© Alive Foundation Inc MMXXV

SYSTEMS INDEX

2025 REVIEW

2026 CONTENT PLAN

2026 PDCA

WEEKEND REVIEW LINKS

© Alive Foundation Inc MMXXV

2025 YEAR END REVIEW

HOW WAS THE YEAR?

WHAT WOULD I CHANGE?

HOW DO I WORK LESS AND MAKE MORE?

HOW DO I DO MORE THINGS THAT GIVE ME ENERGY?

NOTES

© Alive Foundation Inc MMXXV

2025 YEAR END REVIEW

GRAPE RITUAL - WHAT WERE YOUR 2025 GRAPES?

1 _____ 5 _____ 9 _____

2 _____ 6 _____ 10 _____

3 _____ 7 _____ 11 _____

4 _____ 8 _____ 12 _____

SONG OF THE YEAR:

WIN OF THE YEAR:

NOTES

© Alive Foundation Inc MMXXV

2026 CONTENT PLAN

SACRED 6 PLAN

YEAR-END QUESTIONS
1.What would I change about the year?
2.How do I work less and make more?
3.How do I do more things that give me energy?

SYSTEMS

- To-do list
- Note System
- Calendar
- Journal
- CRM

REVIEW

Mission: annually
- Values: bi-annually
- Goals: quarterly
- Projects: monthly
- (or when completed)

JANUARY
QUARTER ONE
DO!
TOPIC
Purpose
Passion
Mission
Values
Goals (Sacred 6)
New Years Resolutions

FEBRUARY
QUARTER ONE
CHECK/ACT!
TOPIC
Motivation
Stop Procrastination
Will Power
Focus/Concentration
Take Action

MARCH
QUARTER ONE
DO!
TOPIC
Learning
Self Understanding
Strengths/Weaknesses
Self Control
Self Esteem

APRIL
QUARTER TWO
DO!
TOPIC
Finance
Money
The System
Prosperity
Consciousness

MAY
QUARTER TWO
CHECK/ACT!
TOPIC
Relationships
Families
Parenting
Dealing with difficult people

JUNE
QUARTER TWO
DO!
TOPIC
Intelligent Life Design
Career
Entrepreneurship
Freedom

JULY
QUARTER THREE
QUICK CHECK/ACT!
TOPIC
Creativity
Self Expression
Communication
Listening/Public
Speaking/Presenting

AUGUST
QUARTER THREE
DO!
TOPIC
Confidence
Assertiveness
Optimism
Positivity
Happiness
Validation

SEPTEMBER
QUARTER THREE
DO!
TOPIC
Health
Fitness
Well Being

OCTOBER
QUARTER FOUR
CHECK/ACT!
TOPIC
Spirituality
Metaphysics
Esoteric Truth

NOVEMBER
QUARTER FOUR
DO!
TOPIC
Gratitude
Leadership
Accountability

DECEMBER
QUARTER FOUR
PLAN!
TOPIC
New Year Organization
Efficiency
Commitment
Focus Management
Technology

© Alive Foundation Inc MMXXV

WELCOME TO THE GET IT DONE - NOW!™

START:

***Daily Listen to the Coachcast
PDCA (Plan, Do, Check, Act)

QUARTER ONE

January - Do
February - Check/Act
March - Do

QUARTER TWO

April - Do
May - Check/Act
June - Do

QUARTER THREE

July - Quick Check/Act/Do
August - Do
September - Do

QUARTER FOUR

October - Check/Act
November - Do
December - Plan

© Alive Foundation Inc MMXXV

FOCUS

TACTICAL MISSION

CHECK ANNUALLY

LAST CHECK DATE:

DATE / /

KEY SACRED 6 PROJECTS

COMPLETED

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15

NOTES

© Alive Foundation Inc MMXXV

FOCUS

ILD NUMBER _____

OVERALL MISSION

CHECK ANNUALLY

LAST CHECK DATE:

DATE / /

VISION

CHECK ANNUALLY

LAST CHECK DATE:

DATE / /

VALUES

CHECK BI-ANNUALLY

LAST CHECK DATE:

DATE / /

© Alive Foundation Inc MMXXV

GOAL LIST (MISSION)

CHECK QUARTERLY | LAST CHECK DATE:

1		DATE / /
2		DATE / /
3		DATE / /
4		DATE / /
5		DATE / /
6		DATE / /
7		DATE / /
8		DATE / /
9		DATE / /
10		DATE / /
11		DATE / /
12		DATE / /
13		DATE / /
14		DATE / /
15		DATE / /
16		DATE / /
17		DATE / /
18		DATE / /
19		DATE / /
20		DATE / /
21		DATE / /
22		DATE / /
23		DATE / /
24		DATE / /
25		DATE / /
26		DATE / /
27		DATE / /
28		DATE / /
29		DATE / /

© Alive Foundation Inc MMXXV

GOAL WORKSHEET

GOAL

WHY

PROJECT COMPLETED

TASK

TASK

TASK

TASK

PROJECT COMPLETED

TASK

TASK

TASK

TASK

PROJECT COMPLETED

TASK

TASK

TASK

TASK

PROJECT COMPLETED

TASK

TASK

TASK

TASK

© Alive Foundation Inc MMXXV

BUCKET LIST

COMPLETED

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

© Alive Foundation Inc MMXXV

SACRED 6

DATE / /

WEEK _____

TODAY

THIS WEEK

THIS MONTH

THIS YEAR

NOTES

© Alive Foundation Inc MMXXV

SACRED 6 - YEAR

OBJECTIVE 1

OBJECTIVE 2

OBJECTIVE 3

OBJECTIVE 4

OBJECTIVE 5

OBJECTIVE 6

© Alive Foundation Inc MMXXV

SACRED 6 - MONTH

OBJECTIVE 1

OBJECTIVE 2

OBJECTIVE 3

OBJECTIVE 4

OBJECTIVE 5

OBJECTIVE 6

© Alive Foundation Inc MMXXV

SACRED 6 - WEEK

OBJECTIVE 1

OBJECTIVE 2

OBJECTIVE 3

OBJECTIVE 4

OBJECTIVE 5

OBJECTIVE 6

© Alive Foundation Inc MMXXV

KPI (KEY PERFORMANCE INDICATORS)

© Alive Foundation Inc MMXXV

LIFE RULES (PRINCIPLES)

© Alive Foundation Inc MMXXV

SYSTEM NEEDS

TO-DO LIST:

CRM:

NOTE SYSTEM:

CONSISTENCY CHECKLIST:

CALENDAR:

WINS RECORDER:

JOURNAL:

NOTES:

© Alive Foundation Inc MMXXV

TRUSTED ADVISOR CIRCLE (LAWYER, DOCTOR, ACCOUNTANT, COACH, BUSINESS ADVISOR)

© Alive Foundation Inc MMXXV

HOME

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

ANNUAL PLANNER

SYSTEMS INDEX

SYSTEMS PROGRESS

FOCUS

6 SACRED 6

BUCKET LIST

HEALTH

FINANCE

DECISION MAKING

NOTES:

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____
10 _____
11 _____
12 _____
13 _____
14 _____
15 _____
16 _____
17 _____
18 _____
19 _____
20 _____
21 _____
22 _____
23 _____
24 _____
25 _____

26 _____
27 _____
28 _____
29 _____
30 _____
31 _____
32 _____
33 _____
34 _____
35 _____
36 _____
37 _____
38 _____
39 _____
40 _____
41 _____
42 _____
43 _____
44 _____
45 _____
46 _____
47 _____
48 _____
49 _____
50 _____

© Alive Foundation Inc MMXXV

It does not do to leave a live dragon out of your calculations, if you live near one.

[J.R.R. Tolkein]

By Failing to prepare, you are preparing to fail.

[Benjamin Franklin]

Without leaps of imagination or dreaming, we lose the excitement of possibilities. Dreaming, after all is a form of planning.

[Gloria Steinem]

Give me six hours to chop down a tree and I will spend the first four sharpening the axe.

[Abraham Lincoln]

Have a bias towards action – let's see something happen now. You can break that big plan into small steps and take the first step right away.

[Indira Gandhi]

Unless commitment is made, there are only promises and hopes; but no plans.

[Peter F. Drucker]

A man who does not plan long ahead will find trouble at his door.

[Confucius]

Someone's sitting in the shade today because someone planted a tree a long time ago.

[Warren Buffett]

Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act.
There is no other route to success.

[Pablo Picasso]

© Alive Foundation Inc MMXXV

ANNUAL PLANNER

	January	February	March	April	May	June
Monday						1
Tuesday						2
Wednesday				1		3
Thursday	1			2		4
Friday	2			3	1	5
Saturday	3			4	2	6
Sunday	4	1	1	5	3	7
Monday	5	2	2	6	4	8
Tuesday	6	3	3	7	5	9
Wednesday	7	4	4	8	6	10
Thursday	8	5	5	9	7	11
Friday	9	6	6	10	8	12
Saturday	10	7	7	11	9	13
Sunday	11	8	8	12	10	14
Monday	12	9	9	13	11	15
Tuesday	13	10	10	14	12	16
Wednesday	14	11	11	15	13	17
Thursday	15	12	12	16	14	18
Friday	16	13	13	17	15	19
Saturday	17	14	14	18	16	20
Sunday	18	15	15	19	17	21
Monday	19	16	16	20	18	22
Tuesday	20	17	17	21	19	23
Wednesday	21	18	18	22	20	24
Thursday	22	19	19	23	21	25
Friday	23	20	20	24	22	26
Saturday	24	21	21	25	23	27
Sunday	25	22	22	26	24	28
Monday	26	23	23	27	25	29
Tuesday	27	24	24	28	26	30
Wednesday	28	25	25	29	27	
Thursday	29	26	26	30	28	
Friday	30	27	27		29	
Saturday	31	28	28		30	
Sunday			29		31	
Monday			30			
Tuesday			31			

© Alive Foundation Inc MMXXV

ANNUAL PLANNER

	July	August	September	October	November	December
Monday						
Tuesday			1			1
Wednesday	1		2			2
Thursday	2		3	1		3
Friday	3		4	2		4
Saturday	4	1	5	3		5
Sunday	5	2	6	4	1	6
Monday	6	3	7	5	2	7
Tuesday	7	4	8	6	3	8
Wednesday	8	5	9	7	4	9
Thursday	9	6	10	8	5	10
Friday	10	7	11	9	6	11
Saturday	11	8	12	10	7	12
Sunday	12	9	13	11	8	13
Monday	13	10	14	12	9	14
Tuesday	14	11	15	13	10	15
Wednesday	15	12	16	14	11	16
Thursday	16	13	17	15	12	17
Friday	17	14	18	16	13	18
Saturday	18	15	19	17	14	19
Sunday	19	16	20	18	15	20
Monday	20	17	21	19	16	21
Tuesday	21	18	22	20	17	22
Wednesday	22	19	23	21	18	23
Thursday	23	20	24	22	19	24
Friday	24	21	25	23	20	25
Saturday	25	22	26	24	21	26
Sunday	26	23	27	25	22	27
Monday	27	24	28	26	23	28
Tuesday	28	25	29	27	24	29
Wednesday	29	26	30	28	25	30
Thursday	30	27		29	26	31
Friday	31	28		30	27	
Saturday		29		31	28	
Sunday		30			29	
Monday		31			30	

© Alive Foundation Inc MMXXV

HEALTH

PERSONAL HEALTH PLAN

HEALTH GOALS

OVERALL HEALTH OBJECTIVE: (E.G. IMPROVE PHYSICAL FITNESS, MANAGE STRESS, MAINTAIN A HEALTHY WEIGHT)

SPECIFIC GOALS: (LIST SPECIFIC HEALTH GOALS, SUCH AS WEIGHT LOSS/GAIN, EXERCISE FREQUENCY, STRESS REDUCTION, ETC)

EXERCISE PLAN

TYPE OF EXERCISE:	FREQUENCY:	DURATION

© Alive Foundation Inc MMXXV

HEALTH

NUTRITION

MEAL PLANNING: (LIST TYPES OF MEALS AND SNACKS, FOCUSING ON A BALANCED DIET)

HYDRATION: (ENSURE AN ADEQUATE DAILY WATER INTAKE)

NUTRITIONAL SUPPLEMENTS: (IF APPLICABLE, LIST ANY RECOMMENDED SUPPLEMENTS)

© Alive Foundation Inc MMXXV

FINANCE

SHORT-TERM FINANCIAL GOALS
WHAT DO I WANT TO ACHIEVE THIS YEAR?

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____
10 _____

MID-TERM FINANCIAL GOALS
WHAT DO I WANT TO ACHIEVE IN THE NEXT FIVE YEARS?

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____
10 _____

LONG-TERM FINANCIAL GOALS
WHAT DO I WANT TO ACHIEVE TEN YEARS FROM NOW?

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____
10 _____

© Alive Foundation Inc MMXXV

SYSTEMS INDEX

2025 REVIEW

2025 REVIEW (PAGE 2)

2026 CONTENT PLAN

2026 PDCA

KPI (KEY PERFORMANCE INDICATORS)

LIFE RULES (PRINCIPLES)

SYSTEM NEEDS

TRUSTED ADVISOR CIRCLE

FOCUS DREAMS (GO FOR IT!)

WEEK END REVIEWS

DEC 29 - JAN 4	MAR 30 - APR 5	JUN 29 - JUL 5	SEP 28 - OCT 4
JAN 5 - JAN 11	APR 6 - APR 12	JUL 6 - JUL 12	OCT 5 - OCT 11
JAN 12 - JAN 18	APR 13 - APR 19	JUL 13 - JUL 19	OCT 12 - OCT 18
JAN 19 - JAN 25	APR 20 - APR 26	JUL 20 - JUL 26	OCT 19 - OCT 25
JAN 26 - FEB 1	APR 27 - MAY 3	JUL 27 - AUG 2	OCT 26 - NOV 1
FEB 2 - FEB 8	MAY 4 - MAY 10	AUG 3 - AUG 9	NOV 2 - NOV 8
FEB 9 - FEB 15	MAY 11 - MAY 17	AUG 10 - AUG 16	NOV 9 - NOV 15
FEB 16 - FEB 22	MAY 18 - MAY 24	AUG 17 - AUG 23	NOV 16 - NOV 22
FEB 23 - MAR 1	MAY 25 - MAY 31	AUG 24 - AUG 30	NOV 23 - NOV 29
MAR 2 - MAR 8	JUN 1 - JUN 7	AUG 31 - SEP 6	NOV 30 - DEC 6
MAR 9 - MAR 15	JUN 8 - JUN 14	SEP 7 - SEP 13	DEC 7 - DEC 13
MAR 16 - MAR 22	JUN 15 - JUN 21	SEP 14 - SEP 20	DEC 14 - DEC 20
MAR 23 - MAR 29	JUN 22 - JUN 28	SEP 21 - SEP 27	DEC 21 - DEC 27

© Alive Foundation Inc MMXXV

SYSTEM PROGRESS

FEBRUARY

Rose Bud Thorn

MAY

Rose Bud Thorn
Life Wheel

JULY

Rose Bud Thorn
Life Wheel

OCTOBER

Rose Bud Thorn
Life Wheel

DECEMBER

Rose Bud Thorn
Life Wheel

© Alive Foundation Inc MMXXIV

QUARTER 1 JANUARY - DO

2026 | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

MAIN TOPICS:

1. New Year Organization
2. Efficiency
3. Commitment
4. Focus
5. Technology

TOOL:

Review your why's! Challenge?

30/60/90/ - 10 year?

BOOK STUDY:

_____

JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MorningCoach® (Business Functions)

Monday: Organization & Structure

Tuesday: Book Study or Personal Development

Wednesday: Metaphysics & Business

Thursday: Ask JB

Friday: Overcoming Fear & Resistance

Saturday: Systems & Teams

Sunday: Empowerment (Mindfulness)

JANUARY CHECKLIST:

_____

_____

_____

_____

_____

_____

_____

© Alive Foundation Inc MMXXV

JANUARY - IDEAS & THOUGHTS

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 1 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 1 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 2 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 2 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 3 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 3 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 4 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 4 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW DEC 29 - JAN 4

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW DEC 29 - JAN 4

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 5 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 5 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 6 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 6 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

WEDNESDAY 7 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 7 JANUARY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

THURSDAY 8 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 8 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 9 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 9 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 10 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 10 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 11 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 11 JANUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW JAN 5 - JAN 11

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JAN 5 - JAN 11

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 12 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 12 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 13 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 13 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

WEDNESDAY 14 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 14 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 15 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 15 JANUARY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 16 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 16 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 17 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 17 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 18 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 18 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW JAN 12 - JAN 18

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JAN 12 - JAN 18

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 19 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 19 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 20 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 20 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

WEDNESDAY 21 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 21 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 22 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 22 JANUARY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 23 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 23 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 24 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 24 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 25 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 25 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JAN 19 - JAN 25

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JAN 19 - JAN 25

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 26 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 26 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 27 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 27 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

WEDNESDAY 28 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 28 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 29 JANUARY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 29 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 30 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 30 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 31 JANUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 31 JANUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

QUARTER 1 FEBRUARY - CHECK/ACT

2026 | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

MAIN TOPICS:

1. Motivation
2. Stop Procrastination
3. Will Power
4. Focus/Concentration
5. Take Action

TOOL:

Major Expense Review

BOOK STUDY:

_____

FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

MorningCoach® (Business Functions)

Monday: Organization & Structure
Tuesday: Book Study or Personal Development
Wednesday: Metaphysics & Business
Thursday: Ask JB
Friday: Overcoming Fear & Resistance
Saturday: Systems & Teams
Sunday: Empowerment (Mindfulness)

FEBRUARY CHECKLIST:

_____
_____
_____
_____
_____
_____
_____

© Alive Foundation Inc MMXXV

FEBRUARY - ROSE BUD THORN

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

ROSE

BUD

THORN

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 1 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 1 FEBRUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JAN 26 - FEB 1

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JAN 26 - FEB 1

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 2 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 2 FEBRUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 3 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 3 FEBRUARY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

WEDNESDAY 4 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 4 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 5 FEBRUARY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 5 FEBRUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 6 FEBRUARY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 6 FEBRUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 7 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 7 FEBRUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 8 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 8 FEBRUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW FEB 2 - FEB 8

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW FEB 2 - FEB 8

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 9 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 9 FEBRUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 10 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 10 FEBRUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 11 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 11 FEBRUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

THURSDAY 12 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 12 FEBRUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 13 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 13 FEBRUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 14 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 14 FEBRUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 15 FEBRUARY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 15 FEBRUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW FEB 9 - FEB 15

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW FEB 9 - FEB 15

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 16 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 16 FEBRUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 17 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 17 FEBRUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 18 FEBRUARY

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

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

DAY FOCUS

SACRED 6 TO DO

1
2
3
4
5
6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 18 FEBRUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 19 FEBRUARY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 19 FEBRUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 20 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 20 FEBRUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 21 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 21 FEBRUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 22 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 22 FEBRUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW FEB 16 - FEB 22

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW FEB 16 - FEB 22

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 23 FEBRUARY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 23 FEBRUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 24 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 24 FEBRUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 25 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 25 FEBRUARY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 26 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 26 FEBRUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 27 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 27 FEBRUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 28 FEBRUARY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 28 FEBRUARY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

QUARTER 1 MARCH - DO

2026 | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

MAIN TOPICS:

1. Learning
2. Self Understanding
3. Strengths/Weaknesses
4. Self Control
5. Self Esteem

TOOL:

BOOK STUDY:

MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MorningCoach® (Business Functions)

Monday: Organization & Structure
Tuesday: Book Study or Personal Development
Wednesday: Metaphysics & Business
Thursday: Ask JB
Friday: Overcoming Fear & Resistance
Saturday: Systems & Teams
Sunday: Empowerment (Mindfulness)

MARCH CHECKLIST:

© Alive Foundation Inc MMXXV

MARCH - IDEAS & THOUGHTS

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 1 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 1 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW FEB 23 - MAR 1

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW FEB 23 - MAR 1

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 2 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 2 MARCH

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

2026

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

DR DAILY READINESS | **SLEEP** | **HRV** | **STEPS** | **WEIGHT** | **BP** BLOOD PRESSURE

STRENGTH BODY PARTS | **MOBILITY** BODY PARTS | **CARDIO** TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 3 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 3 MARCH

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 4 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 4 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 5 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 5 MARCH

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 6 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 6 MARCH

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 7 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 7 MARCH

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 8 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 8 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAR 2 - MAR 8

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAR 2 - MAR 8

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 9 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 9 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

TUESDAY 10 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 10 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 11 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 11 MARCH

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 12 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 12 MARCH

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 13 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 13 MARCH

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 14 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 14 MARCH

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 15 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 15 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW MAR 9 - MAR 15

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAR 9 - MAR 15

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 16 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 16 MARCH

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 17 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 17 MARCH

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 18 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 18 MARCH

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 19 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 19 MARCH

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 20 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 20 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 21 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 21 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 22 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 22 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAR 16 - MAR 22

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAR 16 - MAR 22

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 23 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 23 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 24 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 24 MARCH

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 25 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 25 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 26 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 26 MARCH

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 27 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 27 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 28 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 28 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 29 MARCH

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 29 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAR 23 - MAR 29

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAR 23 - MAR 29

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 30 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 30 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 31 MARCH

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 31 MARCH

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

QUARTER 2 APRIL - DO

2026 | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

MAIN TOPICS:

1. Finance
2. Money
3. The System
4. Property Consciousness

TOOL:

BOOK STUDY:

_____

APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MorningCoach® (Business Functions)

Monday: Organization & Structure
Tuesday: Book Study or Personal Development
Wednesday: Metaphysics & Business
Thursday: Ask JB
Friday: Overcoming Fear & Resistance
Saturday: Systems & Teams
Sunday: Empowerment (Mindfulness)

APRIL CHECKLIST:

_____
_____
_____
_____
_____
_____
_____

© Alive Foundation Inc MMXXV

APRIL - IDEAS & THOUGHTS

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 1 APRIL

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 1 APRIL

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 2 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 2 APRIL

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 3 APRIL

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 3 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 4 APRIL

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 4 APRIL

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 5 APRIL

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 5 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAR 30 - APR 5

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAR 30 - APR 5

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 6 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 6 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 7 APRIL

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 7 APRIL

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 8 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 8 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 9 APRIL

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 9 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 10 APRIL

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 10 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 11 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 11 APRIL

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 12 APRIL

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 12 APRIL

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW APR 6 - APR 12

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW APR 6 - APR 12

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 13 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 13 APRIL

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

TUESDAY 14 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 14 APRIL

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 15 APRIL

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 15 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 16 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 16 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 17 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 17 APRIL

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 18 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 18 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 19 APRIL

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 19 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW APR 13 - APR 19

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW APR 13 - APR 19

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 20 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 20 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 21 APRIL

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 21 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 22 APRIL

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 22 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 23 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 23 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 24 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 24 APRIL

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 25 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 25 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 26 APRIL

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 26 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW APR 20 - APR 26

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW APR 20 - APR 26

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 27 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 27 APRIL

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 28 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 28 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 29 APRIL

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 29 APRIL

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 30 APRIL

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 30 APRIL

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

QUARTER 2 MAY - CHECK/ACT

2026 | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

MAIN TOPICS:

1. Relationships
2. Families
3. Parenting
4. Dealing with Difficult People

TOOL:

MC Life Wheel

Rose - Bud - Thorn

BOOK STUDY:

_____

MAY 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MorningCoach® (Business Functions)

Monday: Organization & Structure
Tuesday: Book Study or Personal Development
Wednesday: Metaphysics & Business
Thursday: Ask JB
Friday: Overcoming Fear & Resistance
Saturday: Systems & Teams
Sunday: Empowerment (Mindfulness)

MAY CHECKLIST:

_____

_____

_____

_____

_____

_____

_____

© Alive Foundation Inc MMXXV

MAY - ROSE BUD THORN

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

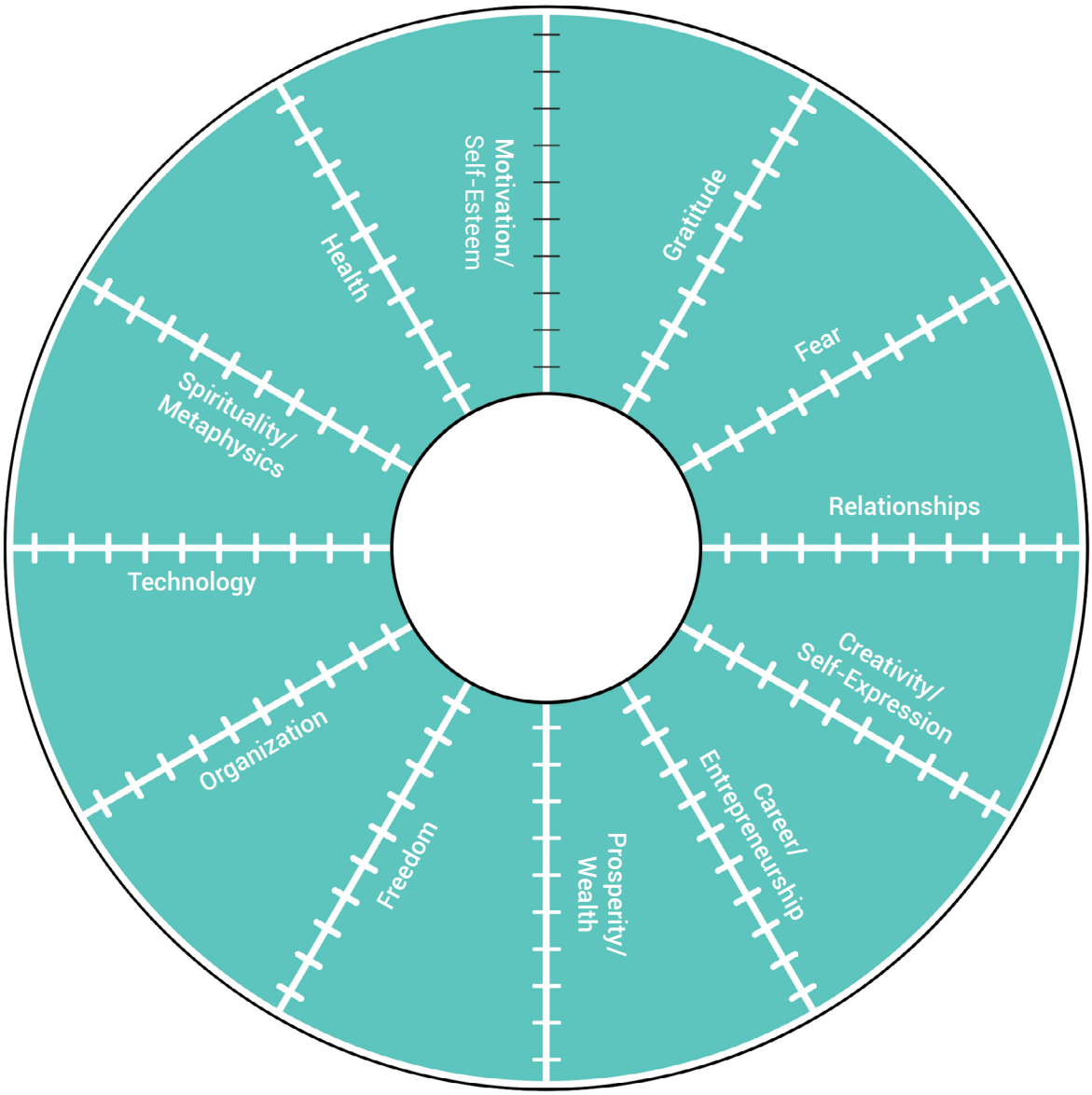
ROSE

BUD

THORN

© Alive Foundation Inc MMXXV

LIFE WHEEL



NAME:

DATE:

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 1 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 1 MAY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 2 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 2 MAY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 3 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 3 MAY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW APR 27 - MAY 3

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW APR 27 - MAY 3

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 4 MAY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 4 MAY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 5 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 5 MAY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 6 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 6 MAY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 7 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 7 MAY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 8 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 8 MAY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 9 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 9 MAY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 10 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 10 MAY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW MAY 4 - MAY 10

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAY 4 - MAY 10

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 11 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 11 MAY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 12 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 12 MAY

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

2026

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

DR DAILY READINESS | **SLEEP** | **HRV** | **STEPS** | **WEIGHT** | **BP** BLOOD PRESSURE

STRENGTH BODY PARTS | **MOBILITY** BODY PARTS | **CARDIO** TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

WEDNESDAY 13 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 13 MAY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 14 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 14 MAY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 15 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 15 MAY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 16 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 16 MAY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 17 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 17 MAY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAY 11 - MAY 17

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAY 11 - MAY 17

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 18 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 18 MAY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 19 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 19 MAY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 20 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 20 MAY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 21 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 21 MAY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 22 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 22 MAY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 23 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 23 MAY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 24 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 24 MAY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAY 18 - MAY 24

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAY 18 - MAY 24

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 25 MAY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 25 MAY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 26 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 26 MAY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 27 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 27 MAY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 28 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 28 MAY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 29 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 29 MAY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 30 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 30 MAY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 31 MAY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 31 MAY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAY 25 - MAY 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW MAY 25 - MAY 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

QUARTER 2 JUNE - DO

2026 | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

MAIN TOPICS:

1. Intelligent Life Design
2. Career
3. Entrepreneurship
4. Freedom

TOOL:

BOOK STUDY:

_____

JUNE 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MorningCoach® (Business Functions)

Monday: Organization & Structure
Tuesday: Book Study or Personal Development
Wednesday: Metaphysics & Business
Thursday: Ask JB
Friday: Overcoming Fear & Resistance
Saturday: Systems & Teams
Sunday: Empowerment (Mindfulness)

JUNE CHECKLIST:

_____
_____
_____
_____
_____
_____
_____

© Alive Foundation Inc MMXXV

JUNE - IDEAS & THOUGHTS

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 1 JUNE

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

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

DAY FOCUS

SACRED 6 TO DO

1
2
3
4
5
6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 1 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 2 JUNE

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 2 JUNE

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 3 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 3 JUNE

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

2026

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

DR DAILY READINESS | **SLEEP** | **HRV** | **STEPS** | **WEIGHT** | **BP** BLOOD PRESSURE

STRENGTH BODY PARTS | **MOBILITY** BODY PARTS | **CARDIO** TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 4 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 4 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 5 JUNE

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 5 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 6 JUNE

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 6 JUNE

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 7 JUNE

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 7 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW JUN 1 - JUN 7

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUN 1 - JUN 7

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 8 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 8 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

TUESDAY 9 JUNE

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 9 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

WEDNESDAY 10 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 10 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 11 JUNE

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 11 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 12 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 12 JUNE

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 13 JUNE

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

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

DAY FOCUS

SACRED 6 TO DO

1
2
3
4
5
6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 13 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 14 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 14 JUNE

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUN 8 - JUN 14

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUN 8 - JUN 14

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 15 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 15 JUNE

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 16 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 16 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

WEDNESDAY 17 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 17 JUNE

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

2026

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

DR DAILY READINESS | **SLEEP** | **HRV** | **STEPS** | **WEIGHT** | **BP** BLOOD PRESSURE

STRENGTH BODY PARTS | **MOBILITY** BODY PARTS | **CARDIO** TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 18 JUNE

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 18 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 19 JUNE

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

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 19 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 20 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 20 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 21 JUNE

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 21 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW JUN 15 - JUN 21

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUN 15 - JUN 21

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 22 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 22 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 23 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 23 JUNE

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 24 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 24 JUNE

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 25 JUNE

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 25 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 26 JUNE

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

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

DAY FOCUS

SACRED 6 TO DO

1
2
3
4
5
6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 26 JUNE

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 27 JUNE

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

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

DAY FOCUS

SACRED 6 TO DO

1
2
3
4
5
6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 27 JUNE

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 28 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 28 JUNE

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUN 22 - JUN 28

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUN 22 - JUN 28

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 29 JUNE

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 29 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

TUESDAY 30 JUNE

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

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

DAY FOCUS

SACRED 6 TO DO

1
2
3
4
5
6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 30 JUNE

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

QUARTER 3 JULY - CHECK/ACT

2026 | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

MAIN TOPICS:

1. Creativity
2. Self Expression
3. Communication
4. Listening/Public Speaking/Presenting

TOOL:

MC Life Wheel

BOOK STUDY:

_____

JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MorningCoach® (Business Functions)

Monday: Organization & Structure
Tuesday: Book Study or Personal Development
Wednesday: Metaphysics & Business
Thursday: Ask JB
Friday: Overcoming Fear & Resistance
Saturday: Systems & Teams
Sunday: Empowerment (Mindfulness)

JULY CHECKLIST:

_____
_____
_____
_____
_____
_____
_____

© Alive Foundation Inc MMXXV

JULY - ROSE BUD THORN

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

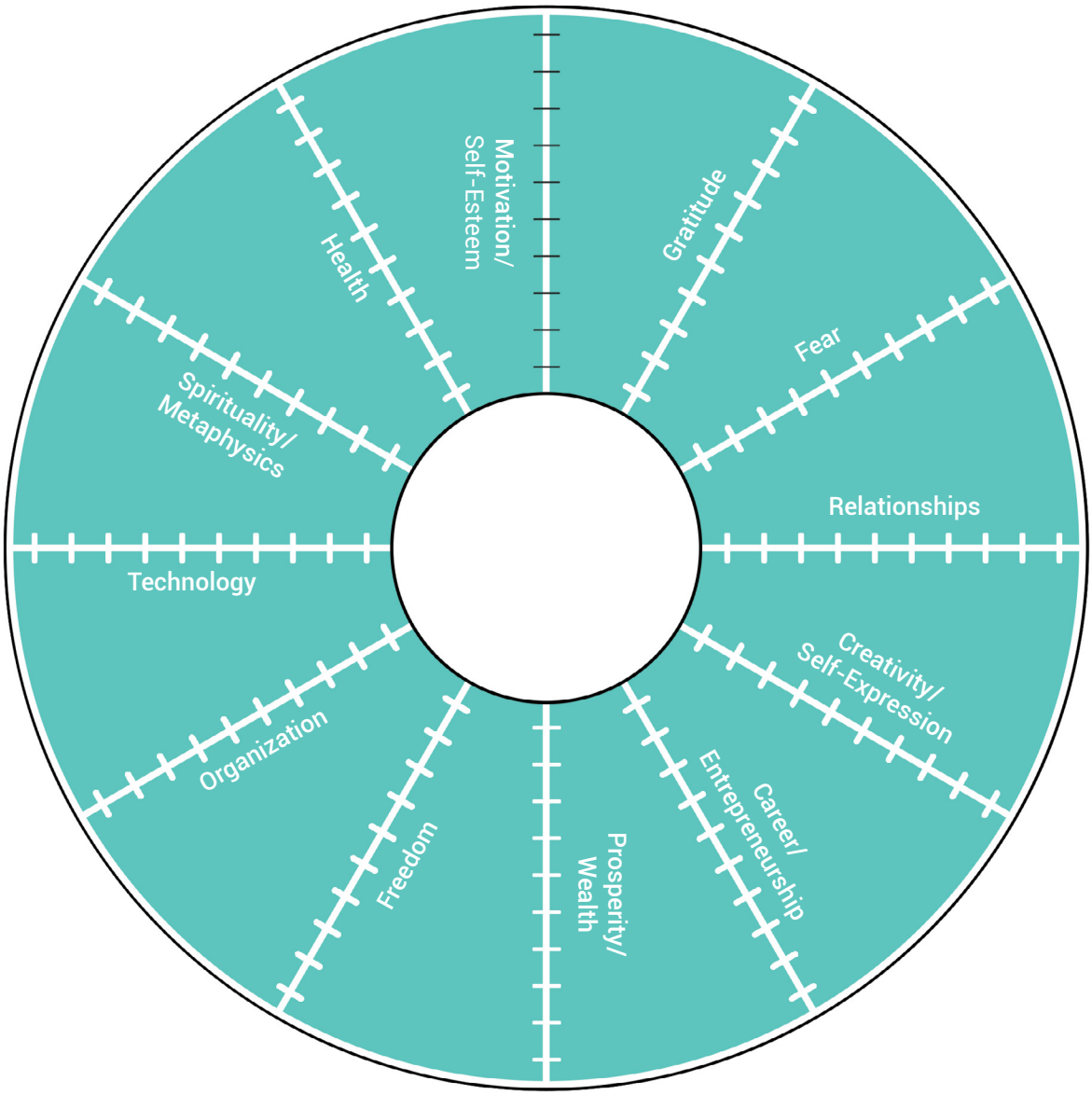
ROSE

BUD

THORN

© Alive Foundation Inc MMXXV

LIFE WHEEL



NAME:

DATE:

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 1 JULY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 1 JULY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

THURSDAY 2 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 2 JULY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 3 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 3 JULY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 4 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 4 JULY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 5 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 5 JULY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUN 29 - JUL 5

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUN 29 - JUL 5

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 6 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 6 JULY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 7 JULY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 7 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 8 JULY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 8 JULY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 9 JULY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 9 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 10 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 10 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 11 JULY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 11 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 12 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 12 JULY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUL 6 - JUL 12

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUL 6 - JUL 12

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 13 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 13 JULY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 14 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 14 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

WEDNESDAY 15 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 15 JULY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 16 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 16 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 17 JULY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 17 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 18 JULY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 18 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 19 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 19 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUL 13 - JUL 19

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUL 13 - JUL 19

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 20 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 20 JULY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 21 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 21 JULY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 22 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 22 JULY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 23 JULY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 23 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 24 JULY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 24 JULY

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 25 JULY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 25 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 26 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 26 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW JUL 20 - JUL 26

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUL 20 - JUL 26

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 27 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 27 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 28 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 28 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 29 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 29 JULY

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 30 JULY

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 30 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 31 JULY

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 31 JULY

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

QUARTER 3 AUGUST - GO

2026 | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

MAIN TOPICS:

1. Confidence
2. Assertiveness
3. Optimism
4. Positivity
5. Happiness
6. Validation

TOOL:

BOOK STUDY:

AUGUST 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MorningCoach® (Business Functions)

Monday: Organization & Structure
Tuesday: Book Study or Personal Development
Wednesday: Metaphysics & Business
Thursday: Ask JB
Friday: Overcoming Fear & Resistance
Saturday: Systems & Teams
Sunday: Empowerment (Mindfulness)

AUGUST CHECKLIST:

© Alive Foundation Inc MMXXV

AUGUST - IDEAS & THOUGHTS

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 1 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 1 AUGUST

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 2 AUGUST

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 2 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUL 27 - AUG 2

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW JUL 27 - AUG 2

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 3 AUGUST

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

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

DAY FOCUS

SACRED 6 TO DO

1
2
3
4
5
6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 3 AUGUST

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 4 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 4 AUGUST

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 5 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 5 AUGUST

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 6 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 6 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 7 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 7 AUGUST

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 8 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1
2
3
4
5
6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 8 AUGUST

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

2026

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

DR DAILY READINESS | **SLEEP** | **HRV** | **STEPS** | **WEIGHT** | **BP** BLOOD PRESSURE

STRENGTH BODY PARTS | **MOBILITY** BODY PARTS | **CARDIO** TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 9 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 9 AUGUST

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW AUG 3 - AUG 9

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW AUG 3 - AUG 9

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 10 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 10 AUGUST

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

TUESDAY 11 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 11 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 12 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 12 AUGUST

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 13 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 13 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | **SLEEP** | **HRV** | **STEPS** | **WEIGHT** | **BP** BLOOD PRESSURE

STRENGTH BODY PARTS | **MOBILITY** BODY PARTS | **CARDIO** TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 14 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 14 AUGUST

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

2026

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

DR DAILY READINESS | **SLEEP** | **HRV** | **STEPS** | **WEIGHT** | **BP** BLOOD PRESSURE

STRENGTH BODY PARTS | **MOBILITY** BODY PARTS | **CARDIO** TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 15 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 15 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 16 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 16 AUGUST

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

2026

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

DR DAILY READINESS | **SLEEP** | **HRV** | **STEPS** | **WEIGHT** | **BP** BLOOD PRESSURE

STRENGTH BODY PARTS | **MOBILITY** BODY PARTS | **CARDIO** TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW AUG 10 - AUG 16

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW AUG 10 - AUG 16

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 17 AUGUST

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

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

DAY FOCUS

SACRED 6 TO DO

1
2
3
4
5
6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 17 AUGUST

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

TUESDAY 18 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 18 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 19 AUGUST

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 2 3 4 5 6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 19 AUGUST

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 20 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 20 AUGUST

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

2026

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

DR DAILY READINESS | **SLEEP** | **HRV** | **STEPS** | **WEIGHT** | **BP** BLOOD PRESSURE

STRENGTH BODY PARTS | **MOBILITY** BODY PARTS | **CARDIO** TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 21 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 21 AUGUST

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 22 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 22 AUGUST

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 23 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 23 AUGUST

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW AUG 17 - AUG 23

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW AUG 17 - AUG 23

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 24 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 24 AUGUST

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 25 AUGUST

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

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

DAY FOCUS

SACRED 6 TO DO

1
2
3
4
5
6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 25 AUGUST

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

2026

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

DR DAILY READINESS | **SLEEP** | **HRV** | **STEPS** | **WEIGHT** | **BP** BLOOD PRESSURE

STRENGTH BODY PARTS | **MOBILITY** BODY PARTS | **CARDIO** TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 26 AUGUST

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 26 AUGUST

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 27 AUGUST

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

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

DAY FOCUS

SACRED 6 TO DO

1
2
3
4
5
6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 27 AUGUST

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 28 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 28 AUGUST

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 29 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 29 AUGUST

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 30 AUGUST

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 30 AUGUST

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW AUG 24 - AUG 30

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW AUG 24 - AUG 30

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 31 AUGUST

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 31 AUGUST

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

QUARTER 3 SEPTEMBER - DO

2026 | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

MAIN TOPICS:

1. Health
2. Fitness
3. Well Being

TOOL:

BOOK STUDY:

_____

SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MorningCoach® (Business Functions)

Monday: Organization & Structure
Tuesday: Book Study or Personal Development
Wednesday: Metaphysics & Business
Thursday: Ask JB
Friday: Overcoming Fear & Resistance
Saturday: Systems & Teams
Sunday: Empowerment (Mindfulness)

SEPTEMBER CHECKLIST:

_____
_____
_____
_____
_____
_____
_____

© Alive Foundation Inc MMXXV

SEPTEMBER - IDEAS & THOUGHTS

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 1 SEPTEMBER

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 1 SEPTEMBER

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 2 SEPTEMBER

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 2 SEPTEMBER

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 3 SEPTEMBER

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 3 SEPTEMBER

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 4 SEPTEMBER

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 4 SEPTEMBER

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 5 SEPTEMBER

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 5 SEPTEMBER

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 6 SEPTEMBER

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 6 SEPTEMBER

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW AUG 31 - SEP 6

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW AUG 31 - SEP 6

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 7 SEPTEMBER

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 7 SEPTEMBER

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 8 SEPTEMBER

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 8 SEPTEMBER

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 9 SEPTEMBER

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 9 SEPTEMBER

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 10 SEPTEMBER

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 10 SEPTEMBER

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 11 SEPTEMBER

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 11 SEPTEMBER

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 12 SEPTEMBER

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 12 SEPTEMBER

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 13 SEPTEMBER

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 13 SEPTEMBER

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

2026

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

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW SEP 7 - SEP 13

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW SEP 7 - SEP 13

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 14 SEPTEMBER

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 14 SEPTEMBER

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 15 SEPTEMBER

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 15 SEPTEMBER

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

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 16 SEPTEMBER

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 16 SEPTEMBER

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 17 SEPTEMBER

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 17 SEPTEMBER

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

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 18 SEPTEMBER

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 18 SEPTEMBER

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 19 SEPTEMBER

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

2026

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

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 19 SEPTEMBER

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

2026

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

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 20 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 20 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW SEP 14 - SEP 20

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW SEP 14 - SEP 20

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 21 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 21 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 22 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 22 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 23 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 23 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

THURSDAY 24 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 24 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 25 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 25 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 26 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 26 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 27 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 27 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW SEP 21 - SEP 27

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW SEP 21 - SEP 27

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 28 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 28 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 29 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 29 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 30 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 30 SEPTEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

QUARTER 4 OCTOBER - CHECK/ACT

2026 | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

MAIN TOPICS:

1. Spirituality
2. Metaphysics
3. Esoteric Truth

TOOL:

MC Life Wheel
Rose - Bud - Thorn

BOOK STUDY:

_____

OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	30	

MorningCoach® (Business Functions)

Monday: Organization & Structure
Tuesday: Book Study or Personal Development
Wednesday: Metaphysics & Business
Thursday: Ask JB
Friday: Overcoming Fear & Resistance
Saturday: Systems & Teams
Sunday: Empowerment (Mindfulness)

OCTOBER CHECKLIST:

_____
_____
_____
_____
_____
_____
_____

© Alive Foundation Inc MMXXV

OCTOBER - ROSE BUD THORN

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

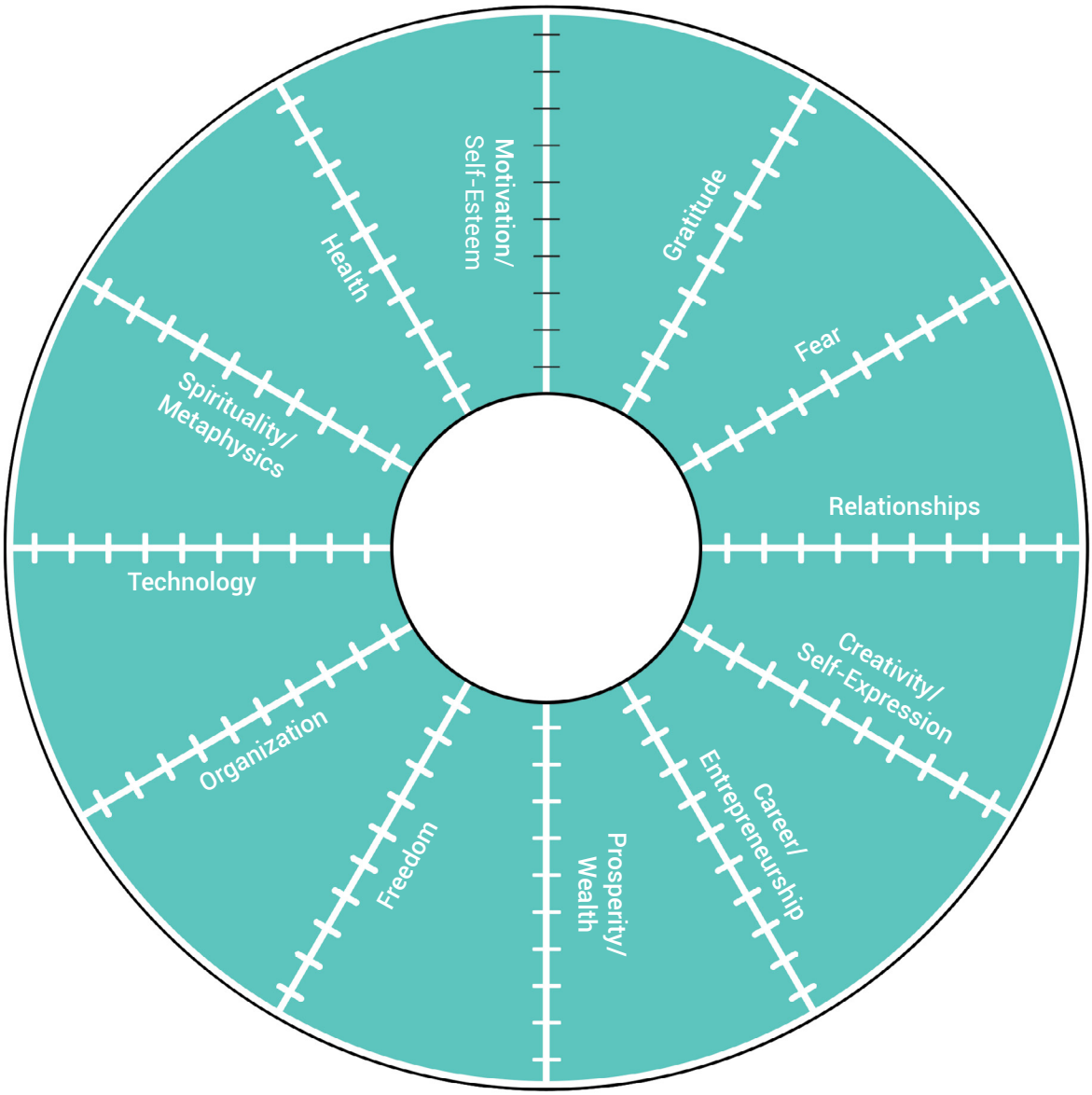
ROSE

BUD

THORN

© Alive Foundation Inc MMXXV

LIFE WHEEL



NAME:

DATE:

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 1 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 1 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 2 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 2 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 3 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 3 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 4 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 4 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW SEP 28 - OCT 4

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW SEP 28 - OCT 4

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 5 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 5 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 6 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 6 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

WEDNESDAY 7 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 7 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

THURSDAY 8 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 8 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 9 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 9 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 10 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 10 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 11 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 11 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW OCT 5 - OCT 11

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW OCT 5 - OCT 11

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 12 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 12 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 13 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

DAY FOCUS

SACRED 6 TO DO

1
2
3
4
5
6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 13 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

WEDNESDAY 14 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 14 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 15 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 15 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 16 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 16 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 17 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 17 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 18 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 18 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW OCT 12 - OCT 18

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW OCT 12 - OCT 18

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 19 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 19 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 20 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 20 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 21 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 21 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

THURSDAY 22 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 22 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 23 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 23 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 24 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 24 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 25 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 25 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW OCT 19 - OCT 25

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW OCT 19 - OCT 25

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 26 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 26 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 27 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 27 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

WEDNESDAY 28 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 28 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 29 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 29 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 30 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 30 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 31 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 31 OCTOBER

1 2 3 4 **5** 6 7 8 9 10 11 **12** 13 14 15 16 17 18 **19** 20 21 22 23 24 25 **26** 27 28 29 30 31

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

QUARTER 4 NOVEMBER - DO

2026 | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

MAIN TOPICS:

1. Gratitude
2. Leadership
3. Accountability

TOOL:

BOOK STUDY:

_____

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MorningCoach® (Business Functions)

Monday: Organization & Structure
Tuesday: Book Study or Personal Development
Wednesday: Metaphysics & Business
Thursday: Ask JB
Friday: Overcoming Fear & Resistance
Saturday: Systems & Teams
Sunday: Empowerment (Mindfulness)

NOVEMBER CHECKLIST:

_____
_____
_____
_____
_____
_____
_____

© Alive Foundation Inc MMXXV

NOVEMBER - IDEAS & THOUGHTS

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 1 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 1 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW OCT 26 - NOV 1

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW OCT 26 - NOV 1

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 2 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 2 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 3 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 3 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 4 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 4 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 5 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 5 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 6 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 6 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 7 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 7 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 8 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 8 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW NOV 2 - NOV 8

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW NOV 2 - NOV 8

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 9 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 9 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 10 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 10 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 11 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 11 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 12 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 12 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 13 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 13 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 14 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 14 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 15 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 15 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW NOV 9 - NOV 15

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW NOV 9 - NOV 15

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 16 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 16 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 17 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 17 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

WEDNESDAY 18 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 18 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 19 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 19 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 20 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 20 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 21 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 21 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 22 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 22 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW NOV 16 - NOV 22

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW NOV 16 - NOV 22

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 23 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 23 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 24 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 24 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 25 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 25 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 26 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 26 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | **SLEEP** | **HRV** | **STEPS** | **WEIGHT** | **BP** BLOOD PRESSURE

STRENGTH BODY PARTS | **MOBILITY** BODY PARTS | **CARDIO** TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 27 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 27 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SATURDAY 28 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 28 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

SUNDAY 29 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 29 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW NOV 23 - NOV 29

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW NOV 23 - NOV 29

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 30 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 30 NOVEMBER

1 **2** 3 4 5 6 7 8 **9** 10 11 12 13 14 15 **16** 17 18 19 20 21 22 **23** 24 25 26 27 28 29 **30**

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

QUARTER 4 DECEMBER - PLAN

2026 | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

MAIN TOPICS:

1. New Year Organization
2. Efficiency
3. Commitment
4. Focus Management
5. Technology

TOOL:

MC Life Wheel

ILD Spreadsheet

BOOK STUDY:

_____

DECEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MorningCoach® (Business Functions)

Monday: Organization & Structure
Tuesday: Book Study or Personal Development
Wednesday: Metaphysics & Business
Thursday: Ask JB
Friday: Overcoming Fear & Resistance
Saturday: Systems & Teams
Sunday: Empowerment (Mindfulness)

DECEMBER CHECKLIST:

_____

_____

_____

_____

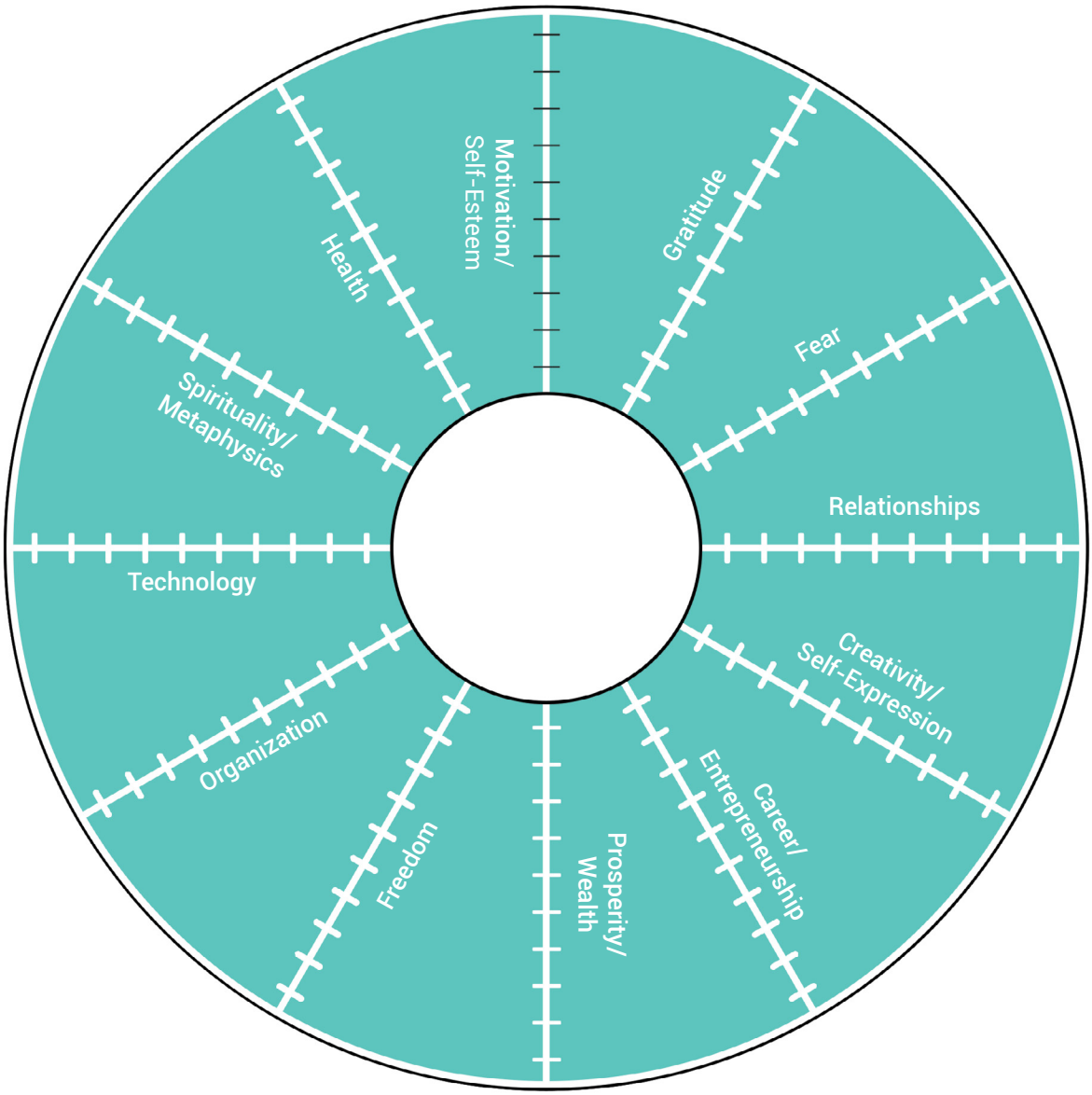
_____

_____

_____

© Alive Foundation Inc MMXXV

LIFE WHEEL



NAME:

DATE:

© Alive Foundation Inc MMXXV

DECEMBER QUESTIONS

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

HOW WAS THE YEAR?

WHAT WOULD I CHANGE?

HOW DO I WORK LESS AND MAKE MORE?

HOW DO I DO MORE THINGS THAT GIVE ME ENERGY?

NOTES

© Alive Foundation Inc MMXXV

DECEMBER - ROSE BUD THORN

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

ROSE

BUD

THORN

© Alive Foundation Inc MMXXV

DAILY JOURNAL

TUESDAY 1 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 1 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 2 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1
2
3
4
5
6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 2 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 3 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 3 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 4 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

DAY FOCUS

SACRED 6 TO DO

1
2
3
4
5
6

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 4 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 5 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 5 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 6 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 6 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW NOV 30 - DEC 6

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW NOV 30 - DEC 6

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 7 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 7 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

TUESDAY 8 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 8 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 9 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 9 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

THURSDAY 10 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 10 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 11 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 11 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 12 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 12 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 13 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 13 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW DEC 7 - DEC 13

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW DEC 7 - DEC 13

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 14 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 14 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

TUESDAY 15 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 15 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

WEDNESDAY 16 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 16 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

THURSDAY 17 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 17 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | **SLEEP** | **HRV** | **STEPS** | **WEIGHT** | **BP** BLOOD PRESSURE

STRENGTH BODY PARTS | **MOBILITY** BODY PARTS | **CARDIO** TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

FRIDAY 18 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 18 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 19 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 19 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 20 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 20 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW DEC 14 - DEC 20

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW DEC 14 - DEC 20

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 21 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 21 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

TUESDAY 22 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 22 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 23 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 23 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 24 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 24 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

FRIDAY 25 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

FRIDAY 25 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SATURDAY 26 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SATURDAY 26 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | SLEEP | HRV | STEPS | WEIGHT | BP BLOOD PRESSURE

STRENGTH BODY PARTS | MOBILITY BODY PARTS | CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

SUNDAY 27 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

SUNDAY 27 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

GIDN™ WEEKLY REVIEW DEC 21 - DEC 27

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1. WHAT HAS BEEN COMPLETED?

2. WHAT AM I ON PACE TO COMPLETE?

3. WHAT NEEDS MORE ATTENTION?

1% IMPROVEMENT

1. ONE AREA OF 1% IMPROVEMENT THAT IS GOING WELL

2. AN AREA OF 1% IMPROVEMENT THAT NEEDS ATTENTION IN THE COMING WEEK

7 DAY REVIEW

GOALS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

KPIS

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

CONSISTENCY

- MET or UNMET
- INSIGHT
- CORRECTIVE MEASURE

© Alive Foundation Inc MMXXV

GIDN™ WEEKLY REVIEW DEC 21 - DEC 27

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKLY ROSE, BUD, THORN

ROSE

BUD

THORN

INSIGHT

CORRECTIVE MEASURE

SACRED SIX REVIEW

1. WHERE DID I MOVE THE BALL FORWARD ON THESE PROJECTS?

2. WHERE DID I GET DERAILED?

3. INSIGHT

4. CORRECTIVE MEASURE

WINS OF THE WEEK

1.

2.

3.

4.

5.

6.

"EVERYTHING IS HARD BEFORE IT IS EASY."
WHAT WAS DIFFICULT THAT GOT EASIER THIS WEEK?

"THINKING IS EASY, ACTING IS DIFFICULT, AND TO PUT ONE'S THOUGHTS INTO ACTION IS THE MOST DIFFICULT THING IN THE WORLD."
WHERE DID MY THOUGHTS AND ACTIONS ALIGN THIS WEEK?

"COURAGE IS THE COMMITMENT TO BEGIN WITHOUT ANY GUARANTEE OF SUCCESS."
WHERE DID I PERSEVERE THIS WEEK?

© Alive Foundation Inc MMXXV

DAILY JOURNAL

MONDAY 28 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

MONDAY 28 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

DAILY JOURNAL

TUESDAY 29 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

TUESDAY 29 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS

SLEEP

HRV

STEPS

WEIGHT

BP BLOOD PRESSURE

STRENGTH BODY PARTS

MOBILITY BODY PARTS

CARDIO TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

WEDNESDAY 30 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐
2 ◐
3 ◐
4 ◐
5 ◐
6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

WEDNESDAY 30 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | **SLEEP** | **HRV** | **STEPS** | **WEIGHT** | **BP** BLOOD PRESSURE

STRENGTH BODY PARTS | **MOBILITY** BODY PARTS | **CARDIO** TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

DAILY JOURNAL

THURSDAY 31 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY FOCUS

SACRED 6 TO DO

1 ◐ 4 ◐

2 ◐ 5 ◐

3 ◐ 6 ◐

SCHEDULE

5 am
6 am
7 am
8 am
9 am
10 am
11 am
12 pm
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

AM GRATITUDE

CONSISTENCY

GOALS

MISC TO DO

READING

© Alive Foundation Inc MMXXV

DAILY FOCUS

THURSDAY 31 DECEMBER

1 2 3 4 5 6 **7** 8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21** 22 23 24 25 26 27 **28** 29 30 31

2026

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DR DAILY READINESS | **SLEEP** | **HRV** | **STEPS** | **WEIGHT** | **BP** BLOOD PRESSURE

STRENGTH BODY PARTS | **MOBILITY** BODY PARTS | **CARDIO** TYPE OF CARDIO

MACROS

PROTEIN CARBS FAT

WATER

MOOD

JOURNAL

DAILY WINS

NEXT

© Alive Foundation Inc MMXXV

MorningCoach®

FUTURE ITEMS (THINGS YOU WANT TO DO BUT MAY NOT BE A DREAM)

2026
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

© Alive Foundation Inc MMXXV

NOTES 1:

© Alive Foundation Inc MMXXV

NOTES 2:

© Alive Foundation Inc MMXXV

NOTES 3:

© Alive Foundation Inc MMXXV

NOTES 4:

© Alive Foundation Inc MMXXV

NOTES 5:

© Alive Foundation Inc MMXXV

NOTES 6:

© Alive Foundation Inc MMXXV

NOTES 7:

© Alive Foundation Inc MMXXV

NOTES 8:

© Alive Foundation Inc MMXXV

NOTES 9:

© Alive Foundation Inc MMXXV

NOTES 10:

© Alive Foundation Inc MMXXV

NOTES 11:

© Alive Foundation Inc MMXXV

NOTES 12:

© Alive Foundation Inc MMXXV

NOTES 13:

© Alive Foundation Inc MMXXV

NOTES 14:

© Alive Foundation Inc MMXXV

NOTES 15:

© Alive Foundation Inc MMXXV

NOTES 16:

© Alive Foundation Inc MMXXV

NOTES 17:

© Alive Foundation Inc MMXXV

NOTES 18:

© Alive Foundation Inc MMXXV

NOTES 19:

© Alive Foundation Inc MMXXV

NOTES 20:

© Alive Foundation Inc MMXXV

NOTES 21:

© Alive Foundation Inc MMXXV

NOTES 22:

© Alive Foundation Inc MMXXV

NOTES 23:

© Alive Foundation Inc MMXXV

NOTES 24:

© Alive Foundation Inc MMXXV

NOTES 25:

© Alive Foundation Inc MMXXV

NOTES 26:

© Alive Foundation Inc MMXXV

NOTES 27:

© Alive Foundation Inc MMXXV

NOTES 28:

© Alive Foundation Inc MMXXV

NOTES 29:

© Alive Foundation Inc MMXXV

NOTES 30:

© Alive Foundation Inc MMXXV

NOTES 31:

© Alive Foundation Inc MMXXV

NOTES 32:

© Alive Foundation Inc MMXXV

NOTES 33:

© Alive Foundation Inc MMXXV

NOTES 34:

© Alive Foundation Inc MMXXV

NOTES 35:

© Alive Foundation Inc MMXXV

NOTES 36:

© Alive Foundation Inc MMXXV

NOTES 37:

© Alive Foundation Inc MMXXV

NOTES 38:

© Alive Foundation Inc MMXXV

NOTES 39:

© Alive Foundation Inc MMXXV

NOTES 40:

© Alive Foundation Inc MMXXV

NOTES 41:

© Alive Foundation Inc MMXXV

NOTES 42:

© Alive Foundation Inc MMXXV

NOTES 43:

© Alive Foundation Inc MMXXV

NOTES 44:

© Alive Foundation Inc MMXXV

NOTES 45:

© Alive Foundation Inc MMXXV

NOTES 46:

© Alive Foundation Inc MMXXV

NOTES 47:

© Alive Foundation Inc MMXXV

NOTES 48:

© Alive Foundation Inc MMXXV

NOTES 49:

© Alive Foundation Inc MMXXV

NOTES 50:

© Alive Foundation Inc MMXXV

DECISION MAKING

DECISION 1

DECISION 2

DECISION 3

DECISION 4

DECISION 5

DECISION 6

DECISION 7

DECISION 8

DECISION 9

DECISION 10

DECISION 11

DECISION 12

DECISION 13

DECISION 14

DECISION 15

DECISION 16

DECISION 17

DECISION 18

DECISION 19

DECISION 20

© Alive Foundation Inc MMXXV

DECISION MAKING 1:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 2:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 3:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 4:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 5:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 6:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 7:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 8:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 9:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 10:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 11:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 12:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 13:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 14:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 15:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 16:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 17:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 18:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 19:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

DECISION MAKING 20:

STEP 1: BEN FRANKLIN

PROS

CONS

STEP 2: QUESTIONS

1. DOES IT GIVE YOU ENERGY?

2. ARE YOU DOING IT JUST FOR THE MONEY?

3. DOES IT HELP SOCIETY OR THE HUMAN SPECIES MOVE FORWARD?

4. IS IT PART OF THE BIGGER PICTURE?

5. DOES IT HELP ME HIT GOALS?

STEP 3: VALUES

VALUE CHECK - DOES IT ALIGN WITH YOUR VALUES?

© Alive Foundation Inc MMXXV

READING LISTS:

BOOK

NOTES

© Alive Foundation Inc MMXXV

READING LISTS:

BOOK

NOTES

© Alive Foundation Inc MMXXV

READING LISTS:

BOOK

NOTES

© Alive Foundation Inc MMXXV