

11.12.08

Today's date

1. Upload class lessons
2. Run Devotions to Drop off
3. Game night with Sammy

My 3-Step Action List for the Day

Rhonda → call

- ★ Min. checklist for MODS
- ★ MTM Binder instructions
- ★ send 2009 calendar

I had a call with Rhonda, the MTM Director. The stars are action items I need to add to my list and notes on the call. The bottom says "next call Mon" and I will add that to my calendar when I do my Nightly Reflection

Draft
★ script audio
→ next call MON

During the day, I received an email from a colleague. He needed me to fax a document and talk at 5:00. I did not have time to do it right when he sent the message, so I have written it down.

CHUCK: 5:00PM → Needs
FAX

Nell - help suite
Check Bev's trucking
Holiday coffee / package

Throughout the day, these additional tasks come up and I jot them down quickly so I don't forget and can transfer them during my Nightly Reflection.

Same day... continued

Follow up with SB

ooo MIKE → call on shipment ooo

Add 2 minute audio (?)

|||||X|||||
→ Broadcast schedule
→ Upload 6 Mornings

≡ LEGACY → interested in excerpt
of Wasn't Ready Book

Sammy → winter coat

ooo♡ooo

1. Rhonda's help + good attitude
2. Sammy excelling in school
3. The holiday season is coming!
4. The nice server at Starbucks
5. My new Yankee candle

While working on a project I realize I haven't heard back on a couple of pending items. I jot this down so I can follow up during a Power Hour.

Like most days, I think of a new idea. While I am not sure if it is an idea I will follow through on at this point, I write it down so I don't forget it. This prompts me to remember two other things I want to check—so I jot those down as well.

I receive an email from a website interested in excerpting a portion of the book. I need to check a few things with my publicist and can't at the moment or I would break my focus on the project at hand, so I scribble a reminder.

When I go out to get the mail I realize how cold it has suddenly become and it prompts me to remember I need to get Sammy a winter coat.

My gratitude list at day's end.

Content as Brook's Blogs

- Health Note
- Daily Recipe
- GOOD MORNING
- Events
- GREEN!!
- ON MY MIND

Stormy Sea

Purple Gummi - 2nd

Max eliver - 1st

Persian Band - 1st

2nd Quick Seed, Black Gummi

24 Poke,

3rd Sleep seed, Evagondrb

Royal Gummi, Cleanse orb

2TR - orankemy

Efficient

SUN	MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23	24
	Extra Weekly	Web		Class Due	Class Due	
	→ Energy					
	2 class packs		2 class packs			
	Brice					
	Work on 2 other					
	classes					

25 26 27 28 29 30 31

Planned work → out this week

On many days I fill multiple pages of my CAN with thoughts, notes, ideas. On this page (which is from 3 years ago) it looks like I was planning something for my blogs.

This interesting entry is actually something for my daughter. She was working on a video game and needed to know what to do with certain "power ups." I looked it up online and then wrote it down, knowing she would ask me more than once.

Here I was thinking through timing of an online course. I was likely out and about where pulling out a full calendar would have been inconvenient so I created a quick "calendar sketch."

DATE

Make a sample sample book

inventory worksheets

① Returns

②

Set

Dis

Water (44)

Steep Activity

Health → Energy

Negative energy

Charlotte

5:30 - 6:30 EMMILS

6:30 - 7:30 Set up 2 new classes

+ High Energy

7:30 - 9:30 Work Energy

Lesson CYLC

9:30 - 10:30 Finish brochure

10:30 - 12:30 Iron out

Stk

plac

+ royalty newsletter

ableen Build site

Take Sam Shopping

check out site Member emails

finances

order Sam's

shoe

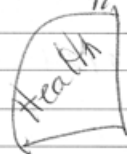
First official Wkly

DAY SPKINT

Another page of notes and thoughts collected throughout the day. (The blocked out areas contain client names, blocked out for privacy.)

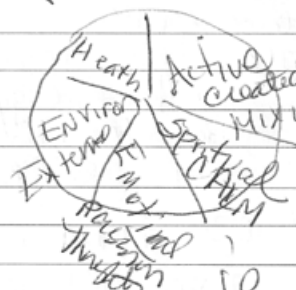
Notice the timeline about half-way down the page. Looks like a day where I had a lot to get done quickly, so I sketched out a time frame to follow. I use my C.A.N. in whatever way I need to in order to accomplish my goal and retain ALL my information.

Energy comprised



= Eating, Sleeping, Exercising

This is one portion of Energy.



Each week we cover the energy intst.

It's created chemically

ie. your "dark" whether you
thug for AM or PM

1. Food

Timing
Water
Metabolism

3. Environmental

Sound
Color
People
Touch
Smell

Communication

2. Sleep

Boosty
Draggy

↓

These two pages reflect my brainstorming of ideas for the High Energy Course. I am listing out different variables and things that may influence energy that I want to research.

Over 5 weeks we study each component including:

Active Energy

→ habits

→ routines (basics) covered more

Environmental

Communication

Sound

Color

People

Touch

Smell

Sight

Emotional

Thoughts → processing
Passions

Spiritual / calm

Time outs, release + busy

Physical

Food - Timing Exercises

Water Posture

Metabolism Breathing

Food that Boost

Drag

Sleep + Rest

Time Outs

Biological

How much sleep do you need

Type of Sleep

Active / Natural

Solve problems

Challenges

Motion