SAMPLE

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TRIADA 2026

ANNUAL EDITION

THREE OUTCOMES.

DAILY. WEEKLY. MONTHLY. YEARLY.

Live by your own outcomes — yours, not someone else's.

AGILE RESULTS — J.D. Meier

GTD — David Allen

THE 12 WEEK YEAR — Brian Moran

Max Holovanov

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Hi — I'm Max. I'm a programmer who builds my own tools.

Since 2004 I've been building my productivity system by hand — capture, review, the daily / weekly / monthly rhythm. It worked because I shaped every part myself.

Then I found Agile Results by J.D. Meier — the “Rule of Three” — and the whole system clicked. Three outcomes daily, weekly, monthly, yearly. Friday Reflection. Hot Spots. Nothing fancy — just consistent.

Over time I shared it with a few colleagues — programmers running their own systems. It worked for them too — that was the proof I needed. But Emacs and org-mode are programmer-only. So I built a hand-written version: same system, no software.

This planner is that same system, lifted into a digital handwriting format. After a few quarters **I noticed something I didn't expect: writing outcomes by hand gives you an awareness typing never did. The pen makes you commit.** So I figured other people might feel it too — so here it is, for all.

Live by your own outcomes — yours, not someone else's.

More of what I work on at **maxclax.com**.

SYSTEMS I RELY ON

Triada sits at the intersection of a few methodologies I’ve been using for years. Each contributes one piece of the daily / weekly / quarterly rhythm.

> **Agile Results** (J.D. Meier)
> “Agile Results is my guide to personal and professional excellence. It empowers me to manage my time and energy effectively, setting clear priorities and achieving results with balance.”

> **GTD** (David Allen)
> Capture everything, decide once, review weekly.

> **Agile** (software methodology)
> Short cycles, working artifacts, retrospectives — applied to a personal life.

> **12 Week Year** (Brian Moran)
> “I’ve adopted the 12 Week Year approach to achieve more in 12 weeks than others do in 12 months. This system sharpens my focus and accelerates goal attainment.”

> **PARA Method** (Tiago Forte)
> Projects · Areas · Resources · Archives — one shape across every tool.

> **Kanban**
> Limit work-in-progress. Make the queue visible. Pull, don’t push.

How it works

1 The sidebar is your main instrument

Don't read this front to back. The sidebar — the left edge of every page — lists every quarter, month, week, day, and reflection in the planner. Tap any of them to land on that page in one touch.

2 Three outcomes — at every level

Every day you write down **three outcomes** — not three tasks. Three results in the past tense, and each one names what it unlocks:

1. I have shipped the report — now I can take the weekend with no laptop.
2. I have ridden the bike — now I sit down to write without back pain.
3. I have had a real talk with my daughter — now she texts me when something happens, not three days later.

The “now I can…” is the test: if the outcome doesn't unlock anything, it isn't yours.

The trick to phrasing them: stand in the future and look back. Daily — imagine the day done. Weekly — imagine you're standing in Friday. Monthly — imagine you're at month-end. Yearly (your quarter) — imagine 12 weeks ahead. From that vantage, ask: which three, if shipped, would make me happiest? Write THOSE in past tense.

Same shape every scope. The power is in the constraint — three is the number your brain can hold while it lives the day.

3 Why “Triada”?

Three systems braided into one planner:

- **Agile Results** (J.D. Meier) — Rule of Three.
- **GTD** (David Allen) — capture & weekly review.
- **The 12 Week Year** (Brian Moran) — quarter-as-a-year.

J.D. Meier originally framed the Rule of Three around a yearly horizon — set goals for the year, then break them down. But in 2026, a year is hard to plan with any conviction — war, geopolitics, AI, the speed of change in every field; too much shifts in twelve months. The 12 Week Year answers that: a quarter is short enough to feel urgent, long enough to ship something real. So this planner uses the Rule of Three at every level except the year. Day, week, month, quarter. **A closer outcome is a better outcome.**

I absolutely recommend reading all three books. This planner is the shortest possible distillation — the books give you the why, the edge cases, and the muscle memory you need when life pushes back on the system.

How it works

4 The daily / weekly / Friday rhythm

Every morning: open today's Daily Outcomes. Write 3 outcomes in past tense, as if you've already shipped them by day's end. The Activity row at the top is a passive reminder — tick an icon if you moved that day, leave blank if not. No outcome, no streak.

Every Monday: open the week's page. Write 3 outcomes. The Hot Spots row at the top is a check-in on the 7 life areas — which have you been starving? Let that shape one of your three.

Friday evening or Saturday morning: Friday Reflection. 3 going-well, 3 to-improve, and the one thing that mattered most. This page looks back — it doesn't plan; next week gets fresh outcomes on Monday.

5 Live in the real day, not in the planner

Connect this planner to your real calendar. Every day is a new page. Every week. Every month. Don't look back at empty pages and feel behind — those days are gone.

Skipped a few days? A whole week? Don't backfill. The past pages stay blank — a record of what was, not a debt to repay. Open today's page. Write today's 3 outcomes. Continue.

The planner serves your life, not the other way around. The point is not to fill every page — it's that every time you open the book, you're in the actual current moment with three real outcomes in front of you. Pages filled is a vanity metric.

6 Hot Spots — the 7 areas of life

Mind, Body, Emotions, Career, Financial, Relationships, Fun. The 7 areas live at the top of the Weekly and Monthly Outcomes pages — there as a reference, not as boxes to tick. Use them as a quick gut-check: which area have I been starving? Let that question shape the outcomes you commit to for the week or month.

HOW TO START

Your first year, in 13 steps

1. In the morning, open Calendar → tap on today — and you are on today's Daily Outcomes page. Or continue from yesterday — just flip the page next.
2. Set **three** outcomes for today. Imagine you have done the day already, you sit in the evening — what three things made you happy?
    1. I have finished the report — tomorrow I'm free for a longer ride.
    2. I have spent time on Project A — solved all the hot tasks, slept well.
    3. I have walked an hour without my phone — head clear, ideas landed.
3. On the Daily Outcomes page there is also a Go-Outside row at the top — just look at it. Do nothing. After some time you will be surprised how this small highlight on a healthy life shifts you into a different lifestyle.
4. Repeat the same every morning until Friday.
5. On Friday, open Friday Reflection. Note what went well, what to improve, and the one thing that mattered most this week.
6. Sunday — try to be free, fresh, healthy.
7. On Monday, imagine it is **next** Friday evening already — what three things made you happy?
    1. I have deployed Project A — now I can start marketing for it.
    2. I have spent 3 days in the mountains snowboarding — time is fast and the season is almost done, why not.
    3. My mom visited us this week — after saying goodbye I really had something to be grateful for. Mom, love you.
8. When you have your Weekly Outcomes, you carry them in mind all week. Set today's Daily Outcomes so they bring you closer to the week. Yes, spontaneous things still happen — but stay focused on yours, not someone else's.
9. Repeat all this to the end of the month. At month-end, reflect on the month — not on daily outcomes. Weekly is what matters.
10. Begin the month with your own Monthly Outcomes:
    1. March is the last month of snowboard season; my ski pass ends. I have spent a lot on it and must use it to the max — I have spent 15 days in the mountains.
    2. I have booked and planned everything for summer vacation. I have spent less money and time than going spontaneously would have cost — and I booked unique places spontaneous travelers can't get. This experience is logged in my journal for next time.
    3. I have started touch-typing — not looking at the keyboard, ten minutes every day. Interesting, because it helps me work faster and better daily.
11. Live the next month with these outcomes — until the next, and the next. When the quarter finishes (the quarter is your year), reflect on monthly outcomes and answer the important questions. Do a Mind Sweep like brainstorming — don't think about anything, just write.
12. On the first day of the next quarter, set your Yearly Outcomes — but for the next 12 weeks. Imagine you have already finished them, and write in present perfect. Write only what you feel really moves you, your life, and what's important only to you.
13. Then set Monthly, Weekly and Daily Outcomes that bring you closer to your Yearly.

Frequently Asked Questions

Why outcomes, not goals?

Goals are intentions. **Outcomes are receipts.** A goal is what you said you'd do in January. An outcome is what you can point at on Friday and say I shipped that.

The grammar matters: each outcome is written in the past tense, as if already done — I have shipped X, I have called Y, I have walked Z. That single shift is what separates this planner from every January-resolution notebook.

Today is not the start of the year — is it too late to start?

No. And you must. The point of using a quarter as your year is that you can start any quarter — any month, any week, any Monday. Whatever the date, most of the quarter is still ahead. Pick three outcomes today and ship them in the weeks remaining.

Every day you postpone for the “clean start” proves the case for a yearly horizon — the exact thing this system was built to escape. Start now, imperfectly, with whatever date the calendar shows.

Open the next monthly outcomes page. Write three. The system starts the moment you put the pen down.

Why use a quarter as your year?

Because a year is too far away to feel real. By March your January goals already look like someone else's. A quarter — 12 weeks — is short enough that you can hold the goal in your head every single day, and long enough to actually ship something.

This is the core idea of **The 12 Week Year** by Brian Moran. Treat the quarter as your year. Three Yearly Outcomes that matter for the next 12 weeks. Everything below — monthly, weekly, daily — climbs toward them.

A closer outcome is a better outcome. Urgency creates focus. Distance creates drift.

Why three outcomes — not five, not ten?

The Rule of Three from **Agile Results** (J.D. Meier). Three is the number your brain can hold while it lives the day. Five is a list. Ten is noise.

Three forces you to choose. The choice is the work.

What if I miss a day, a week, a month?

Skip it. Pick up at the next page. The planner is not a streak counter — it is a thinking surface.

If you miss a Friday Reflection, do it Saturday morning. If you miss a whole week, write next week's three outcomes and move on. The system survives gaps; perfectionism is what breaks it.

Frequently Asked Questions

Why no time slots, no hourly schedule?

Because the day is not the hours — it is the three outcomes. If you nail the three, the hours take care of themselves. If you miss the three, no amount of color-coded blocking would have helped.

The Journal column on the daily page is yours. Put times there if you want them. Or notes. Or nothing.

Can I set tomorrow's daily outcomes the night before?

Why not? You'll do it from time to time — I do it too, on nights when I know the morning won't have the headspace. There's no rule.

What matters is the frame. Every page is a new page — not just in this book, but in your life. Don't write tomorrow's three outcomes from the weight of today's problems. Write the three that build your life forward, not the three that just react to what's broken right now.

Why Friday evening, not Friday afternoon?

Friday afternoon is still inside the work week — you can't see it yet. By Friday evening or Saturday morning the week has settled and you can read it honestly. Pick the moment that gives you distance, not the moment the calendar tells you to.

Should I make my daily outcomes and journal look pretty — drawings, calligraphy, decorations?

Don't try to be an artist here. The page is not the point. The moment your mind reacts to it is.

Write in whatever style your mind responds to. The handwriting that gives you a felt jolt when you re-read it next Friday — that is the right style for you. Neat, messy, all-caps, doodles in the margin — none of it matters except the response.

That moment of resonance is the engine of the whole system. It tells your mind what actually matters to you. It's the signal that lets you stop spending hours on outcomes that aren't yours — the ones you wrote because someone else expected them, or because they sounded reasonable on paper.

If a page leaves you flat when you re-read it, the issue isn't the style. It's that the outcome wasn't yours in the first place. Rewrite it.

Frequently Asked Questions

What's the “Why not” row on top of the Daily Outcomes page — do I have to do something every day?

No. You don't have to go anywhere. The row is a **reminder**, not a mandate — no streak to break. The icons sit at the top of every daily page so the option to move is right in front of you when you open it.

How to use it: on days you actually move, mark the icon for what you did. The last slot is blank — write in your own activity if the presets don't cover it. On days you don't move, leave the row. No guilt.

What it gives back: at the end of the week, flip through the 7 daily pages and you see at a glance how many days you moved. The only goal worth having here is **do a little more this week than last**. Small, visible, honest.

Can I start using this before I've read the books?

Yes — start today. This planner is already the shortest distillation of the three books; you can run the system without ever opening them.

The books make you more confident in the system, not more capable of using it. Read them when you want the why, the edge cases, and the muscle memory for when life pushes back. Not before.

Which book should I read first — and why does the order matter?

Start with Getting Results the Agile Way by J.D. Meier. No exceptions. Of the three books on this list, AR is the only one that gives you a complete system on its own. The other two work as extensions to it, not as replacements. Read AR first and a lot of the productivity systems you've already tried can quietly retire — including most of GTD.

My own path was the long way around. I met GTD first and used it everywhere — first with OmniFocus on iPhone, then I moved everything to org-mode in Emacs. It worked for managing the inbox. But when I picked up AR, it clicked from day one in a way GTD never did. The reason is simple: **GTD organizes tasks. AR organizes outcomes.** Tasks pile up. Outcomes finish.

Then I read The 12 Week Year and kept exactly one principle from it: treat the quarter as your year. That single move speeds AR up by 4× — same outcome thinking, with the year-long horizon collapsed to something your brain can actually feel.

So the recommended order is: AR end-to-end (it's the foundation), then 12 Week Year (just for the quarter horizon — most of the rest you can skim), then GTD (cherry-pick the inbox / weekly-review habits and leave everything else). This planner is what falls out of those three reads.

Frequently Asked Questions

Can I print this and use it on paper?

Honestly — I can't recommend it. This planner is built around the sidebar. Most of the time you don't read pages in order; you jump. And you jump a lot during reflection — digging for ideas across past weeks, comparing months, looking back at previous outcomes. That jumping is what makes the system work, and on paper it falls apart: there's no tap target, no quick path back.

If you still want to try: stick tabs on the edges of the key landing pages — each Q sprint, each MR, each YR — to fake the sidebar's quick-jump. It'll be slower than tapping, but workable.

Up to you. I just can't recommend it.

What do all those short labels mean — Q1, W23, WO, FR, MR, YR, MS?

Short labels are how the sidebar fits four quarters, twelve months, and 52 weeks into a column you can tap with your thumb. Once you know the shorthand, the whole planner is one tap away.

Q1 / Q2 / Q3 / Q4 — the four quarters of the year. Tap a Q chip to jump to that quarter's Yearly Outcomes (the three outcomes you set for the next 12 weeks).

JAN … DEC — months. Tap a month abbreviation to jump to that month's Monthly Outcomes.

W1 … W53 — ISO calendar weeks. Tap a week chip to jump to that week's Weekly Outcomes.

WO — Weekly Outcomes. The trophy badge that sits on the Monday cell of the active week.

FR — Friday Reflection. The pen badge next to Friday — your end-of-week look back.

MR — Monthly Reflection. The pen chip at the end of the active month's week strip.

YR — Yearly Reflection. The pen chip at the end of the active quarter's months — your end-of-quarter look back.

MS — Mind Sweep. The lamp chip next to the active Q — your global brain dump.

CALENDAR / HOME / HELP / INBOX — the four global icons in the sidebar. Calendar overview, this index, the user guide, and the inbox capture page. Reachable from any page.

> Got a question that's not here? Use the feedback form at **maxclax.com** — I read every one, and the best ones end up on this page.

TABLE OF CONTENTS

Where to next?

FRONT

Cover 1
About the Author 2
How it works 3
How to start 5
FAQ 6
Inbox 11
Calendar — 2026 12

YEARLY OUTCOMES — 2026

Yearly Outcomes — Q1 14
Yearly Outcomes — Q2 —
Yearly Outcomes — Q3 —
Yearly Outcomes — Q4 —

Q1 — JAN/FEB/MAR

JAN 1 – MAR 31

January 16
February 58
March —

Q2 — APR/MAY/JUN

APR 1 – JUN 30

April —
May —
June —

Q3 — JUL/AUG/SEP

JUL 1 – SEP 30

July —
August —
September —

Q4 — OCT/NOV/DEC

OCT 1 – DEC 31

October —
November —
December —

YEARLY REFLECTIONS

Yearly Reflection — Q1 —
Yearly Reflection — Q2 —
Yearly Reflection — Q3 —
Yearly Reflection — Q4 —

Gratitude —

INBOX

Capture

Anything pulling at your attention. Drop it here, clear every morning.

CAPTURE — CLEAR REGULARLY

JUMP TO CALENDAR Q1 Q2 Q3 Q4

CALENDAR 2026

January — Q1

	S	M	T	W	T	F	S
W1					1	2	3
W2	4	5	6	7	8	9	10
W3	11	12	13	14	15	16	17
W4	18	19	20	21	22	23	24
W5	25	26	27	28	29	30	31

February — Q1

	S	M	T	W	T	F	S
W6	1	2	3	4	5	6	7
W7	8	9	10	11	12	13	14
W8	15	16	17	18	19	20	21
W9	22	23	24	25	26	27	28

March — Q1

	S	M	T	W	T	F	S
W10	1	2	3	4	5	6	7
W11	8	9	10	11	12	13	14
W12	15	16	17	18	19	20	21
W13	22	23	24	25	26	27	28
W14	29	30	31				

April — Q2

	S	M	T	W	T	F	S
W14				1	2	3	4
W15	5	6	7	8	9	10	11
W16	12	13	14	15	16	17	18
W17	19	20	21	22	23	24	25
W18	26	27	28	29	30		

May — Q2

	S	M	T	W	T	F	S
W18						1	2
W19	3	4	5	6	7	8	9
W20	10	11	12	13	14	15	16
W21	17	18	19	20	21	22	23
W22	24	25	26	27	28	29	30
W23	31						

June — Q2

	S	M	T	W	T	F	S
W23		1	2	3	4	5	6
W24	7	8	9	10	11	12	13
W25	14	15	16	17	18	19	20
W26	21	22	23	24	25	26	27
W27	28	29	30				

July — Q3

	S	M	T	W	T	F	S
W27				1	2	3	4
W28	5	6	7	8	9	10	11
W29	12	13	14	15	16	17	18
W30	19	20	21	22	23	24	25
W31	26	27	28	29	30	31	

August — Q3

	S	M	T	W	T	F	S
W31							1
W32	2	3	4	5	6	7	8
W33	9	10	11	12	13	14	15
W34	16	17	18	19	20	21	22
W35	23	24	25	26	27	28	29
W36	30	31					

September — Q3

	S	M	T	W	T	F	S
W36			1	2	3	4	5
W37	6	7	8	9	10	11	12
W38	13	14	15	16	17	18	19
W39	20	21	22	23	24	25	26
W40	27	28	29	30			

October — Q4

	S	M	T	W	T	F	S
W40					1	2	3
W41	4	5	6	7	8	9	10
W42	11	12	13	14	15	16	17
W43	18	19	20	21	22	23	24
W44	25	26	27	28	29	30	31

November — Q4

	S	M	T	W	T	F	S
W45	1	2	3	4	5	6	7
W46	8	9	10	11	12	13	14
W47	15	16	17	18	19	20	21
W48	22	23	24	25	26	27	28
W49	29	30					

December — Q4

	S	M	T	W	T	F	S
W49			1	2	3	4	5
W50	6	7	8	9	10	11	12
W51	13	14	15	16	17	18	19
W52	20	21	22	23	24	25	26
W53	27	28	29	30	31		

WEEKLY OUTCOMES

Mon 29 DEC → Fri 2 JAN 2026

W1

HOT SPOTS: MIND BODY EMOTIONS CAREER FINANCIAL RELATIONSHIPS FUN

3 WEEKLY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

CALENDAR
Q1
JAN
W1
...
1 THU
2 FRI
Friday Reflection
3 SAT
W2
W3
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

MC

YEARLY OUTCOMES

Q1 · JAN 1 – MAR 31

YO

Treat the quarter as your year. These three outcomes are the only ones that matter for the next 12 weeks — every monthly, weekly, daily outcome should serve them.

3 YEARLY OUTCOMES

Q1 · JAN 1 – MAR 31

1 ☐	
2 ☐	
3 ☐	

MC

MIND SWEEP

Q1 · What has your attention?

MS

Empty everything that is taking attention out of your head and onto the page. Don't filter, don't sort — just write. The categories on the left are prompts to scan, not boxes to fill in.

SCAN THESE	CAPTURE
Projects in flight — started, not finished — personal or work **Projects to start** — the "look into" pile, queued, exploration **Commitments & promises** — spouse, kids, parents, friends, boss, colleagues, customers, professionals **Communications** — calls, emails, voicemails, letters, memos, cards, thank-yous **Writing to finish or submit** — reports, proposals, articles, summaries, minutes, status, edits **Meetings** — upcoming, to set or request, to debrief **Read & review** — books, articles, periodicals, websites, blogs, feeds **Upcoming events & travel** — birthdays, weddings, holidays, vacations, conferences, presentations, dinners, parties **Family projects & activities** — with spouse, kids, parents, relatives **Health & body** — doctors, dentist, specialists, checkups, diet, food, exercise, sleep **Home & household** — real estate, repairs, construction, HVAC, plumbing, decor, furniture, utilities, appliances, kitchen, laundry, cleaning, storage **Financial** — bills, banks, investments, loans, taxes, budget, insurance, mortgage, P&L, payables, receivables, accountants **Legal** — wills, trusts, estate, legal affairs **Administration & systems** — supplies, equipment, phones, computers, internet, software, filing, business cards, stationery **Planning & organizing** — goals, targets, objectives, business / marketing / financial plans **Org, staff & sales** — org chart, leadership, hiring, reviews, staff development, customers, prospects, sales process, campaigns, PR **Waiting for** — repairs, reimbursements, loaned items, RSVPs, delegated work, replies, answers, things ordered **Leisure** — books, music, videos, travel, places to visit, people to see, photography, sports gear, hobbies, cooking **Transportation & errands** — autos, bikes, maintenance, commuting, tickets, hardware, pharmacy, cleaners, gifts, groceries **Clothes & pets** — clothing repairs, tailoring, pet health, training, supplies **Community & service** — neighborhood, neighbors, schools, civic involvement, volunteer, spiritual **Personal & professional development** — classes, seminars, education, coaching, training, skills, books to read, research, career, resume, creative expression	

MONTHLY OUTCOMES

Thu 1 → Sat 31 JAN

MO

HOT SPOTS: MIND BODY EMOTIONS CAREER FINANCIAL RELATIONSHIPS FUN

3 MONTHLY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

DAILY OUTCOMES

Thursday · 1 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
...
1 THU
2 FRI
Friday Reflection
3 SAT
W2
W3
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Friday · 2 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
...
1 THU
2 FRI
Friday Reflection
3 SAT
W2
W3
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

FRIDAY REFLECTION

2 January

FR

Walk back through every day this week — what got done, what slipped, what mattered most.

3 THINGS GOING WELL

What changed — not what you finished.

1	
2	
3	

3 THINGS TO IMPROVE

What slipped — and why? No blame.

1	
2	
3	

WHAT MATTERED MOST

The one thing that actually counted this week.

DAILY OUTCOMES

Saturday · 3 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
...
1 THU
2 FRI
Friday Reflection
3 SAT
W2
W3
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Sunday · 4 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 REST-DAY OUTCOMES

leisure, people, recovery — not work

1 ☐	
2 ☐	
3 ☐	

JOURNAL

WEEKLY OUTCOMES

Mon 5 → Fri 9 JAN

W2

HOT SPOTS: MIND BODY EMOTIONS CAREER FINANCIAL RELATIONSHIPS FUN

3 WEEKLY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

MC

DAILY OUTCOMES

Monday · 5 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
4 SUN
5 MON
6 TUE
7 WED
8 THU
9 FRI
Friday Reflection
10 SAT
W3
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

Tuesday · 6 January

HOME
INBOX

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
4 SUN
5 MON
6 TUE
7 WED
8 THU
9 FRI
Friday Reflection
10 SAT
W3
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Wednesday · 7 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
4 SUN
5 MON
6 TUE
7 WED
8 THU
9 FRI
Friday Reflection
10 SAT
W3
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Thursday · 8 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
4 SUN
5 MON
6 TUE
7 WED
8 THU
9 FRI
Friday Reflection
10 SAT
W3
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Friday · 9 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
4 SUN
5 MON
6 TUE
7 WED
8 THU
9 FRI
Friday Reflection
10 SAT
W3
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

FRIDAY REFLECTION

9 January

FR

Walk back through every day this week — what got done, what slipped, what mattered most.

3 THINGS GOING WELL

What changed — not what you finished.

1	
2	
3	

3 THINGS TO IMPROVE

What slipped — and why? No blame.

1	
2	
3	

WHAT MATTERED MOST

The one thing that actually counted this week.

DAILY OUTCOMES

Saturday · 10 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
4 SUN
5 MON
6 TUE
7 WED
8 THU
9 FRI
Friday Reflection
10 SAT
W3
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Sunday · 11 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 REST-DAY OUTCOMES

leisure, people, recovery — not work

1 ☐	
2 ☐	
3 ☐	

JOURNAL

WEEKLY OUTCOMES

Mon 12 → Fri 16 JAN

W3

HOT SPOTS: MIND BODY EMOTIONS CAREER FINANCIAL RELATIONSHIPS FUN

3 WEEKLY OUTCOMES

1

2

3

MC

DAILY OUTCOMES

Monday · 12 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
11 SUN
12 MON
13 TUE
14 WED
15 THU
16 FRI
Friday Reflection
17 SAT
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Tuesday · 13 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
11 SUN
12 MON
13 TUE
14 WED
15 THU
16 FRI
Friday Reflection
17 SAT
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Wednesday · 14 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
11 SUN
12 MON
13 TUE
14 WED
15 THU
16 FRI
Friday Reflection
17 SAT
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Thursday · 15 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

DAILY OUTCOMES

Friday · 16 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
11 SUN
12 MON
13 TUE
14 WED
15 THU
16 FRI
Friday Reflection
17 SAT
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

FRIDAY REFLECTION

16 January

FR

Walk back through every day this week — what got done, what slipped, what mattered most.

3 THINGS GOING WELL

What changed — not what you finished.

1	
2	
3	

3 THINGS TO IMPROVE

What slipped — and why? No blame.

1	
2	
3	

WHAT MATTERED MOST

The one thing that actually counted this week.

DAILY OUTCOMES

Saturday · 17 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
11 SUN
12 MON
13 TUE
14 WED
15 THU
16 FRI
Friday Reflection
17 SAT
W4
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Sunday · 18 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 REST-DAY OUTCOMES

leisure, people, recovery — not work

1 ☐	
2 ☐	
3 ☐	

JOURNAL

WEEKLY OUTCOMES

Mon 19 → Fri 23 JAN

W4

HOT SPOTS: MIND BODY EMOTIONS CAREER FINANCIAL RELATIONSHIPS FUN

3 WEEKLY OUTCOMES

1

2

3

MC

DAILY OUTCOMES

Monday · 19 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
W4
18 SUN
19 MON
20 TUE
21 WED
22 THU
23 FRI
Friday Reflection
24 SAT
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Tuesday · 20 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
W4
18 SUN
19 MON
20 TUE
21 WED
22 THU
23 FRI
Friday Reflection
24 SAT
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Wednesday · 21 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
W4
18 SUN
19 MON
20 TUE
21 WED
22 THU
23 FRI
Friday Reflection
24 SAT
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Thursday · 22 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
W4
18 SUN
19 MON
20 TUE
21 WED
22 THU
23 FRI
Friday Reflection
24 SAT
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Friday · 23 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
W4
18 SUN
19 MON
20 TUE
21 WED
22 THU
23 FRI
Friday Reflection
24 SAT
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

FRIDAY REFLECTION

23 January

FR

Walk back through every day this week — what got done, what slipped, what mattered most.

3 THINGS GOING WELL

What changed — not what you finished.

1	
2	
3	

3 THINGS TO IMPROVE

What slipped — and why? No blame.

1	
2	
3	

WHAT MATTERED MOST

The one thing that actually counted this week.

DAILY OUTCOMES

Saturday · 24 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
W4
18 SUN
19 MON
20 TUE
21 WED
22 THU
23 FRI
Friday Reflection
24 SAT
W5
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Sunday · 25 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 REST-DAY OUTCOMES

leisure, people, recovery — not work

1 ☐	
2 ☐	
3 ☐	

JOURNAL

WEEKLY OUTCOMES

Mon 26 → Fri 30 JAN

W5

HOT SPOTS: MIND BODY EMOTIONS CAREER FINANCIAL RELATIONSHIPS FUN

3 WEEKLY OUTCOMES

1

2

3

MC

Monday · 26 January

HOME
INBOX

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
W4
W5
25 SUN
26 MON
27 TUE
28 WED
29 THU
30 FRI
Friday Reflection
31 SAT
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Tuesday · 27 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
W4
W5
25 SUN
26 MON
27 TUE
28 WED
29 THU
30 FRI
Friday Reflection
31 SAT
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Wednesday · 28 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
W4
W5
25 SUN
26 MON
27 TUE
28 WED
29 THU
30 FRI
Friday Reflection
31 SAT
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Thursday · 29 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
W4
W5
25 SUN
26 MON
27 TUE
28 WED
29 THU
30 FRI
Friday Reflection
31 SAT
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

DAILY OUTCOMES

Friday · 30 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA ---------

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

CALENDAR
Q1
JAN
W1
W2
W3
W4
W5
25 SUN
26 MON
27 TUE
28 WED
29 THU
30 FRI
Friday Reflection
31 SAT
Monthly Reflection
FEB
MAR
Q2
Q3
Q4
HELP

FRIDAY REFLECTION

30 January

FR

Walk back through every day this week — what got done, what slipped, what mattered most.

3 THINGS GOING WELL

What changed — not what you finished.

1	
2	
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3 THINGS TO IMPROVE

What slipped — and why? No blame.

1	
2	
3	

WHAT MATTERED MOST

The one thing that actually counted this week.

DAILY OUTCOMES

Saturday · 31 January

WHY NOT : CYCLE GYM HIKE RUN SWIM WALK YOGA

3 DAILY OUTCOMES

1 ☐	
2 ☐	
3 ☐	

JOURNAL

MONTHLY REFLECTION

January · 2026

MR

BIG QUESTION

What did I do this month to move closer to my Q1 outcomes?

7 PROMPTS

one or two sentences each

Best moment?

Biggest win?

What went wrong? What did I learn?

Best use of my time?

Worst use of my time?

What am I looking forward to?

Anything else?

MONTHLY OUTCOMES

Sun 1 → Sat 28 FEB

MO

HOT SPOTS: MIND BODY EMOTIONS CAREER FINANCIAL RELATIONSHIPS FUN

3 MONTHLY OUTCOMES

1

2

3

MC

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