***intentions for 6 weeks from 19.02.18***

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| ***week starting:*** | ***19 february*** | ***26 february*** | ***5 march*** | ***12 march*** | ***19 march*** | ***26 march*** |
| *some weekly events**and locations away* | *laurie in york* | *smg in gullane* | *family in london and cambridge* | *home!* |  *writing retreat* | *easter* |
| *sc1: aerobic fitness – 2* *runs & see other notes* | *runs (4 circuits) times x*  | *runs (4 circuits) times x*  | *runs (4 circuits) times x*  | *runs (4 circuits) times x*  | *3 plus hours walk* | *runs (4 circuits) times x ; b’ton* |
| *sc2: strength & stretch –*  *see notes* | *grip ….; str .., .., ..; y 30 x 1; b ; hb* | *grip ….; str .., .., ..; y 30 x ; b ; hb*  | *grip ….; str .., .., ..; y 30 x ; b ; hb* | *grip ….; str .., .., ..; y 30 x ; b ; hb* | *grip ….; str .., .., ..; y 30 x ; b ; hb* | *grip ….; str .., .., ..; y 30 x ; b ; hb* |
| *sc3: meditation – 12 breath & 10/20 min; blog; book*  | *18/3 plus blog & book* |  |  |  |  |  |
| *sc4: garden/nature &*  *3 songs learned*  *including ‘parting glass’* | *garden ..; walk x ..; longer x ; photo*  | *garden ..; walk x ..; longer x ; photo* | *garden ..; walk x ..; longer x ; photo* | *garden ..; walk x 2; longer x ; photo* | *garden ..; walk x ..; longer x ; photo* | *garden ..; walk x ..; longer x ; photo* |
| *rel1: good (personal) use*  *of enhance ideas (0-10)* |  |  |  |  |  |  |
| *rel2: catero (0-10)* | *away* | *snowdrops**& away* | *to london & cambs together* | *weekend**together* | *away* | *bia bistrot* *& weekend* |
| *rel3: family (0-10)* | *laurie in york* |  | *to london & cambs* |  |  |  |
| *rel4: friends (0-10)* | *willie ; johnny*  *stewart* | *ongoing men’s* *& residential*  | *arnd* | *book grp* | *max* | *jonathan* |
| *wrk1: cw’s & enhance* *and cosca*  | *cw 5: positivity**& client handouts* | *cw 6: support & sympathy groups* | *cw 7 & enhance 7+; cosca* | *cw 8: review & balance enh 8+* | *enhance 9* | *enhance 10* |
| *wrk2: feedback – fit, chow,* *est*  |  |  |  |  |  |  |
| *wrk3:**the book* | *4 x 90min* |  |  |  |  |  |  |
| *hit records* |  |  |  |  |  |  |
| *link 4 chps* |  |  |  |  |  |  |
| *new stuff* |  |  |  |  |  |  |
| *film info* |  |  |  |  |  |  |
| *news-letter* |  |  |  |  |  |  |
| *wrk4: inboxes zero daily* *& cubbyhole zero weekly* |  |  |  |  |  |  |

*Self-care (sc) intentions*: all are reduced when I’m (partially) away for the week – *sc1.)* *aerobic fitness:* 2 runs weekly of 4 x round playing field (begin to record times again too); *sc2.)* *strength & stretch:* right grip strength routinely to > 50.7 kg (strong for a 50 year old) and increase 3 other strength exercises – pull-ups on pipe to 12, push-aways to 120kg x 12, 2-handed pulls to 90kg x 12; yoga still 5 min first thing plus 2 x 30 min (including building full boat pose to 75 sec & half boat to 40 sec); *sc3.) meditation:* complete the 4 (+2) blog sequence on short meditations, feed the writing across to the relevant book chapter; practise at least 18 times weekly; develop a longer 20min practice done on average x 3 weekly that evolves from the 12-breath practices. *sc4.) garden/nature:* average an hour weekly in garden work; nature – 10 min plus ‘coming to senses’ meditation walks x 2 weekly, ‘nature’ photo x 1 weekly to photo stream and/or whatsapp, walk/cycle for > 50 minutes on average x 1 weekly (as well as other town cycling, dancing, badminton, walking, etc).

*Relationship (rel) intentions* centre round caring about & noting (0 to 10) the quality of how I am with others (loving, present, appreciative, authentic, autonomous, self-directing … for self & other). So: *rel1.) enhance/cw’s;* good (personal) use of these ideas. *rel2.) catero:* gardening; cringletie; kids visit; weekends x 2; bia bistrot with catero. *rel3.)* *family*: laurie in york; sunday catch-ups; south to london/cambs; cw’s/enhance? *rel4.) friends:* willie, johnny, stewart, ongoing smg, residential smg, arnd, book grp, max, jonathan.

*Work (wrk) intentions* are about reaching out into the world – *wrk1.) enhance/cw’s; a.)* score 0 to 10 on how I’ve been doing with presenting material at the evening meetings. *b.)* sorted paper handout sequence in my work room’s magazine rack. *c.)* set up a smaller rack for small laminated reminder cards. *d.)* 0 to 10 done a good job with the cosca talk. *wrk 2.) feedback/ improving as therapist: a.)* be tracking progress on *FIT* for all new clients. *b.)* putting in at least 30 min per week on chow training. *c.)* have contacted other therapists about a new ‘excellent therapists’ support group. *wrk3.) book project:* to be clarified at the writing retreat … including restarting journal reading. *wrk4.) inbox zero & cubbyhole cleared:* what proportion of days (when I’m home) do I manage to achieve ‘inbox-zero’ across my 3 email accounts; and what proportion of weeks do I clear the cubbyhole of relevant paperwork.