE SMALL DECISION YOU CAN MAKE TODAY THAT
SUPPORTS YOUR LONG-GAME?**



Stabilize. You've laid the foundation—now trust it. Shift from structure to rhythm.



26 AUGUST 2025
Tuesday

ANCHOR IN



“The difference between successful people and really successful people is that really successful people say no to almost everything.”

Warren Buffett



WHAT'S ONE THING YOU CAN DECLINE, DELEGATE, OR DELAY THIS WEEK?



Stabilize. You've laid the foundation—now trust it. Shift from structure to rhythm.



27 AUGUST 2025
Wednesday

ANCHOR IN



“Leadership is not about being in charge. It is about taking care of those in your charge.”

Simon Sinek



WHAT DOES YOUR TEAM (OR FAMILY) NEED MOST FROM YOU THIS WEEK—AND WHAT DO YOU NEED FROM THEM?



Stabilize. You've laid the foundation—now trust it. Shift from structure to rhythm.

28 AUGUST 2025
Thursday

ANCHOR IN



“Clarity precedes success.”

Robin Sharma (Canadian writer and leadership expert)



**WHAT SPECIFIC OUTCOME ARE YOU WORKING TOWARD—AND
DOES YOUR CURRENT EFFORT MATCH?**

Stabilize. You've laid the foundation—now trust it. Shift from structure to rhythm.





29 AUGUST 2025
Friday

ANCHOR IN



“Don’t let your schedule steal your soul.”

Unknown



**ARE YOUR DAYS REFLECTING A LIFE YOU ACTUALLY WANT TO LIVE?
IF NOT—WHAT’S YOUR NEXT SMALL CORRECTION?**



Stabilize. You’ve laid the foundation—now trust it. Shift from structure to rhythm.

30/31 AUGUST 2025
Saturday/Sunday

ANCHOR IN



“Rest is where ideas grow roots.”

Morgan Harper Nichols



**WHAT'S ONE THING YOU'RE PLANTING THIS SEASON THAT
NEEDS QUIET TO TAKE ROOT?**



Recommit to what's working. Edit what's not. Let structure serve you—not the other way around.



01 SEPTEMBER 2025
Monday

BACK TO YOUR RHYTHM



*“Fall in love with the process, and
the results will come.”*

Eric Thomas



WHAT DAILY RHYTHM WILL SERVE YOU BEST THIS SEASON
— AND HOW WILL YOU PROTECT IT?



Ease into structure. Rebuild habits intentionally—not reactively.



02 SEPTEMBER 2025
Tuesday

BACK TO YOUR RHYTHM



*“The key is in not spending time,
but in investing it.”*

Stephen R. Covey



WHAT'S ONE WAY TO TURN TIME SPENT INTO
TIME *INVESTED* THIS WEEK?



Ease into structure. Rebuild habits intentionally—not reactively.



03 SEPTEMBER 2025
Wednesday

BACK TO YOUR RHYTHM



“Clear is kind. Unclear is unkind.”

Brené Brown



**IS THERE ANYTHING ON YOUR MIND THAT NEEDS CLEARER
COMMUNICATION—WITH YOUR TEAM, FAMILY, OR SELF?**



Ease into structure. Rebuild habits intentionally—not reactively.



04 SEPTEMBER 2025
Thursday

BACK TO YOUR RHYTHM



*“Small disciplines repeated with consistency
every day lead to great achievements.”*

Brené Brown



WHAT SMALL DAILY ACTION MATTERS MOST RIGHT NOW? IS IT
SHOWING UP IN YOUR CALENDAR?



Ease into structure. Rebuild habits intentionally—not reactively.



05 SEPTEMBER 2025
Friday

BACK TO YOUR RHYTHM



*“The rhythm of life is when you experience
your own body, mind, and soul.”*

Brené Brown



**WHAT DOES YOUR BODY OR SPIRIT NEED MORE
OF TO FEEL *IN RHYTHM*?**



Ease into structure. Rebuild habits intentionally—not reactively.



6/7 SEPTEMBER 2025
Saturday/Sunday

BACK TO YOUR RHYTHM



“The pause is as important as the note.”

Truman Fisher



WHERE CAN YOU BUILD IN A PAUSE—THIS WEEKEND OR THIS SEASON—
THAT SUPPORTS YOUR CREATIVITY AND CLARITY?



Ease into structure. Rebuild habits intentionally—not reactively.



08 SEPTEMBER 2025
Monday

BACK TO YOUR RHYTHM



*“Success doesn’t come from what you do occasionally,
it comes from what you do consistently.”*

Truman Fisher



WHAT’S ONE THING YOU WANT TO DO *EVERY WEEK* THAT
ALIGNS WITH YOUR FUTURE SELF?



Refine your routine. Drop what isn't working. Lock in what feels aligned.



09 SEPTEMBER 2025
Tuesday

BACK TO YOUR RHYTHM



“Time is a created thing. To say ‘I don’t have time’ is to say ‘I don’t want to.’”

Lao Tzu



WHAT ARE YOU AVOIDING THAT NEEDS TO BE PRIORITIZED—OR
GRACEFULLY LET GO?

Refine your routine. Drop what isn't working. Lock in what feels aligned.





10 SEPTEMBER 2025
Wednesday

BACK TO YOUR RHYTHM



*“The art of leadership is saying no, not yes.
It is very easy to say yes.”*

Tony Blair



WHAT'S ONE THING YOU'VE SAID YES TO THAT MIGHT
REQUIRE A KIND, FIRM NO?



Refine your routine. Drop what isn't working. Lock in what feels aligned.



11 SEPTEMBER 2025
Thursday

BACK TO YOUR RHYTHM



*"It's not always that we need to do more but
rather that we need to focus on less."*

Nathan W. Morris



WHAT PRIORITY NEEDS YOUR FULL ATTENTION? CAN YOU GIVE IT
60 FOCUSED MINUTES THIS WEEK?



Refine your routine. Drop what isn't working. Lock in what feels aligned.



12 SEPTEMBER 2025
Friday

BACK TO YOUR RHYTHM



*“Nourish your vision with gratitude
and consistency.”*

Unknown



WHERE HAVE YOU GROWN SINCE LAST MONTH? CELEBRATE
SOMETHING INTERNAL—NOT JUST EXTERNAL.



Refine your routine. Drop what isn't working. Lock in what feels aligned.

13/14 SEPTEMBER 2025
Saturday/Sunday

BACK TO YOUR RHYTHM



“Don’t just do something—sit there.”

Sylvia Boorstein



WHERE HAVE YOU GROWN SINCE LAST MONTH? CELEBRATE
SOMETHING INTERNAL—NOT JUST EXTERNAL.

Refine your routine. Drop what isn't working. Lock in what feels aligned.





15 SEPTEMBER 2025
Monday

BACK TO YOUR RHYTHM



“Your habits will determine your future.”

Jack Canfield



WHICH HABIT ARE YOU BUILDING THIS FALL—AND WHO DOES
IT SUPPORT YOU BECOMING?



Reconnect to purpose through pattern. Let your routines be rooted in why, not just what.



16 SEPTEMBER 2025
Tuesday

BACK TO YOUR RHYTHM



*“Technology is best when it brings
people together.”*

Matt Mullenweg



WHAT TECH OR TOOL IS SERVING YOU WELL RIGHT NOW? IS THERE
ONE THAT'S CREATING MORE FRICTION THAN FLOW?



Reconnect to purpose through pattern. Let your routines be rooted in why, not just what.



17 SEPTEMBER 2025
Wednesday

BACK TO YOUR RHYTHM



“People don’t leave jobs—they leave energy.”

Unknown



**HOW IS YOUR ENERGY SHOWING UP IN YOUR LEADERSHIP RIGHT
NOW—AND WHAT MIGHT BE CONTAGIOUS?**



Reconnect to purpose through pattern. Let your routines be rooted in why, not just what.



18 SEPTEMBER 2025
Thursday

BACK TO YOUR RHYTHM



“When everything is a priority, nothing is.”

Karen Martin



**RE-RANK YOUR TOP THREE PRIORITIES THIS WEEK. ARE YOUR
ACTIONS MATCHING YOUR LIST?**



Reconnect to purpose through pattern. Let your routines be rooted in why, not just what.



19 SEPTEMBER 2025
Friday

BACK TO YOUR RHYTHM



“Rest is not idle. It’s not wasteful. Sometimes rest is the most productive thing you can do.”

Alex Soojung-Kim Pang



**DID YOU OVER-FUNCTION THIS WEEK? WHAT KIND OF REST COULD
SUPPORT YOUR PRODUCTIVITY MOVING FORWARD?**



Reconnect to purpose through pattern. Let your routines be rooted in why, not just what.

20/21 SEPTEMBER 2025
Saturday/Sunday

BACK TO YOUR RHYTHM



“You were not made to burn at both ends.”

Unknown



WHAT WOULD IT LOOK LIKE TO END THIS WEEKEND WITH
ENERGY LEFT OVER?



Reconnect to purpose through pattern. Let your routines be rooted in why, not just what.



22 SEPTEMBER 2025
Monday

BACK TO YOUR RHYTHM



“Systems run the business. People run the systems.”

Michael Gerber



WHAT SYSTEM IN YOUR BUSINESS OR LIFE NEEDS YOUR ATTENTION
THIS WEEK? WHAT'S ONE SMALL UPGRADE?



Strengthen your system. Make rhythms visible. Don't just plan—live it.



23 SEPTEMBER 2025
Tuesday

BACK TO YOUR RHYTHM



*“You cannot manage time, you can only
manage yourself.”*

Peter Drucker



HOW WILL YOU *SELF-MANAGE* THIS WEEK TO PROTECT TIME
FOR WHAT MATTERS?



Strengthen your system. Make rhythms visible. Don't just plan—live it.



24 SEPTEMBER 2025
Wednesday

BACK TO YOUR RHYTHM



*“Leadership is the capacity to translate
vision into reality.”*

Warren Bennis



**WHO ON YOUR TEAM NEEDS MORE CLARITY TO CARRY YOUR
SHARED VISION FORWARD?**



Strengthen your system. Make rhythms visible. Don't just plan—live it.



25 SEPTEMBER 2025
Thursday

BACK TO YOUR RHYTHM



*“Focus is a matter of deciding what things
you’re not going to do.”*

John Carmack



**WHAT CAN BE PAUSED, POSTPONED, OR REMOVED TO SHARPEN
YOUR FOCUS THIS FALL?**



Strengthen your system. Make rhythms visible. Don't just plan—live it.



26 SEPTEMBER 2025
Friday

BACK TO YOUR RHYTHM



*“You can’t do a good
job if your job is all you do.”*

Katie Thurmes



WHAT ARE YOU DOING *OUTSIDE* OF WORK THAT FILLS
YOU UP RIGHT NOW?



Strengthen your system. Make rhythms visible. Don't just plan—live it.

27/28 SEPTEMBER 2025
Saturday/Sunday

BACK TO YOUR RHYTHM



"It takes courage to say yes to rest and play in a culture where exhaustion is seen as a status symbol."

Brené Brown



**WHAT DOES "UNPLUGGED" LOOK LIKE FOR YOU THIS WEEKEND—AND
HOW CAN YOU HONOR IT?**



Strengthen your system. Make rhythms visible. Don't just plan—live it.



29 SEPTEMBER 2025
Monday

BACK TO YOUR RHYTHM



*"The best way to predict the future
is to create it."*

Peter Drucker



GLANCE AHEAD TO OCTOBER. WHAT DO YOU WANT TO BRING WITH
YOU—AND WHAT ARE YOU READY TO LEAVE BEHIND?



Strengthen your system. Make rhythms visible. Don't just plan—live it.



SEPTEMBER 2025

Tuesday

BACK TO YOUR RHYTHM



*“Order is the shape upon which
beauty depends.”*

Pearl S. Buck



WHAT SMALL SYSTEM, TOOL, OR ROUTINE COULD BRING MORE
BEAUTY—OR PEACE—TO YOUR WEEK?



Strengthen your system. Make rhythms visible. Don't just plan—live it.



01 OCTOBER 2025
Wednesday

PROTECT YOUR TIME



“Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others.”

Brene Brown (American Researcher & Author)



**WHERE ARE YOU CURRENTLY OVEREXTENDED—AND WHAT WOULD IT
LOOK LIKE TO LOVE YOURSELF THROUGH A BOUNDARY?**



Begin with clarity. Boundaries are built one decision at a time.



02 OCTOBER 2025
Thursday

PROTECT YOUR TIME



“Being busy is not the same as being productive.”

Tim Ferriss (American Entrepreneur & Podcaster)



WHAT'S ONE TASK THIS WEEK THAT LOOKS IMPORTANT—BUT ISN'T?



Begin with clarity. Boundaries are built one decision at a time.



03 OCTOBER 2025
Friday

PROTECT YOUR TIME



“You can’t pour from an empty cup. Take care of yourself first.”

Norm Kelly (Canadian Politician)



WHAT IS ONE KIND THING YOU CAN DO FOR YOURSELF TODAY
WITHOUT APOLOGIZING FOR IT?



Begin with clarity. Boundaries are built one decision at a time.



4/5 OCTOBER 2025
Saturday/Sunday

PROTECT YOUR TIME

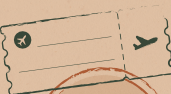


*“The ability to simplify means to eliminate
the unnecessary so that the necessary may speak.”*

Hans Hofmann (German-born Artist)



WHAT NOISE CAN YOU SILENCE THIS WEEKEND? WHAT CLARITY
MIGHT EMERGE IN THE QUIET?



Begin with clarity. Boundaries are built one decision at a time.



06 OCTOBER 2025
Monday

PROTECT YOUR TIME



*“If you don’t prioritize your life,
someone else will.”*

Greg McKeown (British Author of Essentialism)



**WHAT’S CURRENTLY DRIVING YOUR SCHEDULE—YOUR CHOICES, OR
OTHERS’ EXPECTATIONS?**



Boundaries require reinforcement. Protect your time with kindness and firmness.



07 OCTOBER 2025
Tuesday

PROTECT YOUR TIME



“Guard your time fiercely. Be generous with it, but intentional.”

Austin Kleon (American Writer & Artist)



WHAT ARE YOU SAYING YES TO THAT MODELS THE INTENTIONAL
USE OF TIME?



Boundaries require reinforcement. Protect your time with kindness and firmness.



08 OCTOBER 2025
Wednesday

PROTECT YOUR TIME



“You teach people how to treat you by what you allow, what you stop, and what you reinforce.”

Tony Gaskins (American Author & Speaker)



**WHERE MIGHT YOUR SILENCE BE TEACHING OTHERS THE WRONG THING
ABOUT YOUR BOUNDARIES?**



Boundaries require reinforcement. Protect your time with kindness and firmness.



09 OCTOBER 2025
Thursday

PROTECT YOUR TIME

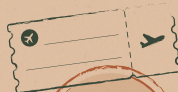


“Success is not final, failure is not fatal: It is the courage to continue that counts.”

Winston Churchill (British Prime Minister)



**IS FEAR OF DISAPPOINTING SOMEONE HOLDING YOU BACK FROM
PROTECTING YOUR PRIORITIES?**



Boundaries require reinforcement. Protect your time with kindness and firmness.



10 OCTOBER 2025
Friday

PROTECT YOUR TIME



*"I will not let anyone walk through my
mind with their dirty feet."*

Mahatma Gandhi (Indian Activist)



WHAT MENTAL CLUTTER ARE YOU READY TO CLEAR OUT—AND HOW
MIGHT THAT FREE YOUR TIME?



Boundaries require reinforcement. Protect your time with kindness and firmness.

11/12 OCTOBER 2025
Saturday/Sunday

PROTECT YOUR TIME



“When I say no to you, I am saying yes to me.”

Nayyirah Waheed (Black American Poet)



WHERE ARE YOU CURRENTLY SAYING YES TO YOU? WHERE WOULD
YOU LIKE TO SAY MORE YESES?



Boundaries require reinforcement. Protect your time with kindness and firmness.



13 OCTOBER 2025
Monday

PROTECT YOUR TIME



“No is a complete sentence.”

Anne Lamott (American Author)



WHERE CAN YOU PRACTICE A “CLEAN NO” THIS WEEK—
WITHOUT OVER-EXPLAINING?



Refine how you protect your calendar, your energy, and your life's pace.



14 OCTOBER 2025
Tuesday

PROTECT YOUR TIME

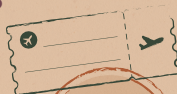


*"Your time is limited, so don't waste it living
someone else's life."*

Steve Jobs (Apple Co-founder)



**IS THERE A TOOL OR SYSTEM STILL ALIGNED WITH YOUR
PAST SELF THAT NEEDS A REFRESH?**



Refine how you protect your calendar, your energy, and your life's pace.



15 OCTOBER 2025
Wednesday

PROTECT YOUR TIME



“Care personally. Challenge directly.”

Kim Scott (Author of *Radical Candor*)



IS THERE A BOUNDARY YOU NEED TO SET THAT ALSO HONORS
YOUR RELATIONSHIP?



Refine how you protect your calendar, your energy, and your life's pace.



16 OCTOBER 2025
Thursday

PROTECT YOUR TIME



*“When you say yes to others, make sure you’re
not saying no to yourself.”*

Paulo Coelho (Brazilian Novelist)



WHERE IN YOUR LIFE IS A YES TO OTHERS ALSO A YES TO YOU?
WHAT IS ONE WAY YOU CAN PRACTICE THAT IN OTHER PLACES?



Refine how you protect your calendar, your energy, and your life's pace.



17 OCTOBER 2025
Friday

PROTECT YOUR TIME



“Rest is resistance.”

Tricia Hersey (Black American Poet, Founder of The Nap Ministry)



HOW CAN YOU REST TODAY? BECAUSE YOU'RE WORTHY.



Refine how you protect your calendar, your energy, and your life's pace.

18/19 OCTOBER 2025
Saturday/Sunday

PROTECT YOUR TIME



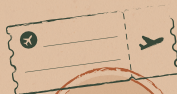
*"Time is what we want most, but what
we use worst."*

William Penn (English Philosopher)



**WHAT ARE YOU USING TIME ON THAT IS USED WELL?
WHERE IS IT USED POORLY?**

Refine how you protect your calendar, your energy, and your life's pace.





20 OCTOBER 2025
Monday

PROTECT YOUR TIME



*“You alone are enough. You have nothing
to prove to anybody.”*

Maya Angelou (American Poet and Civil Rights Activist)



**WHAT PART OF YOUR SCHEDULE IS ABOUT LIVING? IS THERE ANY
PART THAT IS MORE ABOUT PROVING? SIMPLY NOTICE IT.**



Normalize boundary maintenance. Courage doesn't always roar—it shows up quietly.



21 OCTOBER 2025
Tuesday

PROTECT YOUR TIME



“Don’t confuse accessibility with availability.”

Nedra Glover Tawwab (Black American Therapist & Boundaries Expert)



WHERE ARE YOU TOO ACCESSIBLE—AND HOW COULD YOU
RESTRUCTURE FOR SANITY?



Normalize boundary maintenance. Courage doesn't always roar—it shows up quietly.



22 OCTOBER 2025
Wednesday

PROTECT YOUR TIME



“Courage starts with showing up and letting ourselves be seen.”

Brené Brown



WHAT LEADERSHIP MOVE CAN YOU MAKE THAT ALLOWS YOU
TO SHINE THROUGH?



Normalize boundary maintenance. Courage doesn't always roar—it shows up quietly.



23 OCTOBER 2025
Thursday

PROTECT YOUR TIME



“Let whatever you do today be enough.”

Alex Elle (Black American Wellness Educator & Writer)



CAN YOU LET YOUR PACE BE ENOUGH TODAY? CAN YOU HONOR
WHAT YOU *DID*, NOT WHAT'S LEFT?



Normalize boundary maintenance. Courage doesn't always roar—it shows up quietly.



24 OCTOBER 2025
Friday

PROTECT YOUR TIME



“A rested woman is a dangerous thing.”

Brianna Wiest (Author)



HOW WOULD YOU SHOW UP DIFFERENTLY IF YOU WERE TRULY RESTED?



Normalize boundary maintenance. Courage doesn't always roar—it shows up quietly.

25/26 OCTOBER 2025
Saturday/Sunday

PROTECT YOUR TIME



“There is more to life than increasing its speed.”

Mahatma Gandhi



CAN YOU LET TIME SLOW DOWN THIS WEEKEND—AND TRUST THAT
YOUR VALUE REMAINS?



Normalize boundary maintenance. Courage doesn't always roar—it shows up quietly.



27 OCTOBER 2025
Monday

PROTECT YOUR TIME



“Every time you say yes to something, you’re saying no to something else.”

Dr. Gabor Maté (Hungarian-Canadian Physician)



WHAT’S THE TRUE VALUE (OR COST) OF WHAT YOU’RE
CURRENTLY SAYING YES TO?



Time boundaries are ongoing, not one-time declarations.



28 OCTOBER 2025
Tuesday

PROTECT YOUR TIME



“Create before you consume.”

James Clear (Author of *Atomic Habits*)



WHAT MIGHT HAPPEN IF YOU STARTED THE DAY OUTPUT-FIRST?



Time boundaries are ongoing, not one-time declarations.



29 OCTOBER 2025
Wednesday

PROTECT YOUR TIME

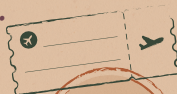


“Speak your mind—even if your voice shakes.”

Maggie Kuhn (American Activist, Founder of the Gray Panthers)



**WHAT HONEST CONVERSATION WOULD PROTECT YOUR TIME — AND
POSSIBLY DEEPEN TRUST?**



Time boundaries are ongoing, not one-time declarations.



30 OCTOBER 2025
Thursday

PROTECT YOUR TIME



“Don’t trade your authenticity for approval.”

Danielle LaPorte (Canadian Author)



WHAT CALENDAR COMMITMENT IS MOST AUTHENTICALLY ALIGNED WITH YOU?
NAME ONE THAT IS MISALIGNED. HOW CAN YOU SLOWLY (OR QUICKLY) REMOVE IT?



Time boundaries are ongoing, not one-time declarations.



31 OCTOBER 2025
Friday

PROTECT YOUR TIME



*“Give yourself the same care and attention you
give to others and watch yourself bloom.”*

Unknown



WHAT WOULD IT LOOK LIKE TO END THIS MONTH PROUD OF HOW YOU
CARED FOR YOU?



Time boundaries are ongoing, not one-time declarations.

1/2 NOVEMBER 2025
Saturday/Sunday

GRATITUDE & GROUNDING



“Gratitude turns what we have into enough.”

Aesop (Ancient Greek Storyteller & Moralist)



WHAT'S ALREADY IN YOUR LIFE THAT YOU DON'T WANT TO
TAKE FOR GRANTED THIS MONTH?



This month is about noticing. Slowing. Naming what matters.



03 NOVEMBER 2025
Monday

GRATITUDE & GROUNDING

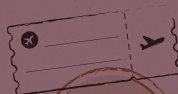


*“Wear gratitude like a cloak and it will feed
every corner of your life.”*

Rumi (13th-Century Persian Poet and Sufi Mystic)



WHAT ARE YOU GRATEFUL FOR *IN YOUR WORK*, NOT JUST
OUTSIDE OF IT?



This month is about noticing. Slowing. Naming what matters.



04 NOVEMBER 2025
Tuesday

GRATITUDE & GROUNDING



*“Happiness is not having what you want. It is
appreciating what you have.”*

Rabbi Hyman Schachtel (American Rabbi and Author)



WHAT SYSTEM, TOOL, OR ROUTINE IS QUIETLY SAVING YOU TIME OR
SANITY RIGHT NOW?



This month is about noticing. Slowing. Naming what matters.



05 NOVEMBER 2025
Wednesday

GRATITUDE & GROUNDING



“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

William Arthur Ward (American Motivational Writer and Educator)



WHO NEEDS TO HEAR THAT YOU SEE AND VALUE THEM THIS WEEK?



This month is about noticing. Slowing. Naming what matters.



06 NOVEMBER 2025
Thursday

GRATITUDE & GROUNDING



*“Do not spoil what you have by desiring
what you have not.”*

Epicurus (Ancient Greek Philosopher)



WHAT IS *ENOUGH* FOR THIS WEEK? WHERE CAN YOU STOP
CHASING AND START SETTLING IN?



This month is about noticing. Slowing. Naming what matters.



07 NOVEMBER 2025
Friday

GRATITUDE & GROUNDING



“Be grateful for the cracks. They let the light in.”

Leonard Cohen (Canadian Poet, Novelist, and Musician)



WHAT IMPERFECT PART OF YOUR JOURNEY ARE YOU LEARNING
TO APPRECIATE?



This month is about noticing. Slowing. Naming what matters.

8/9 NOVEMBER 2025
Saturday/Sunday

GRATITUDE & GROUNDING



“Gratitude unlocks the fullness of life. It turns denial into acceptance, chaos to order, confusion to clarity.”

Melody Beattie (American Author and Recovery Advocate)



WHAT COULD A TRULY *INDULGENT* KIND OF REST LOOK LIKE
THIS WEEKEND?



This month is about noticing. Slowing. Naming what matters.



10 NOVEMBER 2025
Monday

GRATITUDE & GROUNDING



*“Gratitude is not only the greatest of virtues,
but the parent of all the others.”*

Cicero (Roman Statesman and Philosopher)



WHAT ARE YOU MOST THANKFUL FOR ABOUT WHO YOU'VE
BECOME THIS YEAR?



Grounding in gratitude means honoring what's holding you.



11 NOVEMBER 2025
Tuesday

GRATITUDE & GROUNDING



“Enough is a decision, not an amount.”

Alison Faulkner (American Author and Creative Entrepreneur)



WHERE CAN YOU DECIDE THAT SOMETHING IS “DONE ENOUGH”
AND STOP TWEAKING?



Grounding in gratitude means honoring what's holding you.



12 NOVEMBER 2025
Wednesday

GRATITUDE & GROUNDING



*"We can only be said to be alive in those moments
when our hearts are conscious of our treasures."*

Thornton Wilder (American Playwright and Novelist)



WHAT "ORDINARY" PART OF YOUR TEAM, FAMILY, OR COMMUNITY
FEELS LIKE A TREASURE THIS WEEK?



Grounding in gratitude means honoring what's holding you.



13 NOVEMBER 2025
Thursday

GRATITUDE & GROUNDING



*“Trade your expectations for appreciation and
your whole world changes.”*

Tony Robbins (American Speaker and Performance Coach)



WHERE ARE EXPECTATIONS CREATING STRESS—AND HOW CAN YOU
SHIFT INTO APPRECIATION?



Grounding in gratitude means honoring what's holding you.



14 NOVEMBER 2025
Friday

GRATITUDE & GROUNDING



“Gratitude is when memory is stored in the heart and not in the mind.”

Lionel Hampton (African American Jazz Musician and Bandleader)



WHAT MOMENT THIS WEEK MADE YOU *FEEL* SOMETHING YOU
WANT TO REMEMBER?



Grounding in gratitude means honoring what's holding you.

15/16 NOVEMBER 2025
Saturday/Sunday

GRATITUDE & GROUNDING



*"Sometimes we just need someone to simply be there,
not to fix anything, but to let us feel supported."*

Brené Brown (American Research Professor and Author)



WHAT SUPPORT DO YOU NEED RIGHT NOW—AND ARE YOU
WILLING TO RECEIVE IT?



Grounding in gratitude means honoring what's holding you.



17 NOVEMBER 2025
Monday

GRATITUDE & GROUNDING

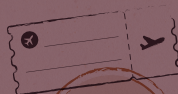


“Joy is the simplest form of gratitude.”

Karl Barth (Swiss Reformed Theologian)



WHAT'S SOMETHING SMALL THAT BROUGHT YOU JOY THIS WEEK—
AND HOW CAN YOU MAKE SPACE FOR MORE OF IT?



Grounding in gratitude means honoring what's holding you.



18 NOVEMBER 2025
Tuesday

GRATITUDE & GROUNDING



"If you want to find happiness, find gratitude."

Steve Maraboli (Latino-American Author and Speaker)



WHAT TIME-SAVING SHORTCUT OR SYSTEM CAN YOU SAY
A QUIET THANK-YOU TO?



Grounding in gratitude means honoring what's holding you.



19 NOVEMBER 2025
Wednesday

GRATITUDE & GROUNDING



“A grateful heart is a magnet for miracles.”

Iyanla Vanzant (Black American Spiritual Teacher and Speaker)



WHAT RELATIONSHIP IN YOUR LIFE FEELS LIKE A MIRACLE—OR
COULD BECOME ONE WITH ATTENTION?



Grounding in gratitude means honoring what's holding you.



20 NOVEMBER 2025
Thursday

GRATITUDE & GROUNDING



*“Success is getting what you want.
Happiness is wanting what you get.”*

Dale Carnegie (American Author and Self-improvement Pioneer)



WHERE ARE YOU CHASING MORE WHEN YOU ALREADY
HAVE ENOUGH?



Grounding in gratitude means honoring what's holding you.



21 NOVEMBER 2025
Friday

GRATITUDE & GROUNDING

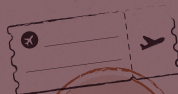


*“To love yourself is to understand you don’t
need to be perfect to be good.”*

Unknown



WHAT PART OF YOU DESERVES MORE GRATITUDE AND LESS
JUDGMENT TODAY?



Grounding in gratitude means honoring what's holding you.

22/23 NOVEMBER 2025
Saturday/Sunday

GRATITUDE & GROUNDING



*“Sometimes the most productive thing
you can do is relax.”*

Mark Black (Canadian Heart & Lung Transplant Recipient, Author, & Motivational Speaker)



CAN YOU LET REST *BE* PRODUCTIVE THIS WEEKEND?



Grounding in gratitude means honoring what's holding you.



24 NOVEMBER 2025
Monday

GRATITUDE & GROUNDING



*“Gratitude bestows reverence... changing forever
how we experience life and the world.”*

John Milton (English Poet and Intellectual)



HOW HAS GRATITUDE SHIFTED YOUR PERSPECTIVE IN
THE LAST YEAR?



Gratitude steadies your pace and sharpens your view.



25 NOVEMBER 2025
Tuesday

GRATITUDE & GROUNDING



*“Gratitude is the fairest blossom which
springs from the soul.”*

Henry Ward Beecher (American Clergyman and Social Reformer)



WHAT PROCESS OR HABIT HAS BEEN QUIETLY HELPING YOUR
LIFE BLOOM?



Gratitude steadies your pace and sharpens your view.



26 NOVEMBER 2025
Wednesday

GRATITUDE & GROUNDING

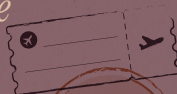


“No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude.”

Alfred North Whitehead (British Mathematician and Philosopher)



WHO HAS SUPPORTED YOUR SUCCESS THIS YEAR—AND HOW WILL YOU ACKNOWLEDGE THEM?



Gratitude steadies your pace and sharpens your view.



27 NOVEMBER 2025
Thursday

GRATITUDE & GROUNDING



"I am thankful for my struggle because without it I wouldn't have stumbled across my strength."

Alex Elle (Black American Wellness Writer and Speaker)



WHAT STRUGGLE OR CHALLENGE GREW YOU THIS YEAR—AND CAN
YOU HONOR IT TODAY?



Gratitude steadies your pace and sharpens your view.



28 NOVEMBER 2025
Friday

GRATITUDE & GROUNDING



*“Appreciation is a wonderful thing. It makes
what is excellent in others belong to us as well.”*

Voltaire (French Enlightenment Writer and Philosopher)



WHAT QUALITY IN SOMEONE ELSE ARE YOU GRATEFUL TO LEARN
FROM OR CARRY FORWARD?



Gratitude steadies your pace and sharpens your view.

29/30 NOVEMBER 2025
Saturday/Sunday

GRATITUDE & GROUNDING

*"This is a wonderful day. I've never
seen this one before."*

Maya Angelou (American Poet, Author, and Civil Rights Activist)

HOW CAN YOU MEET TODAY WITH PRESENCE AND APPRECIATION?
WHAT MAKES THIS DAY WORTHY OF ATTENTION?

Gratitude steadies your pace and sharpens your view.



01 DECEMBER 2025
Monday

REFLECT & REFINE



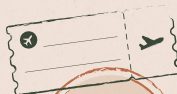
*“We do not learn from experience...
We learn from reflecting on experience.”*

John Dewey (American Philosopher and Educational Reformer)



WHAT EXPERIENCE THIS YEAR SHAPED YOU
— AND WHAT DID IT TEACH YOU?

Look back with curiosity, not critique.





02 DECEMBER 2025
Tuesday

REFLECT & REFINE



*“Time is a created thing. Say ‘no’ more often
to protect what you’ve created.”*

Haemin Sunim (Korean Buddhist Teacher and Author)



WHAT RHYTHM OR ROUTINE WAS WORTH PROTECTING THIS YEAR?



Look back with curiosity, not critique.



03 DECEMBER 2025
Wednesday

REFLECT & REFINE



“To be of use is to be truly seen.”

Marge Piercy (Jewish-American Poet and Novelist)



**WHO STEPPED UP THIS YEAR IN A WAY THAT DESERVES
ACKNOWLEDGMENT?**



Look back with curiosity, not critique.



04 DECEMBER 2025
Thursday

REFLECT & REFINE



*“Your priorities aren’t what you say they are.
They’re what you show up for.”*

Nishan Panwar (Indian Motivational Speaker and Author)



**WHAT DID YOU CONSISTENTLY SHOW UP FOR THIS YEAR—AND
WHAT DOES THAT REVEAL?**



Look back with curiosity, not critique.



05 DECEMBER 2025
Friday

REFLECT & REFINE



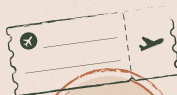
“Success isn’t about how your life looks to others. It’s about how it feels to you.”

Michelle Obama (American Lawyer, Author, and Former First Lady)



WHERE DID YOU FEEL MOST LIKE YOURSELF THIS YEAR?

Look back with curiosity, not critique.



6/7 DECEMBER 2025
Saturday/Sunday

REFLECT & REFINE



“There is virtue in work and there is virtue in rest. Use both and overlook neither.”

Alan Cohen (American Author and Coach)



**WHAT KIND OF REST DID YOU PRACTICE BEST THIS YEAR—AND
WHAT KIND IS STILL CALLING YOU?**

Look back with curiosity, not critique.





08 DECEMBER 2025
Monday

REFLECT & REFINE



"The most powerful weapon against stress is our ability to choose one thought over another."

William James (American Psychologist and Philosopher)



WHAT STRESSFUL THOUGHT OR STORY ARE YOU READY
TO LET GO OF?



Sift through the noise. Keep what matters.



09 DECEMBER 2025
Tuesday

REFLECT & REFINE



*“Productivity is not about doing more.
It’s about doing what matters most.”*

Laura Vanderkam (American Time Management Expert and Author)



**WHAT TASK OR RESPONSIBILITY ADDED THE MOST VALUE TO
YOUR LIFE THIS YEAR?**



Sift through the noise. Keep what matters.



10 DECEMBER 2025
Wednesday

REFLECT & REFINE



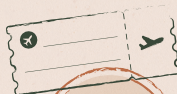
*“Leadership is not a position or a title,
it is action and example.”*

Cory Booker (U.S. Senator and Former Mayor)



WHERE DID YOUR EXAMPLE SPEAK LOUDER THAN YOUR WORDS?

Sift through the noise. Keep what matters.





11 DECEMBER 2025
Thursday

REFLECT & REFINE



*“Excellence is never an accident. It is always
the result of high intention.”*

Aristotle (Ancient Greek Philosopher)



WHAT PART OF YOUR GROWTH WAS MOST INTENTIONAL THIS YEAR?



Sift through the noise. Keep what matters.



12 DECEMBER 2025
Friday

REFLECT & REFINE



“Celebrate what you want to see more of.”

Tom Peters (American Business Author)



WHAT DO YOU WANT TO AMPLIFY NEXT YEAR—BASED ON WHAT
FELT RIGHT THIS YEAR?



Sift through the noise. Keep what matters.

13/14 DECEMBER 2025
Saturday/Sunday

REFLECT & REFINE



“Sometimes doing nothing is doing something.”

Thomas Sowell (African-American Economist and Author)



WHERE DOES STILLNESS FEEL LIKE PROGRESS RIGHT NOW?



Sift through the noise. Keep what matters.



15 DECEMBER 2025
Monday

REFLECT & REFINE



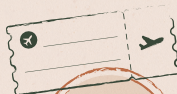
"In the rush to return to normal, use this time to consider which parts of normal are worth rushing back to."

Dave Hollis (American Speaker and Author)



WHAT ARE YOU NO LONGER WILLING TO NORMALIZE?

Slow down to integrate.





16 DECEMBER 2025
Tuesday

REFLECT & REFINE



“Discipline is choosing between what you want now and what you want most.”

Abraham Lincoln (Attributed)



WHAT DID YOU CHOOSE CONSISTENTLY—EVEN WHEN IT WAS HARD?



Slow down to integrate.



17 DECEMBER 2025
Wednesday

REFLECT & REFINE



*“Be the leader you needed when you
were younger.”*

Ayesha Siddiqi (British-Pakistani Writer and Editor)



WHAT VALUES DID YOU EMBODY THIS YEAR THAT YOUR PAST SELF
WOULD BE PROUD OF?



Slow down to integrate.



18 DECEMBER 2025
Thursday

REFLECT & REFINE



*“Deciding what not to do is as important as
deciding what to do.”*

Jessica Jackley (American Entrepreneur and Co-founder of Kiva)



WHAT DECISION TO NOT DO SOMETHING PAID OFF?



Slow down to integrate.



19 DECEMBER 2025
Friday

REFLECT & REFINE



*“You are not a machine. You are a garden.
And gardens need tending.”*

Joanna Macy (Buddhist Scholar and Environmental Activist)



WHERE DO YOU NEED MORE TENDING THAN PUSHING?



Slow down to integrate.

20/21 DECEMBER 2025
Saturday/Sunday

REFLECT & REFINE



“Rest is not a luxury. It is a biological necessity.”

Audre Lorde (Black American Poet, Feminist, and Civil Rights Activist)



WHAT KIND OF REST DO YOU WANT TO PROTECT OVER THE
HOLIDAY SEASON?

Slow down to integrate.





22 DECEMBER 2025
Monday

REFLECT & REFINE



*“You can’t connect the dots looking forward;
you can only connect them looking backward.”*

Steve Jobs (American Entrepreneur and Innovator)



WHAT DOTS ARE CONNECTING NOW THAT YOU COULDN'T SEE BEFORE?



Celebrate clearly. Prepare gently.



23 DECEMBER 2025
Tuesday

REFLECT & REFINE



"In a gentle way, you can shake the world."

Mahatma Gandhi



WHERE DOES LESS ACTUALLY EQUAL MORE FOR YOU?



Celebrate clearly. Prepare gently.



24 DECEMBER 2025
Wednesday

REFLECT & REFINE



*"I've learned that people will forget what you said...
but people will never forget how you made them feel."*

Maya Angelou (American Poet and Activist)



**WHO ARE YOU GRATEFUL TO HAVE SHARED THIS YEAR WITH—AND
HOW CAN YOU SHOW IT?**



Celebrate clearly. Prepare gently.

25 DECEMBER 2025
Thursday

REFLECT & REFINE



“Keep only those things that speak to your heart.”

Marie Kondo (Japanese Organizing Consultant and Author)



**WHAT SYSTEMS, TASKS, OR RITUALS ARE TRULY WORTH CARRYING
INTO THE NEW YEAR?**



Celebrate clearly. Prepare gently.



26 DECEMBER 2025
Friday

REFLECT & REFINE



“What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others.”

Pericles (Ancient Greek Statesman)



WHAT IMPACT HAVE YOU MADE THIS YEAR THAT MATTERS MORE
THAN METRICS?



Celebrate clearly. Prepare gently.

27/28 DECEMBER 2025
Saturday/Sunday

REFLECT & REFINE



“When you recover or discover something that nourishes your soul, care enough about yourself to make room for it.”

Jean Shinoda Bolen (American Psychiatrist and Author)



**WHAT ARE YOU CRAVING MORE OF—AND HOW WILL YOU PROTECT
SPACE FOR IT?**



Celebrate clearly. Prepare gently.



29 DECEMBER 2025
Monday

REFLECT & REFINE



*“Don’t look back in anger or forward in fear,
but around in awareness.”*

James Thurber (American Cartoonist and Writer)



HOW CAN YOU MEET THIS TRANSITION WITH AWARENESS
AND SOFTNESS?



Close with clarity. Carry only what matters.



30 DECEMBER 2025
Tuesday

REFLECT & REFINE



“We gain clarity not by adding more, but by subtracting the nonessential.”

Greg McKeown (British Author of Essentialism)



WHAT ARE YOU READY TO LEAVE BEHIND?



Close with clarity. Carry only what matters.



31 DECEMBER 2025
Wednesday

REFLECT & REFINE



*“And now we welcome the new year, full
of things that have never been.”*

Rainer Maria Rilke (Bohemian-Austrian Poet and Novelist)



WHAT NEW THING ARE YOU OPENING SPACE FOR—WITH BOTH
COURAGE AND CARE?



Close with clarity. Carry only what matters.



01 JANUARY 2026
Thursday

RESET & REIMAGINE



*“The beginning is the most important
part of the work.”*

Plato (Ancient Greek Philosopher)



WHAT KIND OF YEAR DO YOU WANT TO LIVE — NOT JUST BUILD?
START BY DEFINING HOW YOU WANT IT TO *FEEL*.



Begin with clarity. Choose what matters most.



02 JANUARY 2026
Friday

RESET & REIMAGINE



*“You are never too old to set another goal or to
dream a new dream.”*

C.S. Lewis (British Writer and Theologian)

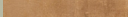


WHAT GOAL STILL EXCITES YOU—EVEN IF IT’S BEEN ON HOLD?



Begin with clarity. Choose what matters most.

3/4 JANUARY 2026
Saturday/Sunday

RESET & REIMAGINE 



*“Try not to resist the changes that come your way.
Instead, let life live through you.”*

Rumi (Persian Poet and Mystic)



**HOW CAN YOU LEAN INTO SOMETHING NEW AND DIFFERENT
THIS WEEKEND?**

Begin with clarity. Choose what matters most.





05 JANUARY 2026
Monday

RESET & REIMAGINE



"Don't be pushed around by the fears in your mind. Be led by the dreams in your heart."

Roy T. Bennett (Motivational Writer, Globally Quoted)



WHAT DREAMS WILL YOU ALLOW TO SHAPE YOUR MINDSET?



Begin to rebuild rhythm. Set the tone, don't chase the to-do list.

 **06** JANUARY 2026
Tuesday

RESET & REIMAGINE

*"It's not always that we need to do more but
rather that we need to focus on less."*

Nathan W. Morris (Financial Planner and Productivity Speaker)

**WHERE ARE YOU OVERCOMMITTING WHEN SIMPLIFICATION WOULD
SERVE YOU BETTER?**

Begin to rebuild rhythm. Set the tone, don't chase the to-do list.





07 JANUARY 2026
Wednesday

RESET & REIMAGINE



*“Leadership is the art of giving people a platform
for spreading ideas that work.”*

Seth Godin (American Author and Entrepreneur)



WHO DO YOU WANT TO ELEVATE OR EMPOWER THIS YEAR—AND HOW?

Begin to rebuild rhythm. Set the tone, don't chase the to-do list.



08 JANUARY 2026
Thursday

RESET & REIMAGINE



*“You have to decide what kind of difference
you want to make.”*

Jane Goodall (British Primatologist and Environmentalist)



**WHAT IMPACT FEELS MOST IMPORTANT FOR YOU TO MAKE THIS YEAR—
AND WHAT'S ONE SMALL STEP TOWARD IT?**



Begin to rebuild rhythm. Set the tone, don't chase the to-do list.



09 JANUARY 2026
Friday

RESET & REIMAGINE



*“Start where you are. Use what you have.
Do what you can.”*

Arthur Ashe (African-American Tennis Champion and Activist)



**WHAT RESOURCE, GIFT, OR IDEA ARE YOU UNDERESTIMATING
IN YOURSELF?**



Begin to rebuild rhythm. Set the tone, don't chase the to-do list.

10/11 JANUARY 2026
Saturday/Sunday

RESET & REIMAGINE



*“The soul always knows what to do to heal itself.
The challenge is to silence the mind.”*

Caroline Myss (American Author and Spiritual Teacher)



WHERE MIGHT QUIET SERVE YOU BETTER THAN ACTION THIS WEEKEND?



Begin to rebuild rhythm. Set the tone, don't chase the to-do list.



12 JANUARY 2026
Monday

RESET & REIMAGINE



“Live less out of habit and more out of intent.”

Amy Rubin (Motivational Speaker and Educator)



WHAT PART OF YOUR ROUTINE NEEDS TO BE
REWRITTEN WITH PURPOSE?



Let the plan fit you. Not the other way around.



13 JANUARY 2026
Tuesday

RESET & REIMAGINE



“Until we can manage time, we can manage nothing else.”

Peter Drucker (Austrian-American Management Consultant)



WHAT TIME BOUNDARY DO YOU WANT TO COMMIT TO THIS QUARTER?



Let the plan fit you. Not the other way around.



14 JANUARY 2026
Wednesday

RESET & REIMAGINE



*“Do not wait for leaders; do it alone,
person to person.”*

Mother Teresa (Albanian-Indian Humanitarian and Nobel Laureate)



**WHERE CAN YOU LEAD THROUGH CONNECTION RATHER
THAN CONTROL?**



Let the plan fit you. Not the other way around.



15 JANUARY 2026
Thursday

RESET & REIMAGINE



*“The things that matter most must never be at
the mercy of the things that matter least.”*

Johann Wolfgang von Goethe (German Poet and Statesman)



**WHAT “URGENT BUT UNIMPORTANT” THING CAN YOU
RELEASE THIS WEEK?**



Let the plan fit you. Not the other way around.



16 JANUARY 2026
Friday

RESET & REIMAGINE



*“Your work is to discover your world and then
with all your heart give yourself to it.”*

Buddha (Spiritual Teacher and Founder of Buddhism)



**WHERE DO YOU FEEL MOST ALIGNED WITH YOUR PURPOSE
RIGHT NOW?**

Let the plan fit you. Not the other way around.



17/18 JANUARY 2026
Saturday/Sunday

RESET & REIMAGINE



"If the only prayer you ever say in your entire life is thank you, it will be enough."

Meister Eckhart (13th-Century German Theologian and Philosopher)



WHAT ARE YOU THANKFUL FOR *RIGHT NOW*, IN THIS EXACT SEASON?



Let the plan fit you. Not the other way around.



19 JANUARY 2026
Monday

RESET & REIMAGINE



“Don’t ask what the world needs. Ask what makes you come alive, and go do it.”

Howard Thurman (African-American Author, Philosopher, & Civil Rights Leader)



**WHAT MAKES YOU COME ALIVE—AND HOW WILL YOU MAKE ROOM
FOR MORE OF IT THIS YEAR?**



Move with clarity. Ease into momentum—build direction.



20 JANUARY 2026
Tuesday

RESET & REIMAGINE



“You will never find time for anything. If you want time, you must make it.”

Charles Buxton (British Writer and Politician)



WHAT ARE YOU WAITING TO “FIND TIME” FOR—WHEN YOU COULD
START CREATING IT?



Move with clarity. Ease into momentum—build direction.



21 JANUARY 2026
Wednesday

RESET & REIMAGINE



*“The function of leadership is to produce more
leaders, not more followers.”*

Ralph Nader (American Political Activist)



**HOW CAN YOU CREATE MORE AUTONOMY AND OWNERSHIP IN THE
PEOPLE AROUND YOU?**

Move with clarity. Ease into momentum—build direction.





22 JANUARY 2026
Thursday

RESET & REIMAGINE



“Don’t count the days—make the days count.”

Muhammad Ali (African-American Boxer and Humanitarian)



WHAT WOULD MAKE THIS WEEK COUNT—NOT JUST PASS?



Move with clarity. Ease into momentum—build direction.



23 JANUARY 2026
Friday

RESET & REIMAGINE



“I am deliberate and afraid of nothing.”

Audre Lorde (Black American Poet, Writer, and Activist)



WHERE DO YOU WANT TO STEP FORWARD WITH MORE BOLDNESS
THIS YEAR?



Move with clarity. Ease into momentum—build direction.

24/25 JANUARY 2026
Saturday/Sunday

RESET & REIMAGINE



*“Slow down and everything you are chasing
will come around and catch you.”*

John De Paola (American Motivational Speaker)



WHAT CAN YOU LET COME TO YOU THIS WEEKEND INSTEAD OF
CHASING IT?



Move with clarity. Ease into momentum—build direction.



26 JANUARY 2026
Monday

RESET & REIMAGINE



“The future depends on what you do today.”

Mahatma Gandhi (Indian Lawyer and Nonviolent Resistance Leader)



WHAT CAN YOU LET COME TO YOU THIS WEEKEND INSTEAD OF
CHASING IT?



Choose alignment over urgency. Build toward sustainability.



27 JANUARY 2026
Tuesday

RESET & REIMAGINE



“Where your attention goes, your energy flows.”

James Redfield (American Author and Lecturer)



**WHAT CURRENTLY HAS YOUR ATTENTION? WHAT DESERVES YOUR
ENERGY (AND WHAT DOESN'T)?**



Choose alignment over urgency. Build toward sustainability.



28 JANUARY 2026
Wednesday

RESET & REIMAGINE



*“The most courageous act is still to think for
yourself. Aloud.”*

Coco Chanel (French Fashion Designer and Entrepreneur)



WHERE DO YOU NEED TO VOICE SOMETHING THAT'S BEEN HELD IN?



Choose alignment over urgency. Build toward sustainability.



29 JANUARY 2026
Thursday

RESET & REIMAGINE



“Nothing is less productive than to make more efficient what should not be done at all.”

Peter Drucker (Austrian-American Management Consultant)



WHAT PRIORITY CAN BE **REMOVED** INSTEAD OF REFINED?



Choose alignment over urgency. Build toward sustainability.



30 JANUARY 2026
Friday

RESET & REIMAGINE



*“Success is not the key to happiness.
Happiness is the key to success.”*

Albert Schweitzer (Alsatian-German Philosopher and Humanitarian)



WHERE DOES JOY LEAD YOU—IF YOU LET IT?

Choose alignment over urgency. Build toward sustainability.



31/1 JAN-FEB 2026
Saturday/Sunday

RESET & REIMAGINE



“Clarity comes from engagement, not thought.”

Marie Forleo (Italian-American Author and Entrepreneur)



**WHAT GENTLE ACTION COULD BRING CLARITY ABOUT SOMETHING
YOU'VE BEEN OVERTHINKING?**



Choose alignment over urgency. Build toward sustainability.



02 FEBRUARY 2026
Monday

CLARITY OVER CHAOS



“Beware the barrenness of a busy life.”

Socrates (Ancient Greek Philosopher)



WHERE HAS BUSYNESS DISTRACTED YOU FROM
WHAT ACTUALLY MATTERS?



Start clear. Let your yes be yes and your no be no.



03 FEBRUARY 2026
Tuesday

CLARITY OVER CHAOS



*“If you avoid conflict to keep the peace,
you start a war inside yourself.”*

Cheryl Richardson (American Life Coach and Author)



**WHERE IS CLARITY IN COMMUNICATION OVERDUE—AND WHAT MIGHT
PEACE ACTUALLY REQUIRE?**



Start clear. Let your yes be yes and your no be no.



04 FEBRUARY 2026
Wednesday

CLARITY OVER CHAOS



“The main thing is to keep the main thing the main thing.”

Stephen R. Covey (American Educator and Author)



WHAT IS *THE* MAIN THING THIS WEEK—AND IS YOUR CALENDAR
REFLECTING IT?



Start clear. Let your yes be yes and your no be no.



05 FEBRUARY 2026
Thursday

CLARITY OVER CHAOS



“The clearer you are about what you want, the more likely you are to get it.”

Oprah Winfrey (American Media Executive and Philanthropist)



**HAVE YOU CLEARLY NAMED WHAT SUCCESS LOOKS LIKE FOR
YOU RIGHT NOW?**



Start clear. Let your yes be yes and your no be no.



06 FEBRUARY 2026
Friday

CLARITY OVER CHAOS



“Clarity comes from action, not thought.”

Marie Forleo (Italian-American Author and Entrepreneur)



**WHAT SMALL, IMPERFECT ACTION COULD CUT THROUGH
YOUR CURRENT CONFUSION?**



Start clear. Let your yes be yes and your no be no.

7/8 FEBRUARY 2026
Saturday/Sunday

CLARITY OVER CHAOS



“Clarity is the elimination of mental clutter.”

Steve Maraboli (Latino-American Author and Speaker)



WHAT'S ONE THOUGHT OR WORRY YOU'RE READY TO LET GO OF?



Start clear. Let your yes be yes and your no be no.



09 FEBRUARY 2026
Monday

CLARITY OVER CHAOS



*“You can’t be everything to everyone without
being nothing to yourself.”*

Jay Shetty (British Author and Former Monk)



WHAT’S ONE THING YOU COULD NOT DO THIS WEEK—AND
FEEL LIGHTER FOR IT?

Clean communication. Clear plans. Kind boundaries.





10 FEBRUARY 2026
Tuesday

CLARITY OVER CHAOS



“Do not follow where the path may lead. Go instead where there is no path and leave a trail.”

Muriel Strode (American Poet and Essayist)



WHERE DO YOU NEED TO BREAK OUT OF YOUR “NORMAL” PATH AND
PAVE A NEW ONE?



Clean communication. Clear plans. Kind boundaries.



11 FEBRUARY 2026
Wednesday

CLARITY OVER CHAOS



“Success demands singleness of purpose.”

Vince Lombardi (Italian-American Football Coach)



**WHAT'S YOUR SINGULAR FOCUS THIS WEEK—AND HOW
CAN YOU PROTECT IT?**



Clean communication. Clear plans. Kind boundaries.



12 FEBRUARY 2026
Thursday

CLARITY OVER CHAOS



*“Be still. The quieter you become, the
more you can hear.”*

Ram Dass (American Spiritual Teacher and Psychologist)



**WHAT CLARITY COULD YOU RECEIVE IF YOU STOPPED
TRYING TO FORCE IT?**



Clean communication. Clear plans. Kind boundaries.



13 FEBRUARY 2026
Friday

CLARITY OVER CHAOS



“The best ideas come as jokes. Make your thinking as funny as possible.”

David Ogilvy (British Advertising Pioneer)



WHERE CAN YOU LET THINGS BE LIGHTER—AND FIND CLARITY
THROUGH HUMOR?



Clean communication. Clear plans. Kind boundaries.

14/15 FEBRUARY 2026
Saturday/Sunday

CLARITY OVER CHAOS



“You cannot see your reflection in running water. Only in still water.”

Lao Tzu (Ancient Chinese Philosopher and Founder of Taoism)



WHERE IN YOUR LIFE DO YOU NEED TO STILL THE WATERS TO SEE
WHAT'S TRUE?



Clean communication. Clear plans. Kind boundaries.



16 FEBRUARY 2026
Monday

CLARITY OVER CHAOS



*"It is not a daily increase, but a daily decrease.
Hack away at the unessential."*

Bruce Lee (Chinese-American Martial Artist and Philosopher)



WHAT CAN YOU CUT FROM THIS WEEK TO REGAIN FOCUS?



Focus your energy. Cut through noise. Stay rooted.



17 FEBRUARY 2026
Tuesday

CLARITY OVER CHAOS



"Speak clearly, if you speak at all."

Oliver Wendell Holmes Sr. (American Physician and Poet)



IS THERE A CONVERSATION YOU CAN HAVE WITH SOMEONE THAT
CLARITY WOULD RESOLVE?



Focus your energy. Cut through noise. Stay rooted.



18 FEBRUARY 2026
Wednesday

CLARITY OVER CHAOS



*“If you chase two rabbits, you
will not catch either one.”*

Russian Proverb



WHAT SECONDARY PRIORITY IS DILUTING YOUR RESULTS?



Focus your energy. Cut through noise. Stay rooted.



19 FEBRUARY 2026
Thursday

CLARITY OVER CHAOS



*“Knowing yourself is the beginning
of all wisdom.”*

Aristotle (Ancient Greek Philosopher)



**WHAT RECENT EXPERIENCE HELPED YOU UNDERSTAND
YOURSELF BETTER?**



Focus your energy. Cut through noise. Stay rooted.



20 FEBRUARY 2026
Friday

CLARITY OVER CHAOS



*“Sometimes the best way to clear your
mind is to do nothing at all.”*

Ayan Randhawa (Mindfulness Educator and Wellness Writer)



WHAT WOULD IT LOOK LIKE TO PROTECT *BLANK SPACE* ON YOUR
CALENDAR THIS WEEKEND?



Focus your energy. Cut through noise. Stay rooted.

21/22 FEBRUARY 2026
Saturday/Sunday

CLARITY OVER CHAOS



*“The things you think about determine the
quality of your mind.”*

Marcus Aurelius (Roman Emperor and Stoic Philosopher)



WHERE IS YOUR ATTENTION GOING LATELY—AND IS IT HELPING YOU?



Focus your energy. Cut through noise. Stay rooted.



23 FEBRUARY 2026
Monday

CLARITY OVER CHAOS



*“Nothing strengthens authority so
much as silence.”*

Leonardo da Vinci (Italian Polymath and Inventor)



WHERE HAS YOUR SILENCE SPOKEN VOLUMES?



Step forward on purpose. Make aligned decisions.



24 FEBRUARY 2026
Tuesday

CLARITY OVER CHAOS



*“The art of communication is the
language of leadership.”*

James Humes (American Presidential Speechwriter)



HOW CAN YOU MODEL CLEAR COMMUNICATION THIS WEEK?



Step forward on purpose. Make aligned decisions.



25 FEBRUARY 2026
Wednesday

CLARITY OVER CHAOS



*“Truth is not only violated by falsehood; it
may be equally outraged by silence.”*

Henri-Frédéric Amiel (Swiss Philosopher and Poet)



JUST AS SILENCE CAN BE POWERFUL (SEE MONDAY), WHAT'S ONE
TRUTH YOU NEED TO SPEAK—TO YOURSELF OR SOMEONE ELSE?



Step forward on purpose. Make aligned decisions.



26 FEBRUARY 2026
Thursday

CLARITY OVER CHAOS



*“The privilege of a lifetime is to become
who you truly are.”*

Carl Jung (Swiss Psychiatrist and Psychoanalyst)



WHERE HAVE YOU BECOME MORE *YOURSELF* THIS YEAR—AND
HOW CAN YOU KEEP GOING?



Step forward on purpose. Make aligned decisions.



27 FEBRUARY 2026
Friday

CLARITY OVER CHAOS



“A clear mind is a result of a clean life. Clean your room, clean your thoughts, clean your soul.”

Amit Ray (Indian Spiritual Teacher and Neuroscientist)



**WHAT SMALL ACT OF CLEARING—PHYSICAL OR EMOTIONAL—
CAN YOU COMPLETE TODAY?**



Step forward on purpose. Make aligned decisions.

28/1 FEB-MAR 2026
Saturday/Sunday

CLARITY OVER CHAOS



*“Don’t spend time beating on a wall, hoping
to transform it into a door.”*

Coco Chanel (French Fashion Designer and Entrepreneur)



WHAT ARE YOU FORCING THAT MIGHT SIMPLY NOT BE ALIGNED?



Step forward on purpose. Make aligned decisions.



02 MARCH 2026
Monday

BUILD WHAT MATTERS



“What gets measured gets improved.”

Peter Drucker (Austrian-American Management Consultant and Author)



WHERE CAN YOU START TRACKING PROGRESS TO BUILD
CLARITY AND CONFIDENCE?



Build with intention. Let values guide your momentum.



03 MARCH 2026
Tuesday

BUILD WHAT MATTERS



*“Alone we can do so little; together
we can do so much.”*

Helen Keller (American Author and Disability Rights Advocate)



**WHO HELPS YOU BUILD WELL—AND HOW CAN YOU INVITE THEM
IN MORE INTENTIONALLY?**



Build with intention. Let values guide your momentum.



04 MARCH 2026
Wednesday

BUILD WHAT MATTERS



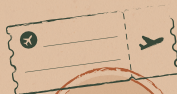
*“You don’t have to see the whole staircase,
just take the first step.”*

Martin Luther King Jr. (American Civil Rights Leader)



**WHAT’S ONE STEP YOU CAN TAKE THIS WEEK THAT REFLECTS
LONG-TERM PURPOSE?**

Build with intention. Let values guide your momentum.





05 MARCH 2026
Thursday

BUILD WHAT MATTERS



"If it's not a hell yes, it's a no."

Derek Sivers (American Entrepreneur and Author)



WHAT ARE YOU HOLDING ONTO THAT DESERVES A LOVING NO?



Build with intention. Let values guide your momentum.



06 MARCH 2026
Friday

BUILD WHAT MATTERS



"It is not enough to be busy... The question is: What are we busy about?"

Henry David Thoreau (American Philosopher and Writer)



WHAT HAVE YOU BEEN BUSY WITH THAT DOESN'T FEEL ALIGNED
ANYMORE? HOW CAN YOU RECALIBRATE?



Build with intention. Let values guide your momentum.



7/8 MARCH 2026
Saturday/Sunday

BUILD WHAT MATTERS



*“When the root is deep, there is no
reason to fear the wind.”*

African Proverb



WHERE ARE YOUR ROOTS STRONG—AND HOW ARE
THEY SUPPORTING YOUR GROWTH?



Build with intention. Let values guide your momentum.



09 MARCH 2026
Monday

BUILD WHAT MATTERS



*“He who has a why to live for can
bear almost any how.”*

Friedrich Nietzsche (German Philosopher)



WHAT IS YOUR DEEPER *WHY* BEHIND THE WORK YOU'RE
DOING THIS WEEK?



Protect your priorities. Let action match the purpose.



10 MARCH 2026
Tuesday

BUILD WHAT MATTERS



“Lack of direction, not lack of time, is the problem. We all have twenty-four-hour days.”

Zig Ziglar (American Motivational Speaker)



WHERE ARE YOU MISTAKING ACTIVITY FOR DIRECTION—HOW CAN YOU
REALIGN WITH DIRECTION?



Protect your priorities. Let action match the purpose.



11 MARCH 2026
Wednesday

BUILD WHAT MATTERS



*“When we strive to become better than we are,
everything around us becomes better too.”*

Paulo Coelho (Brazilian Author of *The Alchemist*)



WHAT'S ONE SMALL SHIFT IN HOW YOU SHOW UP THAT COULD RIPPLE
INTO YOUR TEAM, STUDENTS, OR HOME?



Protect your priorities. Let action match the purpose.

12 MARCH 2026
Thursday

BUILD WHAT MATTERS



“Discipline is the bridge between goals and accomplishment.”

Jim Rohn (American Entrepreneur and Speaker)



**WHAT DISCIPLINE—HOWEVER SMALL—IS BRIDGING THE GAP
TOWARDS ACCOMPLISHING A GOAL?**



Protect your priorities. Let action match the purpose.



13 MARCH 2026
Friday

BUILD WHAT MATTERS

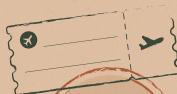


*“Be who you were created to be, and you will set
the world on fire.”*

St. Catherine of Siena (14th-Century Italian Mystic and Theologian)



**IDENTIFY AN INNER STRENGTH OR QUALITY THAT WILL ALLOW YOU
TO SOAR. HOW CAN YOU USE IT TODAY?**



Protect your priorities. Let action match the purpose.

14/15 MARCH 2026
Saturday/Sunday

BUILD WHAT MATTERS



*“Every act of creation is first an act of
destruction.”*

Pablo Picasso (Spanish Artist and Painter)



WHAT STRUCTURE, HABIT, OR STORY MIGHT NEED TO BE CLEARED FOR
SOMETHING BETTER TO TAKE ROOT?



Protect your priorities. Let action match the purpose.



16 MARCH 2026
Monday

BUILD WHAT MATTERS



“What you do makes a difference, and you have to decide what kind of difference you want to make.”

Jane Goodall (British Primatologist and Humanitarian)



WHAT KIND OF DIFFERENCE DO YOU WANT YOUR WORK
TO MAKE THIS YEAR?



Stay focused. Resist urgency. Build depth.



17 MARCH 2026
Tuesday

BUILD WHAT MATTERS



*“Success is often achieved by those who don’t
know that failure is inevitable.”*

Coco Chanel (French Fashion Designer and Entrepreneur)



**WHERE COULD BOLDNESS REPLACE HESITATION IN HOW YOU
USE YOUR TIME?**



Stay focused. Resist urgency. Build depth.



18 MARCH 2026
Wednesday

BUILD WHAT MATTERS



“The growth and development of people is the highest calling of leadership.”

Harvey S. Firestone (American Industrialist and Founder of Firestone Tire)



**WHO IN YOUR ORBIT COULD THRIVE WITH A LITTLE MORE
ENCOURAGEMENT OR TRUST?**

Stay focused. Resist urgency. Build depth.



19 MARCH 2026
Thursday

BUILD WHAT MATTERS



*“You can’t cross the sea merely by standing
and staring at the water.”*

Rabindranath Tagore (Indian Poet and Nobel Laureate)



WHAT ACTION WILL MOVE YOU THROUGH RESISTANCE THIS WEEK?



Stay focused. Resist urgency. Build depth.



20 MARCH 2026
Friday

BUILD WHAT MATTERS



*“Be patient with yourself. Nothing in
nature blooms all year.”*

Unknown



WHAT SEASON ARE YOU *ACTUALLY* IN RIGHT NOW—AND ARE YOUR
EXPECTATIONS ALIGNED?



Stay focused. Resist urgency. Build depth.

21/22 MARCH 2026
Saturday/Sunday

BUILD WHAT MATTERS



*“Work is not always required. There is
such a thing as sacred idleness.”*

George MacDonald (Scottish Author and Minister)



WHAT WOULD IT MEAN TO LET REST BE SACRED—NOT JUST EARNED?



Stay focused. Resist urgency. Build depth.



23 MARCH 2026
Monday

BUILD WHAT MATTERS



*“You can’t depend on your eyes when your
imagination is out of focus.”*

Mark Twain (American Writer and Humorist)



WHERE IS YOUR IMAGINATION TRYING TO LEAD YOU—IF YOU SLOWED
DOWN ENOUGH TO LISTEN?



Build with clarity. Refine systems, routines, and vision.



24 MARCH 2026
Tuesday

BUILD WHAT MATTERS



“Being organized isn’t about getting rid of everything you own. It’s about honoring what you value most.”

Courtney Carver (American Simplicity Advocate)



**WHAT TOOLS, PLATFORMS, OR HABITS ARE STILL ALIGNED—
AND WHAT NEEDS PRUNING?**



Build with clarity. Refine systems, routines, and vision.



25 MARCH 2026
Wednesday

BUILD WHAT MATTERS



“You can’t lead others until you lead yourself.”

Dee Hock (Founder of Visa and Business Visionary)



**WHAT HABIT OR MINDSET WILL MAKE YOU A STRONGER, CLEARER
LEADER THIS SPRING?**



Build with clarity. Refine systems, routines, and vision.



26 MARCH 2026
Thursday

BUILD WHAT MATTERS



*“Do the hard things first. The easy things
will take care of themselves.”*

Dale Carnegie (American Writer and Self-improvement Pioneer)



**WHAT HAVE YOU BEEN AVOIDING THAT'S ACTUALLY
THE MOST IMPORTANT?**



Build with clarity. Refine systems, routines, and vision.



27 MARCH 2026
Friday

BUILD WHAT MATTERS



*"I am learning every day to allow the space
between where I am and where I want to be to
inspire me and not terrify me."*

Tracee Ellis Ross (American Actress and Entrepreneur)



WHERE COULD SELF-TRUST REPLACE SELF-PRESSURE IN YOUR PROCESS?

Build with clarity. Refine systems, routines, and vision.

28/29 MARCH 2026
Saturday/Sunday

BUILD WHAT MATTERS



“A field that has rested gives a bountiful crop.”

Ovid (Roman Poet)



**WHAT FUTURE HARVEST ARE YOU PREPARING FOR BY
ALLOWING REST TODAY?**

Build with clarity. Refine systems, routines, and vision.





30 MARCH 2026
Monday

BUILD WHAT MATTERS



*“If you don’t know what you’re here to do,
then just do some good.”*

Maya Angelou (American Poet and Activist)



WHAT KIND OF GOOD COULD YOU CONTRIBUTE THROUGH
YOUR WORK THIS WEEK?



Build with clarity. Refine systems, routines, and vision.



31 MARCH 2026
Tuesday

BUILD WHAT MATTERS



*“Success is not in what you have,
but who you are.”*

Bo Bennett (American Entrepreneur and Author)



HOW DID YOU SHOW UP THIS MONTH—AND HOW
CAN YOU CELEBRATE THAT?



Build with clarity. Refine systems, routines, and vision.



01 APRIL 2026
Wednesday

SYSTEMS THAT SUSTAIN

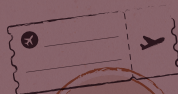


*“Order and simplification are the
first steps toward the mastery of a subject.”*

Thomas Mann (German Novelist and Nobel Prize Winner)



WHERE WOULD SIMPLIFICATION HELP YOU
RECLAIM MOMENTUM?



Simplify. Systems are permission to stop reinventing the wheel.



02 APRIL 2026
Thursday

SYSTEMS THAT SUSTAIN



“The key is not to prioritize what’s on your schedule, but to schedule your priorities.”

Stephen R. Covey (American Educator and Author)



IS YOUR ENERGY ALIGNED WITH WHAT ACTUALLY MOVES THE NEEDLE?



Simplify. Systems are permission to stop reinventing the wheel.



03 APRIL 2026
Friday

SYSTEMS THAT SUSTAIN



"Structure is not a prison. It's a scaffolding for freedom."

Anne Lamott (American Novelist and Writing Teacher)



WHAT ROUTINE OR BOUNDARY GIVES YOU MORE FREEDOM?



Simplify. Systems are permission to stop reinventing the wheel.



4/5 APRIL 2026
Saturday/Sunday

SYSTEMS THAT SUSTAIN



“The rhythm of the body, the melody of the mind & the harmony of the soul create the symphony of life.”

B.K.S. Iyengar (Indian Yoga Master)



WHAT AREAS OF YOUR LIFE FEEL HARMONIOUS RIGHT NOW? WHY?



Simplify. Systems are permission to stop reinventing the wheel.



06 APRIL 2026
Monday

SYSTEMS THAT SUSTAIN



“A bad system will beat a good person every time.”

W. Edwards Deming (American Engineer and Statistician)

BEST EFFORTS FROM EFFICIENT PEOPLE WILL SUFFER WITH BAD SYSTEMS.
WHERE DO YOU NEED A BETTER SYSTEM—NOT JUST MORE EFFORT?

Let your systems reflect your values—not just your tasks.





07 APRIL 2026
Tuesday

SYSTEMS THAT SUSTAIN



*“We become what we repeatedly do. Excellence,
then, is not an act but a habit.”*

Will Durant (American Historian, Summarizing Aristotle)



WHAT HABIT OR AUTOMATION COULD HELP YOUR BUSINESS
RUN WITH MORE EASE?



Let your systems reflect your values—not just your tasks.



08 APRIL 2026
Wednesday

SYSTEMS THAT SUSTAIN



*“If you want creative workers, give
them enough time to play.”*

John Cleese (British Comedian and Creativity Advocate)



WHERE CAN YOU INFUSE MORE FREEDOM OR PLAY INTO YOUR
SYSTEMS—ESPECIALLY FOR YOUR TEAM?



Let your systems reflect your values—not just your tasks.



09 APRIL 2026
Thursday

SYSTEMS THAT SUSTAIN



*“To improve is to change; to be perfect
is to change often.”*

Winston Churchill (British Prime Minister and Writer)



**WHICH OF YOUR CURRENT PROCESSES NEEDS A TUNE-UP—
NOT A TOTAL OVERHAUL?**



Let your systems reflect your values—not just your tasks.



10 APRIL 2026
Friday

SYSTEMS THAT SUSTAIN

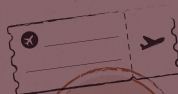


*“Self-care is not a reward.
It’s part of the process.”*

Audre Lorde (Black American Poet and Activist)



HOW CAN YOU BUILD SELF-CARE INTO YOUR SCHEDULE,
NOT LAYER IT ON TOP?



Let your systems reflect your values—not just your tasks.

11/12 APRIL 2026
Saturday/Sunday

SYSTEMS THAT SUSTAIN



*“The time to relax is when you
don’t have time for it.”*

Sydney J. Harris (American Journalist and Essayist)



HOW CAN YOU DESIGN IN REST BEFORE BURNOUT FORCES IT?



Let your systems reflect your values—not just your tasks.



13 APRIL 2026
Monday

SYSTEMS THAT SUSTAIN



*“When you feel overwhelmed, remember:
systems are safety nets.”*

Tiago Forte (Brazilian-American Productivity Expert)



WHAT SYSTEM COULD REDUCE DECISION FATIGUE THIS WEEK?



Systems support sustainability. Build ones that hold when life gets loud.



14 APRIL 2026
Tuesday

SYSTEMS THAT SUSTAIN



*“The secret of your success is found
in your daily routine.”*

John C. Maxwell (American Leadership Speaker and Author)



WHICH ROUTINE IS TRULY WORKING FOR YOU?



Systems support sustainability. Build ones that hold when life gets loud.



15 APRIL 2026
Wednesday

SYSTEMS THAT SUSTAIN

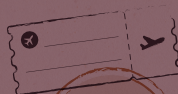


"A leader is best when people barely know they exist... when the work is done, they will say: we did it ourselves."

Lao Tzu (Ancient Chinese Philosopher and Founder of Taoism)



WHERE COULD YOU EMPOWER YOUR TEAM OR FAMILY MORE
BY STEPPING BACK—NOT OUT?



Systems support sustainability. Build ones that hold when life gets loud.



16 APRIL 2026
Thursday

SYSTEMS THAT SUSTAIN



"Plans are nothing. Planning is everything."

Dwight D. Eisenhower (U.S. President and General)



HOW CAN YOU TREAT YOUR PLAN AS A GUIDE—NOT A CAGE?



Systems support sustainability. Build ones that hold when life gets loud.



17 APRIL 2026
Friday

SYSTEMS THAT SUSTAIN



*"It's not enough to be busy; so are the ants.
The question is: what are we busy about?"*

Henry David Thoreau (American Philosopher and Writer)



WHAT HAVE YOU BEEN DOING THIS MONTH THAT'S URGENT
BUT NOT MEANINGFUL?



Systems support sustainability. Build ones that hold when life gets loud.

18/19 APRIL 2026
Saturday/Sunday

SYSTEMS THAT SUSTAIN



“The best system is the one you actually use.”

James Clear (American Author of Atomic Habits)



WHICH TOOL, ROUTINE, OR PLAN IS WELL USED AND SERVING YOU?



Systems support sustainability. Build ones that hold when life gets loud.



20 APRIL 2026
Monday

SYSTEMS THAT SUSTAIN

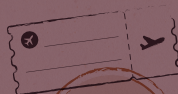


*“Sow a thought, and you reap an action;
sow an action, and you reap a habit.”*

Charles Reade (English Novelist and Dramatist)



WHAT THOUGHT COULD YOU REPLACE TO SHIFT A HABIT THIS WEEK?



Build for longevity. Let systems reduce effort and increase impact.



21 APRIL 2026
Tuesday

SYSTEMS THAT SUSTAIN



*“You do not rise to the level of your goals.
You fall to the level of your systems.”*

James Clear (American Author of *Atomic Habits*)



WHERE HAVE YOU SET A GOAL—BUT NOT YET BUILT
THE SYSTEM TO MATCH?



Build for longevity. Let systems reduce effort and increase impact.



22 APRIL 2026
Wednesday

SYSTEMS THAT SUSTAIN



“In the midst of chaos, there is also opportunity.”

Sun Tzu (Ancient Chinese Military Strategist)



WHERE COULD STREAMLINING COMMUNICATION OR EXPECTATIONS
CREATE MORE SPACE FOR GROWTH?



Build for longevity. Let systems reduce effort and increase impact.



23 APRIL 2026
Thursday

SYSTEMS THAT SUSTAIN



“Simplicity boils down to two steps: Identify the essential. Eliminate the rest.”

Leo Babauta (Filipino-American Simplicity Author and Blogger)



LOOK AT YOUR CALENDAR. WHAT'S ESSENTIAL? WHAT CAN BE
ELIMINATED OR DELEGATED?



Build for longevity. Let systems reduce effort and increase impact.



24 APRIL 2026
Friday

SYSTEMS THAT SUSTAIN

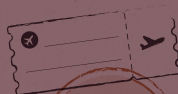


*"You are allowed to be both a masterpiece
and a work in progress."*

Sophia Bush (American Actress and Activist)



WHERE CAN YOU GIVE YOURSELF GRACE WHILE
STILL PURSUING GROWTH?



Build for longevity. Let systems reduce effort and increase impact.

25/26 APRIL 2026
Saturday/Sunday

SYSTEMS THAT SUSTAIN



“A small daily task, if it be really daily, will beat the labors of a spasmodic Hercules.”

Anthony Trollope (British Novelist)



WHAT GENTLE, SUSTAINABLE PRACTICE COULD REPLACE
A PUSH-THEN-COLLAPSE CYCLE?



Build for longevity. Let systems reduce effort and increase impact.



27 APRIL 2026
Monday

SYSTEMS THAT SUSTAIN



*“The way to get started is to quit talking
and begin doing.”*

Walt Disney (American Entrepreneur and Animator)



WHAT'S ONE IDEA OR IMPROVEMENT THAT NEEDS
IMPLEMENTATION—NOW?



End the month strong. Build systems that support your real life—not your imagined one.



28 APRIL 2026
Tuesday

SYSTEMS THAT SUSTAIN



“Don’t automate the mess. Fix the process first.”

Charlene Li (Chinese-American Author and Business Strategist)



WHERE IS A TOOL OR PRACTICE MASKING A DEEPER SYSTEMS ISSUE?



End the month strong. Build systems that support your real life—not your imagined one.



29 APRIL 2026
Wednesday

SYSTEMS THAT SUSTAIN

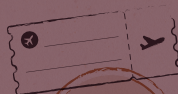


*“It’s not the load that breaks you, it’s
the way you carry it.”*

Lena Horne (African-American Singer and Activist)



WHERE CAN YOU MAKE A SMALL SHIFT IN YOUR APPROACH THAT WILL
MAKE A BIG DIFFERENCE OVERALL?



End the month strong. Build systems that support your real life—not your imagined one.



30 APRIL 2026
Thursday

SYSTEMS THAT SUSTAIN



“The purpose of a system is what it does.”

Stafford Beer (British Theorist in Operations Research and Management)



WHAT ARE YOUR SYSTEMS ACTUALLY PRODUCING AND
DELIVERING FOR YOU?



End the month strong. Build systems that support your real life—not your imagined one.



01 MAY 2026
Friday

CREATIVE MOMENTUM



"The worst enemy to creativity is self-doubt."

Sylvia Plath (American Poet and Novelist)



WHAT'S ONE THING YOU'VE BEEN DOUBTING THAT DESERVES A
CREATIVE LEAP INSTEAD?



Creativity doesn't wait for perfect conditions. Start where you are.

2/3 MAY 2026
Saturday/Sunday

CREATIVE MOMENTUM



*“You can’t use up creativity. The more
you use, the more you have.”*

Maya Angelou (American Poet and Civil Rights Activist)



**WHERE HAVE YOU BEEN CREATIVE LATELY—AND HOW
DID IT ENERGIZE YOU?**



Creativity doesn't wait for perfect conditions. Start where you are.



04 MAY 2026
Monday

CREATIVE MOMENTUM



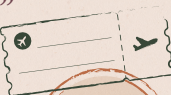
“The creative adult is the child who survived.”

Ursula K. Le Guin (American Author of Science Fiction and Fantasy)



**WHERE CAN YOU BRING MORE PLAY, CURIOSITY, OR IMAGINATION
INTO YOUR DAY?**

Creativity thrives when you give yourself permission.





05 MAY 2026
Tuesday

CREATIVE MOMENTUM



*“The painter tries to master color, but ends up
being mastered by it.”*

Wassily Kandinsky (Russian Painter and Art Theorist)



**WHAT PART OF YOUR WORK OR SYSTEM HAS SURPRISED YOU
IN A GOOD WAY LATELY?**



Creativity thrives when you give yourself permission.



06 MAY 2026
Wednesday

CREATIVE MOMENTUM



*“Vulnerability is the birthplace of
innovation, creativity, and change.”*

Brené Brown (American Research Professor and Author)



WHERE IS OPENNESS NEEDED TO SPARK SOMETHING NEW?



Creativity thrives when you give yourself permission.

07 MAY 2026
Thursday

CREATIVE MOMENTUM



*“To live a creative life, we must lose
our fear of being wrong.”*

Joseph Chilton Pearce (American Author on Human Development)



**WHAT IDEA OR PROJECT NEEDS TO MOVE FORWARD, EVEN
BEFORE IT'S PERFECT?**



Creativity thrives when you give yourself permission.



08 MAY 2026
Friday

CREATIVE MOMENTUM



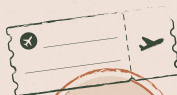
“Creativity is intelligence having fun.”

Albert Einstein (German-born Theoretical Physicist)



**WHERE HAVE YOU OVER-INTELLECTUALIZED SOMETHING
THAT NEEDS TO BE FUN AGAIN?**

Creativity thrives when you give yourself permission.



9/10 MAY 2026
Saturday/Sunday

CREATIVE MOMENTUM



*“Art is the only way to run away
without leaving home.”*

Twyla Tharp (American Dancer and Choreographer)



**WHAT KIND OF EXPRESSION—ART, MOVEMENT, MUSIC, ETC.—COULD
RECONNECT YOU WITH FLOW?**



Creativity thrives when you give yourself permission.



11 MAY 2026
Monday

CREATIVE MOMENTUM



“A hunch is creativity trying to tell you something.”

Frank Capra (Italian-American Film Director)



WHAT QUIET IDEA OR INSTINCT HAS BEEN TAPPING YOU ON THE
SHOULDER LATELY?



Let your systems support spontaneity. Structure can serve play.



12 MAY 2026
Tuesday

CREATIVE MOMENTUM



*“Don’t wait for inspiration. It comes
while working.”*

Henri Matisse (French Artist)



WHAT CAN YOU START IN MOTION TODAY—EVEN IF YOU
DON’T FEEL FULLY READY?



Let your systems support spontaneity. Structure can serve play.



13 MAY 2026
Wednesday

CREATIVE MOMENTUM



*“A team aligned behind a vision
will move mountains.”*

Kevin Rose (American Tech Entrepreneur)



WHERE COULD MORE CLARITY OR SHARED VISION UNLOCK
CREATIVITY IN YOUR TEAM OR FAMILY?

Let your systems support spontaneity. Structure can serve play.





14 MAY 2026
Thursday

CREATIVE MOMENTUM



“Ideas are easy. Execution is everything.”

John Doerr (American Venture Capitalist)



WHAT IDEA HAVE YOU BEEN SITTING ON THAT NOW DESERVES A PLAN?



Let your systems support spontaneity. Structure can serve play.



15 MAY 2026
Friday

CREATIVE MOMENTUM



*“Inspiration exists, but it has to
find you working.”*

Pablo Picasso (Spanish Painter and Sculptor)



**WHERE CAN YOU COMMIT TO THE PROCESS—AND
LET INSPIRATION MEET YOU THERE?**



Let your systems support spontaneity. Structure can serve play.

16/17 MAY 2026
Saturday/Sunday

CREATIVE MOMENTUM



“Rest is not idleness... it is looking out of the window at the clouds.”

John Lubbock (British Politician and Naturalist)



**HOW CAN YOU MAKE SPACE THIS WEEKEND TO PAUSE,
DRIFT, OR DREAM?**



Let your systems support spontaneity. Structure can serve play.



18 MAY 2026
Monday

CREATIVE MOMENTUM



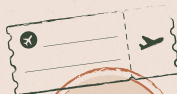
“The desire to create is one of the deepest yearnings of the human soul.”

Dieter F. Uchtdorf (German Pilot and Religious Leader)



**WHAT WOULD YOU CREATE IF YOU WEREN'T WORRIED ABOUT
HOW IT WOULD BE RECEIVED?**

Build momentum by staying connected to purpose.





19 MAY 2026
Tuesday

CREATIVE MOMENTUM



*“Creativity is not a talent. It is a
way of operating.”*

John Cleese (British Comedian and Author)



**WHAT PART OF YOUR WORKFLOW COULD BE MADE MORE
PLAYFUL OR GENERATIVE?**



Build momentum by staying connected to purpose.

 20 MAY 2026
Wednesday

CREATIVE MOMENTUM



*“Give me a place to stand, and
I will move the world.”*

Archimedes (Ancient Greek Mathematician)



**WHERE ARE YOU MOST CREATIVE OR PRODUCTIVE?
IS IT A PLACE? TIME OF DAY? FEELING?**



Build momentum by staying connected to purpose.



21 MAY 2026
Thursday

CREATIVE MOMENTUM



“Action is the foundational key to all success.”

Pablo Picasso (Spanish Artist – not yet used in this context)



WHAT SMALL, TANGIBLE STEP WILL RE-IGNITE MOMENTUM TODAY?



Build momentum by staying connected to purpose.



22 MAY 2026
Friday

CREATIVE MOMENTUM



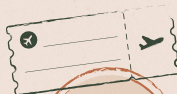
*“Don’t think outside the box. Think like
there is no box.”*

Unknown



**WHERE ARE YOU UNINTENTIONALLY LIMITING YOURSELF WITH
OLD FRAMEWORKS?**

Build momentum by staying connected to purpose.



23/24 MAY 2026
Saturday/Sunday

CREATIVE MOMENTUM



“The creative mind plays with the objects it loves.”

Carl Jung (Swiss Psychiatrist and Psychoanalyst)



**WHAT DO YOU LOVE WORKING ON—AND WHEN’S THE LAST TIME
YOU GAVE IT SPACE?**



Build momentum by staying connected to purpose.



25 MAY 2026
Monday

CREATIVE MOMENTUM



*“Nothing is more paralyzing than the idea of
limitless possibilities.”*

Austin Kleon (American Writer and Artist)



WHERE COULD A CONSTRAINT HELP YOU CREATE MORE FREELY?



Keep flow going by letting go. End with lightness.



26 MAY 2026
Tuesday

CREATIVE MOMENTUM



*“Your time is limited, so don’t waste it living
someone else’s life.”*

Steve Jobs (American Entrepreneur and Innovator)



**WHAT PRIORITY ISN'T YOURS—BUT YOU'VE BEEN TREATING IT
LIKE IT IS?**



Keep flow going by letting go. End with lightness.

 27 MAY 2026
Wednesday

CREATIVE MOMENTUM



*“Tell me, what is it you plan to do with
your one wild and precious life?”*

Mary Oliver (American Poet)



WHAT CREATIVE DREAM IS LIVING IN YOU,
UNREALIZED AS OF YET?

Keep flow going by letting go. End with lightness.





28 MAY 2026
Thursday

CREATIVE MOMENTUM



“Done is better than perfect.”

Sheryl Sandberg (American Tech Executive and Author)



**WHAT UNFINISHED PROJECT NEEDS LESS POLISH
AND MORE RELEASE?**



Keep flow going by letting go. End with lightness.



29 MAY 2026
Friday

CREATIVE MOMENTUM



*“Success is doing what you love,
and doing it well.”*

George Burns (American Comedian and Actor)



**WHERE HAVE YOU BEEN SUCCESSFUL—AND HOW CAN YOU
CELEBRATE YOURSELF FOR IT?**



Keep flow going by letting go. End with lightness.

30/31 MAY 2026
Saturday/Sunday

CREATIVE MOMENTUM



*“You must have chaos within you to give
birth to a dancing star.”*

Friedrich Nietzsche (German Philosopher)



**WHAT TENSION, UNCERTAINTY, OR MESS MIGHT ACTUALLY BE A
SIGN OF CREATIVITY UNFOLDING?**



Keep flow going by letting go. End with lightness.



01 JUNE 2026
Monday

ENERGY & EXPANSION



“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

Anaïs Nin (French-Cuban-American Diarist and Novelist)



**WHERE ARE YOU READY TO EXPAND—EVEN IF IT FEELS
UNCOMFORTABLE?**



Growth means doing what matters, better.



02 JUNE 2026
Tuesday

ENERGY & EXPANSION



*“You can’t pour from an empty cup.
Take care of yourself first.”*

Norm Kelly (Canadian Politician and Broadcaster)



WHAT’S ONE SMALL WAY YOU CAN REFILL YOUR CUP TODAY



Growth means doing what matters, better.

 03 JUNE 2026
Wednesday

ENERGY & EXPANSION



*“People inspire you, or they drain you
—pick them wisely.”*

Hans F. Hansen (Motivational Speaker)



**WHO GIVES YOU ENERGY—AND HOW CAN YOU SPEND
MORE TIME WITH THEM?**



Growth means doing what matters, better.



04 JUNE 2026
Thursday

ENERGY & EXPANSION



“What you focus on expands.”

Esther Hicks (American Inspirational Speaker and Author)



WHERE DO YOU NEED TO REFOCUS TO GROW THE RESULTS YOU
ACTUALLY WANT?



Growth means doing what matters, better.



05 JUNE 2026
Friday

ENERGY & EXPANSION



“Enthusiasm moves the world.”

Arthur Balfour (British Prime Minister and Philosopher)



WHAT HAVE YOU BEEN EXCITED ABOUT LATELY—AND
HOW CAN YOU RIDE THAT WAVE?



Growth means doing what matters, better.

6/7 JUNE 2026
Saturday/Sunday

ENERGY & EXPANSION



"You can do anything, but not everything."

David Allen (American Productivity Consultant)



WHERE IS PERMISSION TO DO *LESS* THE MOST GENEROUS
CHOICE RIGHT NOW?



Growth means doing what matters, better.



08 JUNE 2026
Monday

ENERGY & EXPANSION



"You were born to be real, not to be perfect."

Ralph Marston (American Motivational Writer)



WHERE CAN YOU CHOOSE AUTHENTICITY OVER PRESSURE THIS WEEK?



Let growth be grounded. Expansion without depletion.



09 JUNE 2026
Tuesday

ENERGY & EXPANSION



“There is virtue in work and there is virtue in rest. Use both and overlook neither.”

Alan Cohen (American Author and Life Coach)



WHAT'S ONE PART OF YOUR SYSTEM—OR YOURSELF—THAT NEEDS
INTENTIONAL RESTORATION?



Let growth be grounded. Expansion without depletion.



10 JUNE 2026
Wednesday

ENERGY & EXPANSION



"A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be."

Rosalynn Carter (Former U.S. First Lady and Mental Health Advocate)



**HOW CAN YOUR LEADERSHIP FOCUS MORE ON BOLD AND NECESSARY
ACTION, LESS ON WHAT PEOPLE THINK THEY WANT?**



Let growth be grounded. Expansion without depletion.



11 JUNE 2026
Thursday

ENERGY & EXPANSION



*“Growth is never by mere chance; it is the
result of forces working together.”*

James Cash Penney (American Businessman and Founder of J.C. Penney)



**WHAT EFFORT IS FINALLY STARTING TO YIELD RESULTS—AND
HOW CAN YOU NURTURE IT?**



Let growth be grounded. Expansion without depletion.



12 JUNE 2026
Friday

ENERGY & EXPANSION



*“Don’t let anyone rob you of your imagination,
your creativity, or your curiosity.”*

Mae Jemison (American Engineer, Physician, and NASA astronaut)



**WHAT PART OF YOUR VOICE OR VISION NEEDS PROTECTION
AND CELEBRATION?**



Let growth be grounded. Expansion without depletion.

13/14 JUNE 2026
Saturday/Sunday

ENERGY & EXPANSION



*“Pause. Breathe. Repair your
universe, then proceed.”*

L.R. Knost (American Author and Social Justice Advocate)



HOW CAN YOU DEFINE A PAUSE THIS WEEKEND AS A
STRATEGY—NOT A LUXURY?



Let growth be grounded. Expansion without depletion.



15 JUNE 2026
Monday

ENERGY & EXPANSION



*“Your energy introduces you
before you even speak.”*

Unknown



WHAT ENERGY DO YOU WANT TO BRING INTO THIS NEW WEEK?



Expand from a place of clarity. Energy first, strategy second.



16 JUNE 2026
Tuesday

ENERGY & EXPANSION



*“Don’t confuse having a career
with having a life.”*

Hillary Clinton (American Politician and Attorney)



**WHAT PART OF YOUR PERSONAL LIFE IS TAKING A BACKSEAT TO YOUR
PROFESSIONAL LIFE? HOW CAN YOU RECLAIM IT?**

Expand from a place of clarity. Energy first, strategy second.



17 JUNE 2026
Wednesday

ENERGY & EXPANSION



*“The strength of the team is each individual member.
The strength of each member is the team.”*

Phil Jackson (American Basketball Coach)



**WHAT TEAM SUPPORT OR PARTNERSHIP DESERVES MORE
ATTENTION OR GRATITUDE?**



Expand from a place of clarity. Energy first, strategy second.



18 JUNE 2026
Thursday

ENERGY & EXPANSION



*"If you're always trying to be normal,
you will never know how amazing you can be."*

Maya Angelou (American Poet and Activist)



WHERE ARE YOU SHRINKING TO FIT A MOLD THAT NO LONGER FITS YOU?



Expand from a place of clarity. Energy first, strategy second.



19 JUNE 2026
Friday

ENERGY & EXPANSION



“Be like a tree. Stay grounded. Connect with your roots. Turn over a new leaf. Bend before you break.”

Karen Salmansohn (American Author and Designer)



WHAT'S HELPING YOU STAY ROOTED DURING THIS PHASE OF GROWTH?



Expand from a place of clarity. Energy first, strategy second.

20/21 JUNE 2026
Saturday/Sunday

ENERGY & EXPANSION



*"Life is a balance between holding
on and letting go."*

Rumi (13th-Century Persian Poet and Mystic)



WHERE CAN YOU HOLD ON OR RELEASE JUST ENOUGH TO FIND A
LIGHTER RHYTHM THIS WEEKEND?

Expand from a place of clarity. Energy first, strategy second.





22 JUNE 2026
Monday

ENERGY & EXPANSION



*“When you let go of what you are, you become
what you might be.”*

Lao Tzu (Ancient Chinese Philosopher and Founder of Taoism)



**WHERE ARE YOU READY TO RELEASE OLD IDENTITY OR EXPECTATION
TO MAKE ROOM FOR SOMETHING NEW?**



Expansion is sustainable when it's intentional. End the month rooted in what fuels you.



23 JUNE 2026
Tuesday

ENERGY & EXPANSION



“The key is not to prioritize what’s on your schedule, but to schedule your priorities.”

Stephen R. Covey (American Educator and Author)



WHAT PRIORITY HAS BEEN WAITING FOR SPACE—AND HOW
WILL YOU MAKE IT VISIBLE THIS WEEK?



Expansion is sustainable when it's intentional. End the month rooted in what fuels you.

 **24** JUNE 2026
Wednesday

ENERGY & EXPANSION



“To handle yourself, use your head; to handle others, use your heart.”

Eleanor Roosevelt (American Political Leader and Human Rights Activist)



**WHERE COULD A MORE COMPASSIONATE RESPONSE INCREASE
TRUST OR CONNECTION?**



Expansion is sustainable when it's intentional. End the month rooted in what fuels you.

25 JUNE 2026
Thursday

ENERGY & EXPANSION



*“The best way to predict the
future is to create it.”*

Peter Drucker (Austrian-American Management Consultant)



**WHAT STEP COULD YOU TAKE TODAY THAT YOUR FUTURE
SELF WILL THANK YOU FOR?**



Expansion is sustainable when it's intentional. End the month rooted in what fuels you.



26 JUNE 2026
Friday

ENERGY & EXPANSION



*“The only limits that exist are the
ones in your own mind.”*

Muhammad Ali (American Boxer and Activist)



WHERE CAN YOU EXPAND AND REMOVE SELF-IMPOSED LIMITS?



Expansion is sustainable when it's intentional. End the month rooted in what fuels you.

27/28 JUNE 2026
Saturday/Sunday

ENERGY & EXPANSION



“You can’t truly rest until you feel safe.”

Emily Nagoski (American Health Educator and Researcher)

WHERE DO YOU FEEL SAFE AND HOW DOES THAT SERVE YOU IN YOUR LIFE?
WHERE ELSE DO YOU WANT TO CREATE SAFETY FOR YOURSELF OR OTHERS?



Expansion is sustainable when it's intentional. End the month rooted in what fuels you.



29 JUNE 2026
Monday

ENERGY & EXPANSION



“Abundance is not something we acquire. It is something we tune into.”

Wayne Dyer (American Self-help Author and Speaker)



**WHERE CAN YOU EMBRACE AN ABUNDANCE MINDSET AND
RELEASE THE FEAR OF SCARCITY?**



Expansion is sustainable when it's intentional. End the month rooted in what fuels you.



30 JUNE 2026
Tuesday

ENERGY & EXPANSION



*“Don’t watch the clock; do what it does.
Keep going.”*

Sam Levenson (American Humorist and Writer)



**HOW DO YOU WANT TO CARRY MOMENTUM FORWARD
INTO NEXT MONTH?**



Expansion is sustainable when it's intentional. End the month rooted in what fuels you.



01 JULY 2026
Wednesday

LEADERSHIP & LEVERAGE



*“Leadership is not about being the best.
It is about making everyone else better.”*

Bill Gates (American Business Leader and Philanthropist)



**HOW IS YOUR LEADERSHIP STYLE ELEVATING
OTHERS RIGHT NOW?**



Good leadership starts with clarity and care—especially for yourself.



02 JULY 2026
Thursday

LEADERSHIP & LEVERAGE



“Leadership is not about titles, positions, or flowcharts. It is about one life influencing another.”

John C. Maxwell (American Leadership Author and Speaker)



**HOW HAS YOUR LEADERSHIP POSITIVELY AFFECTED SOMEONE
IN YOUR LIFE AS OF RECENT?**



Good leadership starts with clarity and care—especially for yourself.



03 JULY 2026
Friday

LEADERSHIP & LEVERAGE



“To handle yourself, use your head; to handle others, use your heart.”

Eleanor Roosevelt (American Political Leader and Human Rights Advocate)



**WHAT PART OF YOUR LEADERSHIP NEEDS TO BE MORE
COMPASSIONATE—OR MORE BOUNDARIED?**



Good leadership starts with clarity and care—especially for yourself.

4/5 JULY 2026
Saturday/Sunday

LEADERSHIP & LEVERAGE



*“You owe yourself the love that you
so freely give to other people.”*

Alexandra Elle (American Author and Wellness Educator)



**WHERE HAVE YOU OVERGIVEN—AND WHAT WOULD RESTORING
BALANCE LOOK LIKE THIS WEEKEND?**



Good leadership starts with clarity and care—especially for yourself.

06 JULY 2026
Monday

LEADERSHIP & LEVERAGE



*“Leadership is unlocking people’s
potential to become better.”*

Bill Bradley (American Politician and Former NBA Player)



**WHO AROUND YOU NEEDS TO BE BELIEVED IN—AND HOW CAN YOU
REFLECT THEIR POTENTIAL BACK TO THEM?**



True leadership is collaborative. Elevate others to expand your impact.



07 JULY 2026
Tuesday

LEADERSHIP & LEVERAGE



“Doing less is not being lazy. Don’t give in to a culture that values personal sacrifice over personal productivity.”

Tim Ferriss (American Author and Entrepreneur)



**WHERE CAN YOU INCREASE PRODUCTIVITY WHILE REDUCING
PERSONAL SACRIFICE?**



True leadership is collaborative. Elevate others to expand your impact.



08 JULY 2026
Wednesday

LEADERSHIP & LEVERAGE



“Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.”

Jack Welch (American Business Executive)



WHERE CAN YOU MENTOR, GUIDE, OR ENCOURAGE SOMEONE TODAY?



True leadership is collaborative. Elevate others to expand your impact.



09 JULY 2026
Thursday

LEADERSHIP & LEVERAGE



“The best leaders are those most interested in surrounding themselves with assistants and associates smarter than they are.”

John C. Maxwell (American Leadership Speaker)



**WHAT WOULD HIRING, COLLABORATING, OR DELEGATING UP
LOOK LIKE FOR YOU?**



True leadership is collaborative. Elevate others to expand your impact.



10 JULY 2026
Friday

LEADERSHIP & LEVERAGE



“You were born to lead, not to please.”

Unknown



**WHERE HAVE YOU BEEN TIPTOEING—AND WHAT WOULD IT
MEAN TO STEP FORWARD FULLY?**



True leadership is collaborative. Elevate others to expand your impact.

11/12 JULY 2026
Saturday/Sunday

LEADERSHIP & LEVERAGE



“Sometimes letting things go is an act of far greater power than defending or hanging on.”

Eckhart Tolle (Spiritual Teacher and Author)



**WHAT ARE YOU HOLDING ONTO THAT COULD BE RELEASED
—WITH RELIEF?**



True leadership is collaborative. Elevate others to expand your impact.



13 JULY 2026
Monday

LEADERSHIP & LEVERAGE



“Be the leader you wish you had.”

Simon Sinek (British-American Leadership Expert)



WHAT LEADERSHIP BEHAVIORS DO YOU ADMIRE—AND HOW
ARE YOU EMBODYING THEM NOW?



Leadership is a practice, not a performance. Strengthen your foundation.



14 JULY 2026
Tuesday

LEADERSHIP & LEVERAGE



“You can delegate authority, but not responsibility.”

Stephen R. Covey (American Educator and Author)



WHAT SYSTEM OR HAND-OFF NEEDS YOUR REVIEW—NOT YOUR RESCUE?

Leadership is a practice, not a performance. Strengthen your foundation.



15 JULY 2026
Wednesday

LEADERSHIP & LEVERAGE



*“A leader is one who knows the way, goes
the way, and shows the way.”*

John C. Maxwell



**WHERE ARE YOU CURRENTLY LEADING BY EXAMPLE—
AND WHERE COULD YOU?**



Leadership is a practice, not a performance. Strengthen your foundation.



16 JULY 2026
Thursday

LEADERSHIP & LEVERAGE



*“Surround yourself with people who remind
you more of your future than your past.”*

Dan Sullivan (Entrepreneur and Coach)



**WHO OR WHAT KEEPS YOU FOCUSED ON GROWTH—AND HOW
CAN YOU MAKE THAT INFLUENCE MORE CENTRAL?**



Leadership is a practice, not a performance. Strengthen your foundation.



17 JULY 2026
Friday

LEADERSHIP & LEVERAGE



*“You are not managing tasks.
You are leading people.”*

Mike Myatt (Leadership Advisor and Author)



HOW CAN YOU SHIFT FROM CONTROL TO CONNECTION IN
ONE AREA OF YOUR LEADERSHIP?



Leadership is a practice, not a performance. Strengthen your foundation.

18/19 JULY 2026
Saturday/Sunday

LEADERSHIP & LEVERAGE



*“Sometimes the most important thing in a whole day is
the rest we take between two deep breaths.”*

Etty Hillesum (Dutch Author and Holocaust Diarist)



HOW CAN YOU FIND PEACE IN THE SMALL MOMENTS TODAY?

Leadership is a practice, not a performance. Strengthen your foundation.





20 JULY 2026
Monday

LEADERSHIP & LEVERAGE



*“A genuine leader is not a searcher for
consensus but a molder of consensus.”*

Martin Luther King Jr. (American Civil Rights Leader)



**WHAT ACT OF LEADERSHIP, EVEN IF NOT POPULAR, WILL
YOU CHOOSE THIS WEEK?**



Elevate others. Protect your energy. Let your leadership ripple outward.



21 JULY 2026
Tuesday

LEADERSHIP & LEVERAGE



“Do what you do best and delegate the rest.”

Brian Tracy (Canadian-American Motivational Speaker)



**WHAT TASK OR DECISION HAVE YOU OUTGROWN—AND WHO COULD
HANDLE IT BETTER?**



Elevate others. Protect your energy. Let your leadership ripple outward.



22 JULY 2026
Wednesday

LEADERSHIP & LEVERAGE



“Leadership is about making others better as a result of your presence and making sure that impact lasts in your absence.”

Sheryl Sandberg (American Business Leader and Author)



WHAT LEGACY OR LASTING INFLUENCE ARE YOU SHAPING RIGHT NOW?



Elevate others. Protect your energy. Let your leadership ripple outward.



23 JULY 2026
Thursday

LEADERSHIP & LEVERAGE



“Don’t mistake activity for achievement.”

John Wooden (American Basketball Coach)



WHAT CAN YOU PAUSE OR LET GO OF TO FREE UP SPACE FOR WHAT
ACTUALLY MATTERS?



Elevate others. Protect your energy. Let your leadership ripple outward.



24 JULY 2026
Friday

LEADERSHIP & LEVERAGE



“You teach people how to treat you by what you allow, what you stop, and what you reinforce.”

Tony Gaskins (Motivational Speaker and Author)



**WHERE DOES YOUR LEADERSHIP NEED FIRMER BOUNDARIES—
OR MORE MODELING?**



Elevate others. Protect your energy. Let your leadership ripple outward.

25/26 JULY 2026
Saturday/Sunday

LEADERSHIP & LEVERAGE



*"You need to empty your cup before
you can fill it again."*

Japanese Proverb



HOW CAN YOU USE THIS WEEKEND TO RELEASE AND RENEW?



Elevate others. Protect your energy. Let your leadership ripple outward.



27 JULY 2026
Monday

LEADERSHIP & LEVERAGE



"The best way to lead people into the future is to connect with them deeply in the present."

James M. Kouzes (American Leadership Scholar)



**WHAT LEADERSHIP CONNECTIONS CAN YOU MAKE TODAY THAT WILL
LEAD TO A MORE FRUITFUL FUTURE?**



Lead from your values. Finish aligned and grounded.



28 JULY 2026
Tuesday

LEADERSHIP & LEVERAGE



*“Let yourself be silently drawn by the strange pull of
what you really love. It will not lead you astray.”*

Rumi (Persian Poet and Mystic)



WHAT DO YOU REALLY LOVE AND HOW CAN YOU LEAN INTO IT?

Lead from your values. Finish aligned and grounded.



29 JULY 2026
Wednesday

LEADERSHIP & LEVERAGE



*“Leadership is practiced not so much in words as
in attitude and in actions.”*

Harold S. Geneen (American Businessman and Corporate Leader)



WHERE IS YOUR ATTITUDE SHAPING MORE THAN YOUR INSTRUCTIONS?



Lead from your values. Finish aligned and grounded.



30 JULY 2026
Thursday

LEADERSHIP & LEVERAGE



“You don’t need a title to be a leader.”

Mark Sanborn (American Author and Speaker)



WHERE ARE YOU QUIETLY LEADING—AND HOW CAN
YOU OWN IT MORE FULLY?



Lead from your values. Finish aligned and grounded.



31 JULY 2026
Friday

LEADERSHIP & LEVERAGE



*“Be strong enough to stand alone, smart enough to know
when you need help, and brave enough to ask for it.”*

Ziad K. Abdelnour (Lebanese-American Investor and Author)



WHERE COULD ASKING FOR HELP EXPAND YOUR IMPACT?



Lead from your values. Finish aligned and grounded.