

Weekly Activity Journal

Your attractiveness as a man is directly tied to your success in life. You either get moving, or you get stuck and fall backward. After a breakup you should try to get moving. This close-up weekly journal helps you gain insight in how you're spending your week, and how much of it is occupied with time spent unwisely, such as obsessing / thinking about your ex. Is your week filled with activities that make you look more attractive, or do you procrastinate and stay in place?

	What I did	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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	What I did	Comments
Monday	Went to the gym	Good day, felt good about myself
Tuesday	Looked at her IG Played a lot of LOL	Felt like shit, didn't get anything done today
Wednesday	Finished coding the next page on my project	Finally getting closer to launching this thing, yay!
Thursday	Thought a lot about messaging her... Lots of procrastination on YouTube	Another unproductive day... FML
Friday	Went for a run, met some people at the runner's group	First time in weeks that I socialized, should do this every Friday evening!
Saturday	Been thinking about us and have been crying when I looked at our chat	I spent so much time thinking about her but it didn't achieve anything
Sunday	Lazy day... Lots of LOL and YouTube again... Didn't work on the project. Talked with Angie about her...	Felt bummed out... I didn't do what I set out to do. Became impulsive... Need better self-control