

11.12.07

Today's date

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

My 3-Step Action List for the Day

Rhonda → call

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

- ★ Miv. checklist for MOVS
- ★ MTM Binder instructions
- ★ send 2009 calendar

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 tracking  
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  
○○○○ MIKE → call on shipment○○○

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.

Add 2 minute audio (?)

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.

→ Broadcast schedule  
→ Upload 6 Mornings

LEGACY → interested in excerpt of Wasn't Ready Book

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.

Sammy → winter coat

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.

- ♡○○○○
- 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

My gratitude list at day's end.

Content as Brook's Blogs

- Health Note
- Daily Recipe
- 600 PMORNING
- 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, Evasion orb
- Royal bumm, Cleanse orb

2 PR - oranberry

Erika's

SUN	MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23	24
	class weekly	web		class due	class due	
	→ Energy					
	2 class packs		2 class packs			
	options					
	Brice					
	work on 2 other classes					
25	26	27	28	29	30	31
	planning week → 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 small spiral book

inventory worksheets

① Returns

②

Set up

Dis

Water (4y)

Steep Activity

Health → Energy

Negative energy

Charlette

ableton Build sets

Take Sam shopping

check out site Member emails

finances

order Sam's shoes

First address of Wely DAY SPARK

NEW Energy

per Energy

CYLC Weekly

check 2 chcs

Brochure

5:30-6:30 EMMHS

6:30-7:30 Setup 2 new classes

+ High Energy

7:30-9:30 Work Energy

LESSON CYLC

9:30-10:30 Finish brochure

10:30-12:30 TRAVEL

Site plan

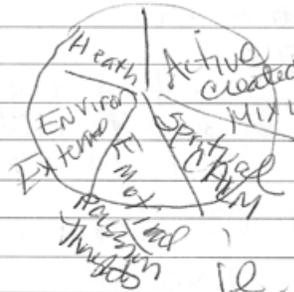
+ royalty new title

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

Health = Eating, Sleeping, Exercise  
 This is one portion of Energy.



Each week we cover the energy inter.

It's created chemically

ie. your "dash" whatever you plug for AM or PM

- |          |                              |  |               |
|----------|------------------------------|--|---------------|
| 1. Food  | Timing<br>Water<br>Metabolis | 3. Environmental                                     | } Communicate |
| 2. Sleep | Boasty<br>Draggy             | 1. Taste   |               |
|          |                              | 2. Sound<br>Color<br>People<br>Touch<br>See<br>Smell |               |

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  
 Go

Physical  
 Food - Timing  
 Water  
 Metabolism  
 Food that Boost  
 Drag

Exercised  
 Posture  
 Breathing

Sleep + Rest  
 Time Outs  
 Biological  
 How much sleep do you need  
 Type of Sleep

Active/Intelle  
 Solve problems  
 Challenges  
 Motion

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.