

Daily planner:	24	25	26	27	28	29	30	31	1	2	3
	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Db: eat oatmeal + vitamins/meds (10m)	1[ ]	2[ ]	3[ ]	4[ ]	5[ ]	6[ ]	7[ ]	8[ ]	9[ ]	10[ ]	11[ ]
Db: Adl every morning + stretch: (15m)	1[ ]	2[ ]	3[ ]	4[ ]	5[ ]	6[ ]	7[ ]	8[ ]	9[ ]	10[ ]	11[ ]
Ed/Sp: study period A (15pp) (40m)	1[ ]	2[ ]	3[ ]	4[ ]	5[ ]	6[ ]	7[ ]	8[ ]	9[ ]	10[ ]	11[ ]
Sp: Adl+meditation in afternoon (15m)	1[ ]	2[ ]	3[ ]	4[ ]	5[ ]	6[ ]	7[ ]	8[ ]	9[ ]	10[ ]	11[ ]
Ed/Sp: study period B (7pp) (20m)	1[ ]	2[ ]	3[ ]	4[ ]	5[ ]	6[ ]	7[ ]	8[ ]	9[ ]	10[ ]	11[ ]
Db: chamomile tea + Adl every night	1[ ]	2[ ]	3[ ]	4[ ]	5[ ]	6[ ]	7[ ]	8[ ]	9[ ]	10[ ]	11[ ]

Db: do 7 neighborhood walks (10-15m) 1[ ] 2[ ] 3[ ] 4[ ] 5[ ] 6[ ] 7[ ]

Db: do 5 light exercise sessions (10-15m) 1[ ] 2[ ] 3[ ] 4[ ] 5[ ]

Se: Be mindful. Pause and sense. Take 5m breaks. Co: Awareness. Watch 4 if-then. Af: Track, use assessments.

Ip: 1on1: 2Q/2confirm/1echo. grp: 2Q/1conf/0-1echo as needed). Im: Identify outcomes, Active Im. (5m)

### Admin:

review folders: A[ ] B[ ] C[ ] Notes[ ]

write up multimodal assessments: Be[ ] Af[ ] Se[ ] Im[ ] Co[ ] Ip[ ] Db[ ] Sp[ ] Ed[ ]

draft 1-month multimodal plans: Be[ ] Af[ ] Se[ ] Im[ ] Co[ ] Ip[ ] Db[ ] Sp[ ] Ed[ ]

**Ed:** take notes on each reading.

read Jung:

\* review CW 7, Part i: I-III[ ] IV-V[ ] VI-VIII-Conc. [ ] (~110pp)

Part ii.i: I-II[ ] III-IV[ ] (~50pp)

Part ii.ii: I-II[ ] III-IV[ ] (~70pp)

\* read CW 9 Part I, Section III “Concerning Rebirth” 1[ ] 2[ ] 3[ ] (~40pp)

\* read CW 6, “Definitions”: A-D[ ] (~15pp) E-H[ ] (~10pp)

I-K[ ] (~18pp) L-R[ ] (~5pp)

S[ ] (~20pp) T-Z[ ] (~6pp)

read CW 9 Part II, First five sections: 1[ ] (~5pp) 2[ ] (~4pp) 3[ ] (~12pp)

4[ ] (~12pp) 5[ ] (~30pp)

read CW 17, section V[ ] (~15pp) section VII[ ] (~20pp)

read CW 12. Part I[ ] (~40pp)

review Carotenuto “Vertical Labyrinth”: ch 1-5 [ ] (~70pp)

read: \*6[ ] (~12pp) \*7[ ] (~12pp) \*8[ ] (~10pp)

9[ ] (~10pp) 10[ ] (~10pp)

read McNeely: \*intro+ch1[ ] (~20pp) \*ch2[ ] (~40pp) ch3[ ] (40pp) ch4[ ] (~10pp)

**Sp:** read, then meditate if possible, but always meditate.

\* meditation (see above)

\* read Jung intro to “Tibetan Book of Great Liberation” [ ] (~35pp)

read Jinpa: \* intro[ ] (~12 pp) \*1[ ] (~25pp) \*2[ ] (~35pp) 3[ ] (~35pp) 4[ ] (~40pp)

5[ ] (~35pp) conclusion[ ] (~5pp)

read Kongtrul: \*intro[ ] (~25pp) \*1[ ] (~25pp) \*2[ ] (~40pp) 3[ ] (~12pp)

4[ ] (~25pp) 5[ ] (~20pp)