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Understand and try

Plan and observe

1 Find your date

2 Name one useful change

3 Read, try and observe

Understand the idea, adapt its action and record what happened. An uncertain result can still inform your next choice.

YOUR STARTING POINT

Give your priority a clear meaning

Your direction for the year can be broad. Your volume priority gives it a concrete, realistic contribution that you can examine from your own starting date.

BEFORE THE FIRST DAY

Where I Stand Today

Use 1 for very difficult and 10 for manageable and satisfying. Base each score on your current experience and add an example. At the end, use the same questions and scale for comparison.

My energy
Do I generally have enough energy for my daily needs?

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

In one sentence:

My limits
Can I state a realistic limit when I need one?

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

In one sentence:

My money
Do I understand my income, spending and immediate financial needs?

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

In one sentence:

My body
Do I notice and respond to my body's needs?

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

In one sentence:

My voice
Can I express a relevant need or opinion clearly?

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

In one sentence:

My relationship with myself
Do I respond fairly to my needs, mistakes and difficulties?

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

In one sentence:

Describe where you stand

Complete Where I Stand Today using your current experience. Score energy, limits, money, body, voice and your relationship with yourself, then add examples. These scores provide a personal reference; they are not grades.

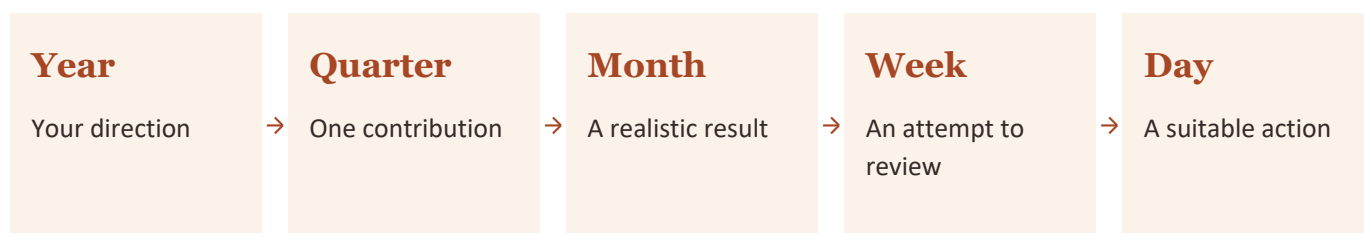
Connect year and volume

Name the direction that matters to you for the year. In The Priority I Choose for This Volume, choose one result that could contribute to it. This is one connected purpose, not a second competing goal.

A fictional January example

Annual direction: make regular room for an activity I choose. Starting example: in the last two weeks, I have had no planned time for it. Volume contribution: test one protected twenty-minute slot each week for six weeks.

Actual pages from volume 1, 2027. Zoom in with your PDF reader to see the details.



Choose an observable sign

For that example, record whether the slot took place, how long was available and what helped or interrupted it. A calendar entry shows a plan. The actual attempts and their conditions show what the arrangement made possible.

THE LEFT-HAND PAGE

Understand one idea and its reasons

The daily reading follows a consistent order. Its fields help you recognize a situation, understand the reasoning and choose a response that fits your circumstances.

1 JANUARY · PERSONAL CHOICES
Week 53 — Choose a starting point

01 **FRIDAY, JANUARY 1, 2027**
day 1 / 365 · week 53
New Year's Day · US UK

2 **STARTING POINT · Choose a realistic priority and describe where you begin**

A useful aim begins with the circumstances you actually have.

3 **WHAT THIS CHANGES FOR YOU**
A wish such as having more time says little about what would be different in an ordinary week. Describing one current situation gives you a starting point against which to judge change. A realistic priority and an observable sign of progress make later reviews useful without requiring you to predict every demand the year will bring.

4 **TODAY'S PERMISSION**
You may choose a modest priority and revise it because your circumstances can change.

5 **TODAY'S CHALLENGE**
Write one priority for the year, a current example and one sign of progress you could notice. Begin here even if you are starting late. ☐ done

6 **TONIGHT'S QUESTION**
What would a useful change look like in my actual life?

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1 Find your place

The month, actual week and date orient the reading.

2 Understand the subject

The focus word, title and opening introduce the subject.

3 See the reason and benefit

The explanation shows why the message matters in everyday life.

4 Read the permission

The permission and its reason offer a choice without an obligation.

5 Choose an action

The challenge suggests a specific attempt; adapt it when needed.

6 Reflect in the evening

Record an observation, even if a question remains open.

Actual pages from volume 1, 2027. Zoom in with your PDF reader to see the details.

Return to the evening question

Tonight's Question helps you examine what actually happened. An observation, an obstacle or an unknown can all be relevant. Use the writing lines to record a brief answer when that is helpful.

A WORKED EXAMPLE

Make a small priority testable

This fictional example follows January 1's starting-point method. The wording below illustrates the approach; it is not a quotation from the planner.

FICTIONAL EXAMPLE - ADAPT TO YOUR SITUATION

The situation

Fictional priority: test one twenty-minute slot for an activity I choose.

1 What This Changes for You

A wish for more personal time does not show where it could fit. Naming a current constraint and testing a small slot gives you a specific change to observe. You can then keep or adjust the arrangement using what happens.

2 Today's Permission

You may begin with a short slot because you cannot yet know which arrangement will fit your week.

3 Today's Challenge

Identify one possible twenty-minute slot in the coming week. Note what needs arranging and one alternative if the first option is unavailable.

4 Tonight's Question

What did I arrange, and what remains uncertain?

What I learn from this example

A clear test makes a priority easier to assess. Writing it down does not yet show whether the arrangement worked.

THE RIGHT-HAND PAGE

Give the day a workable shape

Use the organizer to make room for what matters today. You can leave spaces blank and adjust the plan when your circumstances change.

1 Check the date
The mini-calendar places today in its actual week.

2 Name your priority
Use the two non-negotiable lines for one personal priority.

3 Allow a time slot
The daily plan runs from 6 AM to 6 PM; leave room for changes.

4 Choose a few tasks
Eight checklist boxes are a maximum, not a target.

5 Record useful details
Notes and evening notes hold reminders, facts and observations.

6 Read what you keep
The takeaway explains how the message can help with a real choice.

Actual pages from volume 1, 2027. Zoom in with your PDF reader to see the details.

Recognize the Sunday exception

On Sundays, the right-hand page becomes a Weekly Review or Quarterly Review, with a calendar and Reminders box. Follow those review prompts instead of expecting the ordinary hourly organizer and takeaway.

THE WEEKLY REVIEW

Review the days you actually followed

Use the dated weekly focus to examine an example, its effect and a next step. A review can record no change, an obstacle or missing information.



Actual pages from volume 1, 2027. Zoom in with your PDF reader to see the details.

Use the real calendar week

Weeks run Monday to Sunday. January 1-3, 2027 belongs to ISO week 53 of 2026; the book reviews only those three January dates. December 27-31 is also a partial week, without a January 2028 Sunday page.

Look for a concrete example

Record a distinction you used, an action you tried and what followed. Compare that experience with your chosen monthly result. Include the conditions and any lack of effect, rather than treating completed tasks as proof of progress.

Handle a crossing week clearly

Week 13 runs March 29-April 4. In the April-June volume, review April 1-4, or the days you followed. Crossing-week prompts allow the chosen result from either named month; records from another volume are not required.

Example: week 13, March 29 to April 4, 2027

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	31	1	2	3	4

T1: March 29-31

T2: April 1-4

Prepare the next useful operation

Use the final prompt to identify one next action, condition or question connected to the following focus. If you are starting here, use a current example instead of reconstructing days you did not follow.

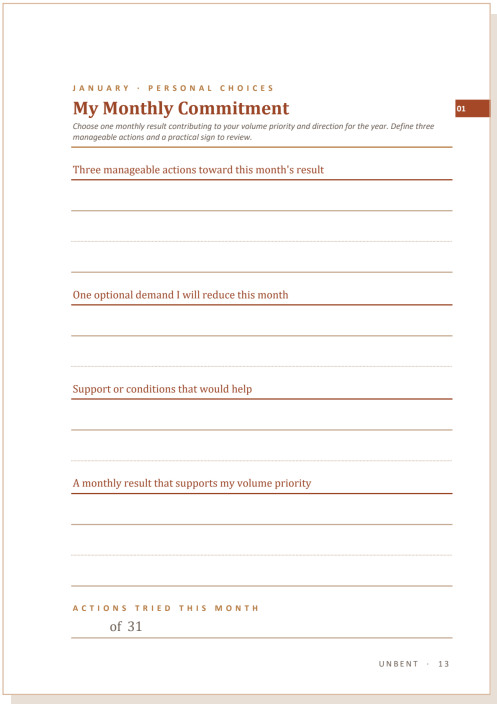
THE MONTHLY PATH

Follow five learning stages

The monthly opening shows a practical outcome and five learning stages, not five calendar weeks. Use their printed day ranges; the weekly focus follows the actual calendar.

January: five stages, using the stated dates

1	Choose a real decision	January 1-3
2	Identify what delays it	January 4-10
3	Define a practical first step	January 11-17
4	Try your chosen response	January 18-24
5	Compare intention and result	January 25-31



Actual pages from volume 1, 2027. Zoom in with your PDF reader to see the details.

Choose a monthly contribution

On My Monthly Commitment, choose one realistic result that contributes to your volume priority and direction for the year. Identify three manageable actions, a demand you could reduce and support that could help.

Review the actual attempts

My Habits and the energy record can show patterns and conditions. At month-end, use the closing reading and your notes to compare your intended result with examples. Missed marks are information, not a failed streak.

Carry a useful observation forward

The next month gives an observation a new use. June closes by examining a care choice; July checks actual and expected opinions about it. July's opening also accepts a present example, so earlier pages remain optional.

QUARTER AND YEAR

Assess what actually changed

Quarterly reviews connect three monthly skills with your chosen result. Examples and circumstances help you interpret a change; scores and completed pages do not establish what caused it.

AFTER THE LAST DAY

How Did I Progress Toward My Volume Priority?

Compare your volume priority with its starting example and criterion: reached, partial, not reached, reconsidered or uncertain. Add evidence and relevant circumstances, explain its contribution to your direction for the year and choose a realistic continuation.

My volume priority: actual result and evidence

Examples from dates, choices and repeated actions

A useful practice I will keep

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Actual pages from volume 1, 2027. Zoom in with your PDF reader to see the details.

Connect the quarter's three skills

For example, April-June connects realistic agreements, useful contribution and physical care. Use examples from the period you followed to explain what helped, what remained difficult and how the experience relates to your volume priority.

Treat the Sunday review as provisional

The 2027 Quarterly Reviews fall on March 28, June 27, September 26 and December 26. Record the position as of that date. Add relevant observations at quarter-end; the remaining days have not yet happened.

Allow five honest conclusions

In the volume's closing review, compare your original criterion with actual examples and circumstances. Record reached, partial, not reached, reconsidered or uncertain. Explain the evidence and choose a realistic continuation; a successful ending is not required.

Reached

Partial

Not reached

Reconsidered

Uncertain

Keep capability and priority distinct

The yearly path develops considered choices, practical action, adaptation and fair assessment. Your personal priority is the result you choose. At each volume's final comparison, score current experience before checking earlier scores. If you use the December 29 assessment, update it on December 31 when needed.

A FLEXIBLE ENTRY

Start from where you are

The sequence offers direction while allowing an individual pace. Starting late, missing days or adapting an exercise does not remove your place in the current month.

January - March

T1 Choices and expression

April - June

T2 Agreements and care

July - September

T3 Support and practice

October - December

T4 Checking and reviewing

You can begin with any one volume.

Begin in any quarter

April-June, July-September and October-December can each be used independently. Open at the date you are using, describe your current situation and choose a contribution realistic for the time remaining in that volume.

Leave missed days behind

Return to today's date after a gap. Earlier readings can be revisited when useful, but catching up is optional. In reviews, use the period you actually followed and leave unavailable starting records blank.

Adjust the action to your capacity

Keep the useful purpose while choosing a smaller version, another time or suitable support. You may postpone or skip an activity for energy, circumstances or safety. Handwriting is optional; use an accessible recording method.

Keep control of personal details

Use an ordinary, manageable example and share only what is appropriate. The exercises do not require disclosure, confrontation or a positive interpretation of difficulty. Ask for appropriate support when a situation needs more than the exercise offers.

YOUR EVERYDAY ROUTINE

Read, try, notice and review

Use a simple rhythm that fits your day. A short factual note can be enough; the aim is to understand your experience and choose what is useful next.



At the start of your day

Read the dated left-hand page, including its explanation and permission. Choose a feasible version of the challenge. On the right, identify one priority and place any needed time, support or reminder where you can use it.

During the day

Try the action when appropriate, or note what prevented it. Observe a response, effect or remaining question without forcing a conclusion. Use the organizer to adjust the arrangement as the day unfolds.

At the end of your day

Return to Tonight's Question and record an observation if helpful. Read What You Keep for the practical implication. Include what did not work or remains uncertain, alongside anything that proved useful.

At the weekly review

Use Sunday's review to connect an actual example with your monthly result and a next step. Find your place through the month tab, monthly stages and weekly subtitle. At volume-end, return to the closing assessment pages.

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Images: excerpts from the 2027 planners, V25. Diagrams and example: companion guide.