

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 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  
○○○○ MIKE → call on shipment ○○○○

Add 2 minute audio (?)

|||||  
↳ Broadcast schedule  
↳ Upload 6 Mornings

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

Sammy → 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

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
- 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	24	25
	→ Energy	Web		Class Due	Class Due	
	2 class packs		2 class packs			
	Brice					
	Work on Zothie					
	classes					
25	26	27	28	29	30	31
	Planned 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 Foot

Step 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 Woly

DAY SPARK

NEW

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

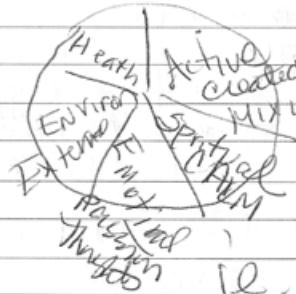
Another page of notes and thoughts collected throughout the day. (The blocked out areas contain client names, blocked out for privacy.)

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 "dark" whatever you plug your 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/InActive  
 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.