

# The MAIN THING Journal

*Focus on what matters, every day.*



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293B Victoria St., Parkhill, Ontario, Canada N0M 2K0

[www.peterjconway.com](http://www.peterjconway.com)

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# The MAIN THING Journal

*The main thing is to keep the main thing the main thing!*

Stephen Covey, *The 7 Habits of Highly Effective People*

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*What gets measured gets done.*

John Doerr, *Measure What Matters*

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*What's the ONE Thing you can do such that by doing it everything else will be easier or unnecessary?*

Gary Keller, *The One Thing*

## **Welcome to a Journey of Intentional Living**

Welcome to a journal that's all about clarity, focus, and meaningful growth. "The MAIN THING Journal" is designed to help you identify what truly matters in your life and stay anchored in those priorities. Each page invites you to clarify your intentions, track your daily habits, and reflect on your progress, supporting you as you keep your "main thing" front and center each day.

### **Why Track the 'Main Thing'?**

The simple act of focusing on what's essential — your "main thing" — brings alignment to your goals, actions, and values. Sometimes, just deciding what to track can reveal what's truly important, or inversely, help make these become important! This selection process is an opportunity for self-discovery, highlighting the values and priorities that you want to guide your life.

Equally important is what you choose *not to track*. By consciously deciding not to capture certain aspects, you're affirming that they aren't part of your main thing, bringing clarity to what matters and what doesn't. Recognizing these choices can be just as valuable in shaping a path aligned with your true goals.

### **Creativity in Tracking: Your Journey, Your Metrics**

This journal isn't one-size-fits-all; it's a canvas for you to explore and define your own markers of growth. While you'll find suggested metrics like steps, sleep, meals, and social interactions, don't hesitate to get creative. Consider what else might be meaningful to track — moments of gratitude, personal insights, energy levels, or any other unique markers that help you understand your journey more fully. Use this daily-page to experiment and to discover metrics that resonate with you.

### **Focus on What Matters: Quality over Quantity**

Remember, the goal isn't to record everything, but to capture what's truly relevant. Prioritize information that aligns with your personal growth and goals, rather than trying to document every detail. By focusing on what matters most, you create a meaningful record that illuminates your path without overwhelming you.

### **Setting Up for Success**

To make the most of this journal, set aside a few minutes each day to check in — I like the evening, before bed. Let this be a moment to reflect on your top priorities and adjust your course if needed. Balance your long-term vision with the joy of being present in each day. After all, each entry is a step on your journey, reminding you that growth is as much about the process as it is about the outcome.

### **The Author's Journey**

Over the years, I've realized that keeping the "Main Thing" at the forefront is hard! However, it's essential for not only getting the right things done but for finding fulfillment in the journey. I often wished for tools that would help bring clarity to complex priorities and sharpen my focus on the core purpose behind each goal.

**The MAIN THING Journal** was created to help meet this need. It's more than a tool for tracking toward goals—it's a guide to help you see and focus on what truly deserves your attention, allowing you to pursue goals that align with your values and aspirations. My hope is that this journal will provide you with tools you can use to uncover and pursue what's most meaningful in your journey.

A handwritten signature in black ink that reads "Peter J. Conway". The signature is written in a cursive style with a horizontal line underneath the name.

## Quick & Easy to Use!

### Strategies for Meaningful Reflections

Much of the value of your reflections will consist of several things:

- **consistency**: with many references and frequent reflections, it will be easier to spot trends and make minor 'course corrections' along the way.
- **precision**: short, concise, and accurate reflections will make it easier to notice if there are trends and patterns.
- **creativity**: tracking, recording, and identifying metrics that are important to you and your journey is important.
- **honesty**: be as honest as you can, there's no point in recalling half-truths or incomplete accounts.

### Interpreting Emojis

It's easy to track trends in your wake-up or bedtime moods...just circle the one closest to your mood -- or fill in the empty one with your own description

😊 - Happy

😡 - Angry

😞 - Weary

😞 - Sad

😐 - Neutral

○ - Fill in your own mood!

## Acknowledging Today & Building Tomorrow

There is value in acknowledging what occupied your main thoughts of the day. Without that honesty, how can we move forward a future we want to have, or at least think we want to have.

How can we know if today was *actually* a good or bad day if we didn't set some expectations? What can we learn about ourselves if we met our objectives and it was or wasn't a "good" day? Or it was a "good" day despite not accomplishing what we expected? Those could be valuable insights!

Here are some ideas to consider for each day:

### **MY MAIN THOUGHT FOR THE DAY IS:**

What dominated your thoughts for the day? What was your conclusion? What do you want to remember about today? What surprised you?

### **MY FAVORITE THING THAT HAPPENED TODAY IS:**

By spotting trends, you might be able to discover or confirm what you truly like doing. It might just be a great memory you don't want to forget, too!

### **THE THING I'M MOST GRATEFUL FOR TODAY IS:**

Not always obvious, you might need to start looking for things to be grateful about -- that's a healthy thing to do! What's really important to you? Sometimes it can be surprising what never actually makes the list! Don't be flippant, be sincere! These thoughts might even put a smile on your face!

### **TOMORROW WILL BE A GOOD DAY IF:**

What better way to set up your chances for success than to clearly state what "a good day" would look like! Without some thought, we run the risk of being busy about the wrong things!

## Everyday Metrics

You may want to track some things daily; others, you may simply track occasionally, using them as a reference point. I track many of them daily, to keep myself accountable for my fitness and general health.

Below are the daily metrics that you can identify and track as you need. I like these particular ones as they are indicators of strength, health, progress, and a provide a record of my habits. As daily activities, they're leading indicators of health and vitality; has occasional benchmarks, they're trailing indicators of how my daily habits are impacting key metrics.

### **Push-ups:**

Yes/No? How many? Types, # sets. Additional weights or assistance? Last date you did them, for future reference?

### **Pull-Ups:**

Yes/No? How many? Types, # sets. Additional weights or assistance? Last date you did them, for future reference?

### **Squats:**

Yes/No? How many? Types, # sets. Additional weights or assistance? Last date you did them, for future reference?

### **Sit-ups:**

Yes/No? How many? Types, # sets. Additional weights or assistance? Last date you did them, for future reference?

### **Steps:**

How many? Did you hit your target? How did walking feel today? Do you have a pedometer? Walking vs running steps?

### **Weight:**

What is your current weight? Are you monitoring your weight-- Yes/No? Feelings about your weight?

### **Medication:**

Yes, No, N/A? Do you need a reminder? Are you taking all of it? Are you taking it as prescribed? How is it working? Any suspected side effects?

**Outdoors:**

Did you go outside? How many times and for how long? Any new or typical activities? Did the weather impact your enjoyment/activities?

**Family Time:**

Yes/No? Who was there? Time spent? Quality of time? Activities engaged in? Ideas for another time?

**Work Hours:**

Yes/No? Start/end times? Hours spent? Overtime? Did it feel productive and/or satisfying?

**Screen Time:**

How much time? Work, recreation, or both? Did it feel like too much? Was it a compulsion? Anything to revisit again?

**Sleep:**

How many hours? Quality of sleep? Bedtime and wake-up? Was it restful or restless? To bed "on time"? Did you wake up feeling rested?

**Met with Friends:**

Yes/No? Who? Was it meaningful time? Was it planned or spontaneous? Did you enjoy the time? Was it refreshing?

**Alcohol:**

Yes, No, N/A? Type(s)? Amount? Too much? Motive? Alone, with friends, or both? At home, bar, or someone else's home?

## Physical Conditions

What better way to track aches and pains, migraines, injuries, or what muscle groups you've been working on at the gym than to mark them on the images of generic bodies? Use circles, x's, arrows, lines, notes -- do what you need to do to have a reference point! "That's when I sprained my ankle", "These were 'leg days' at the gym", "I had headaches in this part of my head on these days" -- you get the idea -- be creative!

# Retrospective of September 2025

WHAT WENT WELL:

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WHAT DIDN'T GO WELL:

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WHAT CHANGED:

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WHAT NEEDS ATTENTION:

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NOTES & DOODLES



# Preparing For October 2025

GOALS → 5 WHYS → TRUE SUCCESS → THE MAIN THING:

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DAILY ACTIVITIES FOR SUCCESS:

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STRATEGIES FOR SUCCESS:

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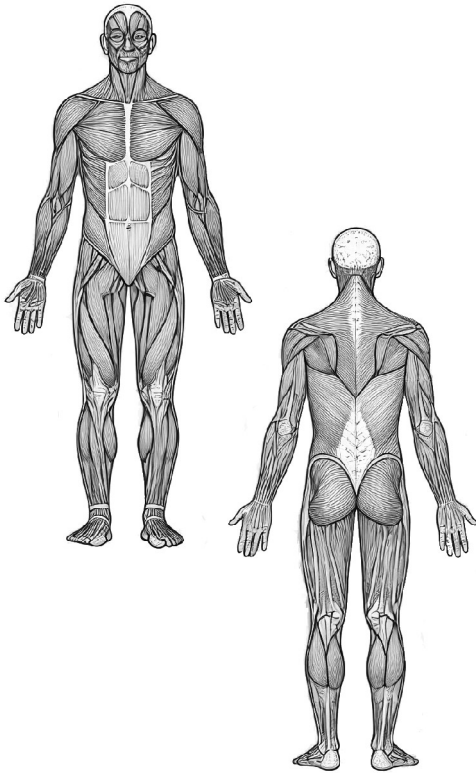
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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

<b>Push-ups:</b>	<b>Outdoors:</b>
<b>Pull-ups:</b>	<b>Family Time:</b>
<b>Squats:</b>	<b>Work Hours:</b>
<b>Sit-ups:</b>	<b>Screen Time:</b>
<b>Steps:</b>	<b>Sleep:</b>
<b>Weight:</b>	<b>Met with Friends:</b>
<b>Medication:</b>	<b>Alcohol:</b>



October 2025						
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WAKE-UP MOOD: 😊 😐 😱 😬 😞 ⬜

BEDTIME MOOD: 😊 😐 😱 😬 😞 ⬜

OCTOBER 1, 2025

WEDNESDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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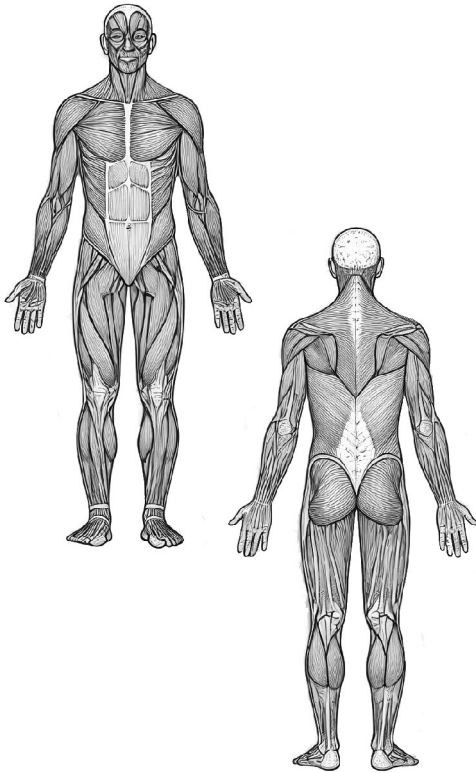
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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

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WAKE-UP MOOD: 😊 😐 😱 😬 😞 ⬜

BEDTIME MOOD: 😊 😐 😱 😬 😞 ⬜

OCTOBER 2, 2025

THURSDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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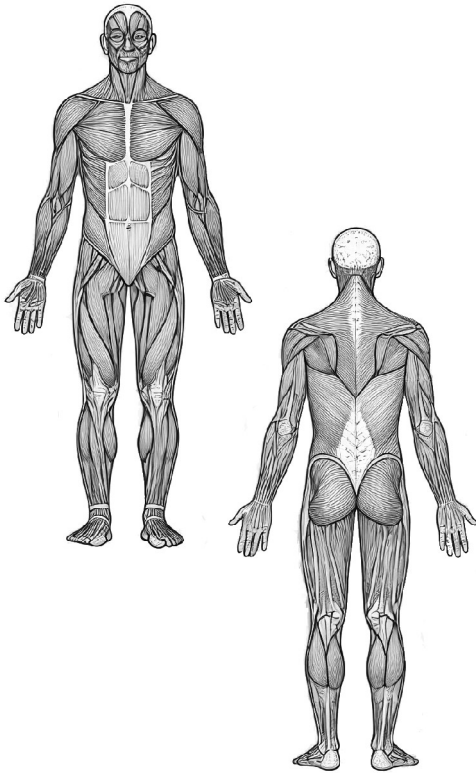
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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

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WAKE-UP MOOD: 😊 😐 😱 😬 😞 ⬜

BEDTIME MOOD: 😊 😐 😱 😬 😞 ⬜

OCTOBER 3, 2025

FRIDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

**Push-ups:**

**Outdoors:**

**Pull-ups:**

**Family Time:**

**Squats:**

**Work Hours:**

**Sit-ups:**

**Screen Time:**

**Steps:**

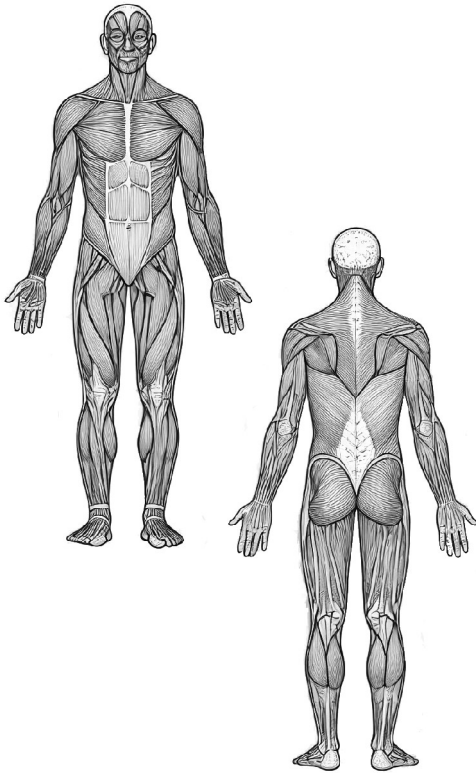
**Sleep:**

**Weight:**

**Met with Friends:**

**Medication:**

**Alcohol:**



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WAKE-UP MOOD: 😊 😐 😱 😬 😞 ⬜

BEDTIME MOOD: 😊 😐 😱 😬 😞 ⬜

OCTOBER 4, 2025

SATURDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

**Push-ups:**

**Outdoors:**

**Pull-ups:**

**Family Time:**

**Squats:**

**Work Hours:**

**Sit-ups:**

**Screen Time:**

**Steps:**

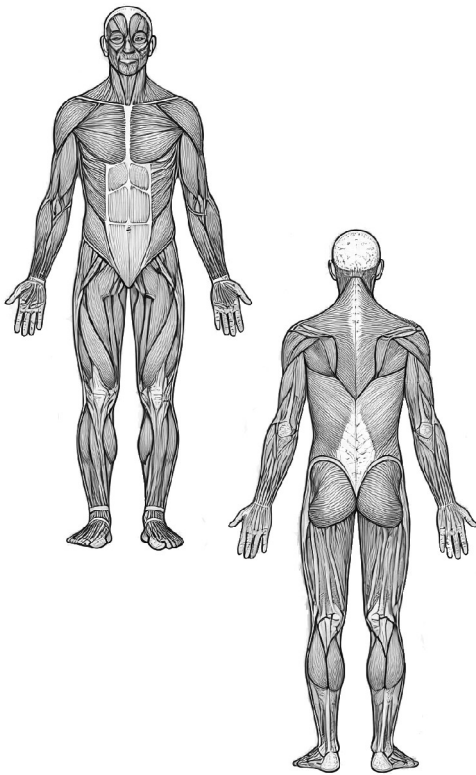
**Sleep:**

**Weight:**

**Met with Friends:**

**Medication:**

**Alcohol:**



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WAKE-UP MOOD: 😊 😐 😡 😬 😞 ○

OCTOBER 5, 2025

BEDTIME MOOD: 😊 😐 😡 😬 😞 ○

SUNDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

**Push-ups:**

**Outdoors:**

**Pull-ups:**

**Family Time:**

**Squats:**

**Work Hours:**

**Sit-ups:**

**Screen Time:**

**Steps:**

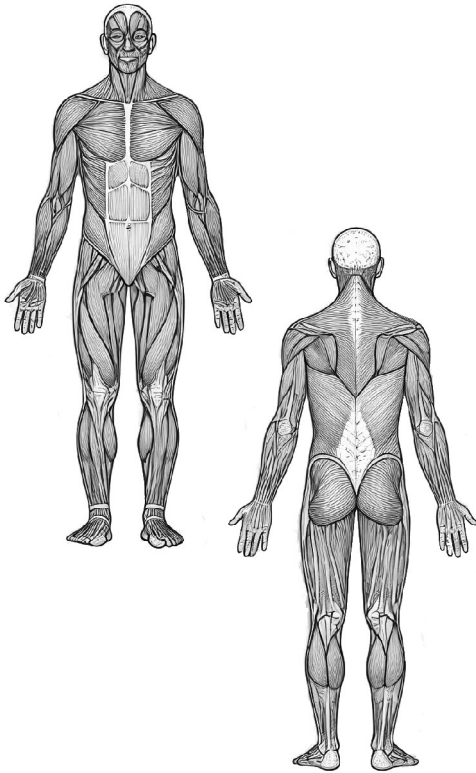
**Sleep:**

**Weight:**

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**Medication:**

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WAKE-UP MOOD: 😊 😐 😱 😬 😞 ⬜

BEDTIME MOOD: 😊 😐 😱 😬 😞 ⬜

OCTOBER 6, 2025

MONDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

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**Steps:**

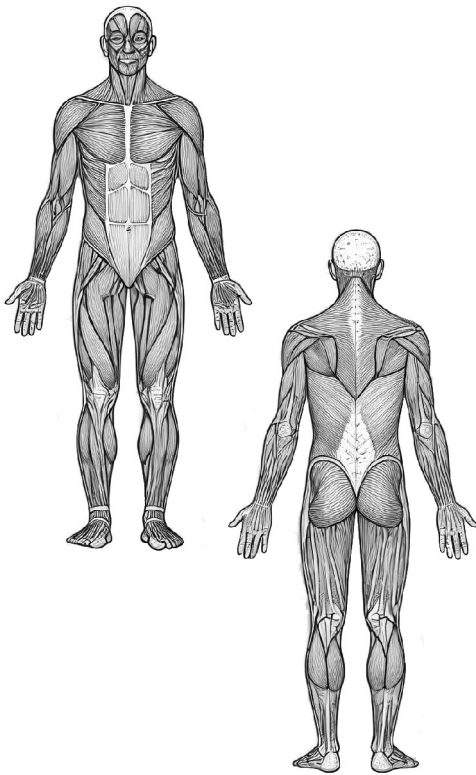
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WAKE-UP MOOD: 😊 😐 😱 😬 😞 ⬜

BEDTIME MOOD: 😊 😐 😱 😬 😞 ⬜

OCTOBER 7, 2025

TUESDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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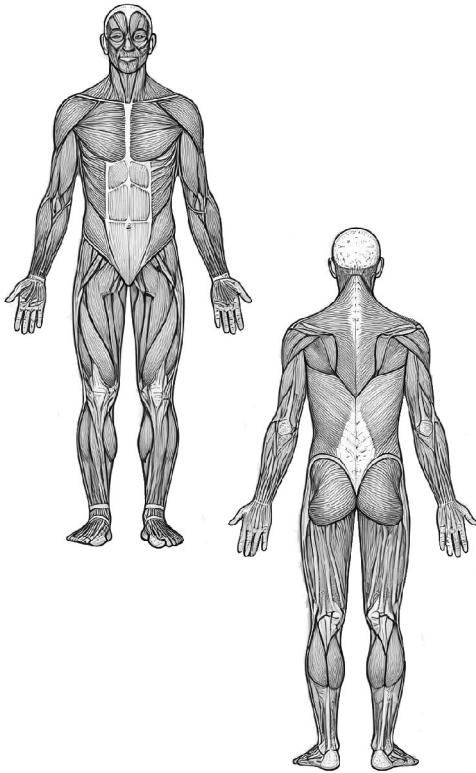
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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

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WAKE-UP MOOD: 😊 😐 😱 😬 😞 ⬜

BEDTIME MOOD: 😊 😐 😱 😬 😞 ⬜

OCTOBER 8, 2025

WEDNESDAY

MY MAIN THOUGHT FOR THE DAY IS:

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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

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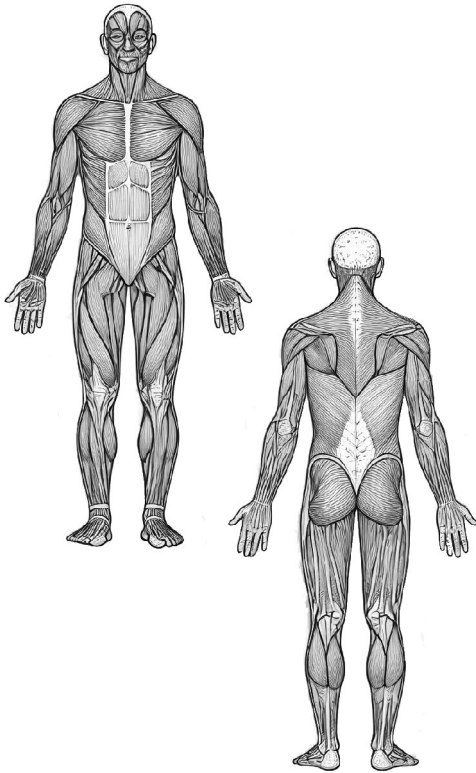
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**Alcohol:**



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WAKE-UP MOOD: 😊 😐 😱 😬 😞 ⬜

OCTOBER 9, 2025

BEDTIME MOOD: 😊 😐 😱 😬 😞 ⬜

THURSDAY

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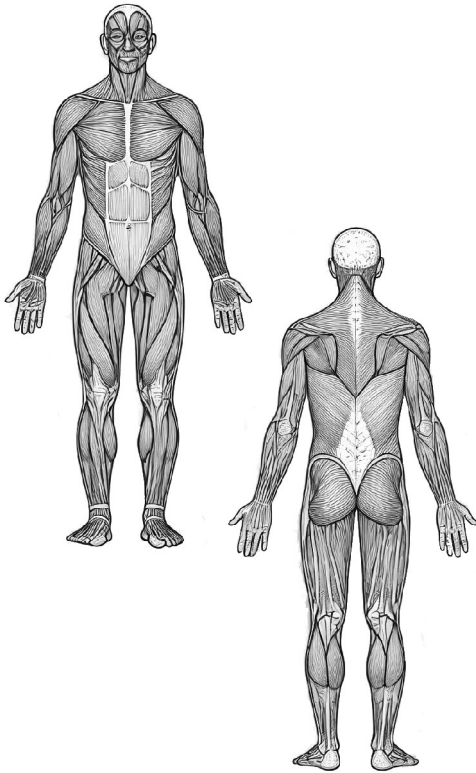
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<b>Medication:</b>	<b>Alcohol:</b>



October 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-

November 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	-	-	-	-	-



WAKE-UP MOOD: 😊 😐 😱 😬 😞

OCTOBER 10, 2025

BEDTIME MOOD: 😊 😐 😱 😬 😞

FRIDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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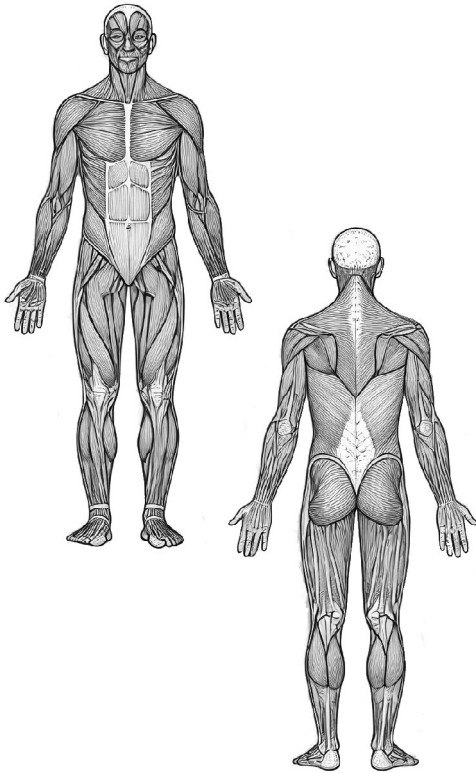
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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

<b>Push-ups:</b>	<b>Outdoors:</b>
<b>Pull-ups:</b>	<b>Family Time:</b>
<b>Squats:</b>	<b>Work Hours:</b>
<b>Sit-ups:</b>	<b>Screen Time:</b>
<b>Steps:</b>	<b>Sleep:</b>
<b>Weight:</b>	<b>Met with Friends:</b>
<b>Medication:</b>	<b>Alcohol:</b>



October 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-

November 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	-	-	-	-	-



WAKE-UP MOOD: 😊 😐 😱 😬 😞 ⬜

OCTOBER 11, 2025

BEDTIME MOOD: 😊 😐 😱 😬 😞 ⬜

SATURDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

**Push-ups:**

**Outdoors:**

**Pull-ups:**

**Family Time:**

**Squats:**

**Work Hours:**

**Sit-ups:**

**Screen Time:**

**Steps:**

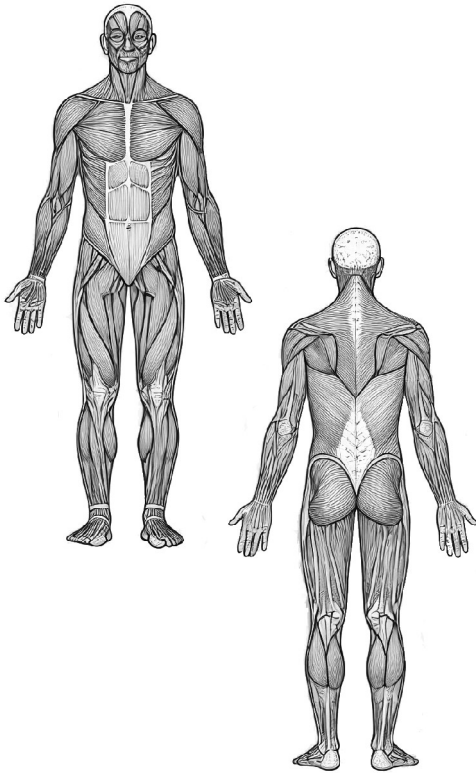
**Sleep:**

**Weight:**

**Met with Friends:**

**Medication:**

**Alcohol:**



October 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-

November 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	-	-	-	-	-



WAKE-UP MOOD: 😊 😐 😱 😬 😞

OCTOBER 12, 2025

BEDTIME MOOD: 😊 😐 😱 😬 😞

SUNDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

Push-ups:

Outdoors:

Pull-ups:

Family Time:

Squats:

Work Hours:

Sit-ups:

Screen Time:

Steps:

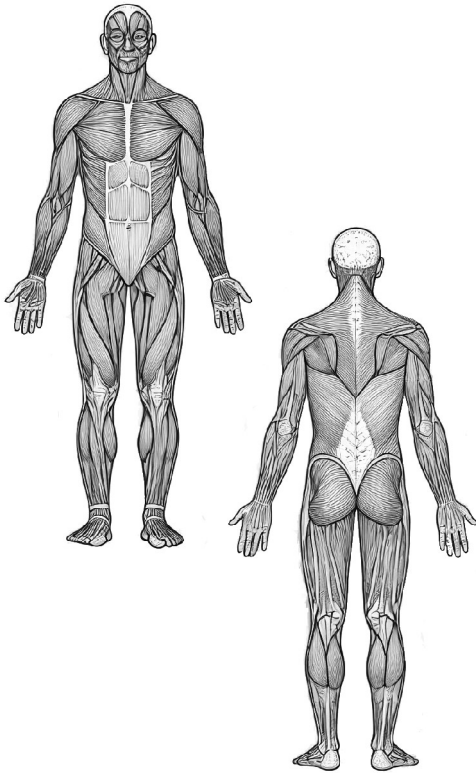
Sleep:

Weight:

Met with Friends:

Medication:

Alcohol:



### October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-

### November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	-	-	-	-	-



WAKE-UP MOOD: 😊 😐 😱 😬 😞

OCTOBER 13, 2025

BEDTIME MOOD: 😊 😐 😱 😬 😞

MONDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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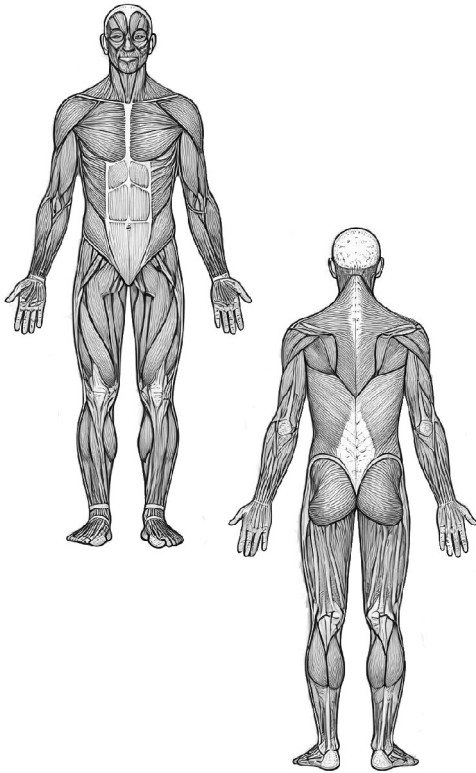
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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

<b>Push-ups:</b>	<b>Outdoors:</b>
<b>Pull-ups:</b>	<b>Family Time:</b>
<b>Squats:</b>	<b>Work Hours:</b>
<b>Sit-ups:</b>	<b>Screen Time:</b>
<b>Steps:</b>	<b>Sleep:</b>
<b>Weight:</b>	<b>Met with Friends:</b>
<b>Medication:</b>	<b>Alcohol:</b>



October 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-

November 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	-	-	-	-	-



WAKE-UP MOOD: 😊 😐 😱 😬 😞 ⬜

OCTOBER 14, 2025

BEDTIME MOOD: 😊 😐 😱 😬 😞 ⬜

TUESDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

Push-ups:

Outdoors:

Pull-ups:

Family Time:

Squats:

Work Hours:

Sit-ups:

Screen Time:

Steps:

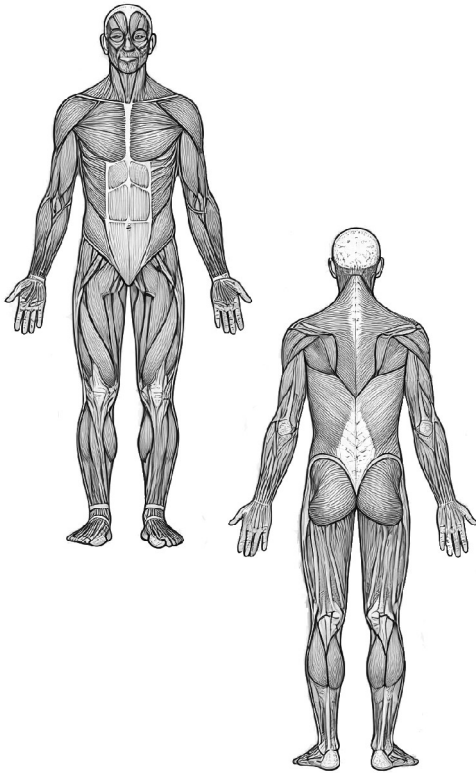
Sleep:

Weight:

Met with Friends:

Medication:

Alcohol:



### October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-

### November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	-	-	-	-	-



WAKE-UP MOOD: 😊 😐 😡 😬 😞 ○

OCTOBER 15, 2025

BEDTIME MOOD: 😊 😐 😡 😬 😞 ○

WEDNESDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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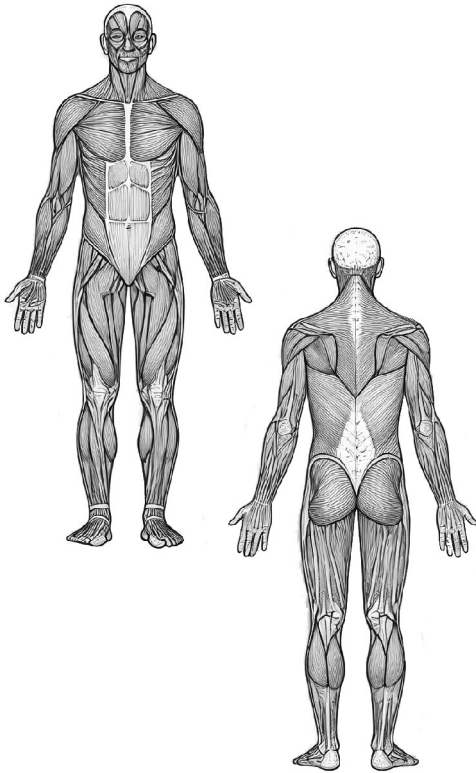
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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

<b>Push-ups:</b>	<b>Outdoors:</b>
<b>Pull-ups:</b>	<b>Family Time:</b>
<b>Squats:</b>	<b>Work Hours:</b>
<b>Sit-ups:</b>	<b>Screen Time:</b>
<b>Steps:</b>	<b>Sleep:</b>
<b>Weight:</b>	<b>Met with Friends:</b>
<b>Medication:</b>	<b>Alcohol:</b>



October 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-

November 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	-	-	-	-	-



WAKE-UP MOOD: 😊 😐 😱 😬 😞

OCTOBER 16, 2025

BEDTIME MOOD: 😊 😐 😱 😬 😞

THURSDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

**Push-ups:**

**Outdoors:**

**Pull-ups:**

**Family Time:**

**Squats:**

**Work Hours:**

**Sit-ups:**

**Screen Time:**

**Steps:**

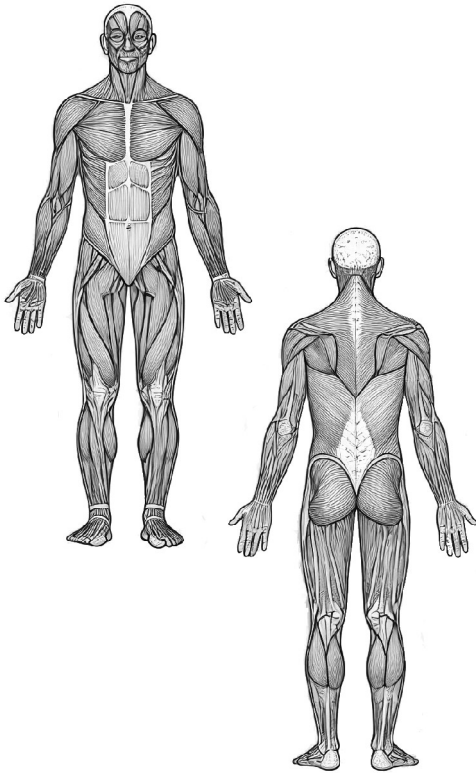
**Sleep:**

**Weight:**

**Met with Friends:**

**Medication:**

**Alcohol:**



October 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-

November 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	-	-	-	-	-



WAKE-UP MOOD: 😊 😐 😱 😬 😞 ○

OCTOBER 17, 2025

BEDTIME MOOD: 😊 😐 😱 😬 😞 ○

FRIDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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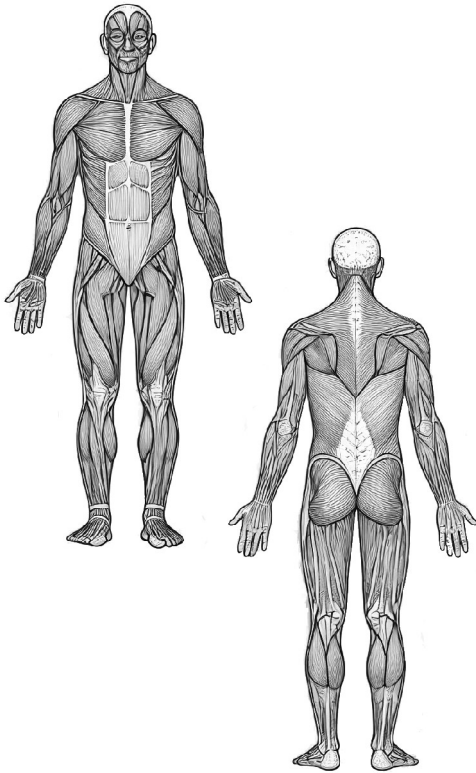
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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

<b>Push-ups:</b>	<b>Outdoors:</b>
<b>Pull-ups:</b>	<b>Family Time:</b>
<b>Squats:</b>	<b>Work Hours:</b>
<b>Sit-ups:</b>	<b>Screen Time:</b>
<b>Steps:</b>	<b>Sleep:</b>
<b>Weight:</b>	<b>Met with Friends:</b>
<b>Medication:</b>	<b>Alcohol:</b>



October 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-

November 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	-	-	-	-	-



WAKE-UP MOOD: 😊 😐 😱 😬 😞

OCTOBER 18, 2025

BEDTIME MOOD: 😊 😐 😱 😬 😞

SATURDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

**Push-ups:**

**Outdoors:**

**Pull-ups:**

**Family Time:**

**Squats:**

**Work Hours:**

**Sit-ups:**

**Screen Time:**

**Steps:**

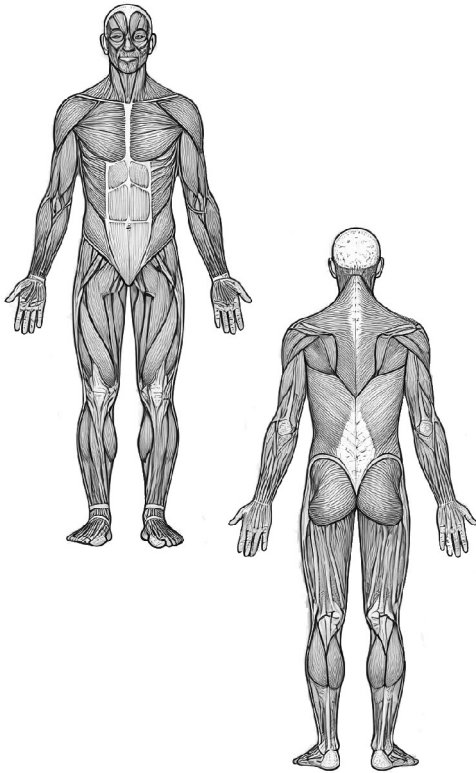
**Sleep:**

**Weight:**

**Met with Friends:**

**Medication:**

**Alcohol:**



October 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-

November 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	-	-	-	-	-



WAKE-UP MOOD: 😊 😐 😱 😬 😞 ⬜

OCTOBER 19, 2025

BEDTIME MOOD: 😊 😐 😱 😬 😞 ⬜

SUNDAY

MY MAIN THOUGHT FOR THE DAY IS:

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MY FAVORITE THING THAT HAPPENED TODAY IS:

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THE THING I'M MOST GRATEFUL FOR TODAY IS:

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TOMORROW WILL BE A GOOD DAY IF:

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NOTES & DOODLES



## TODAY'S HEALTH & WELL-BEING METRICS

**Push-ups:**

**Outdoors:**

**Pull-ups:**

**Family Time:**

**Squats:**

**Work Hours:**

**Sit-ups:**

**Screen Time:**

**Steps:**

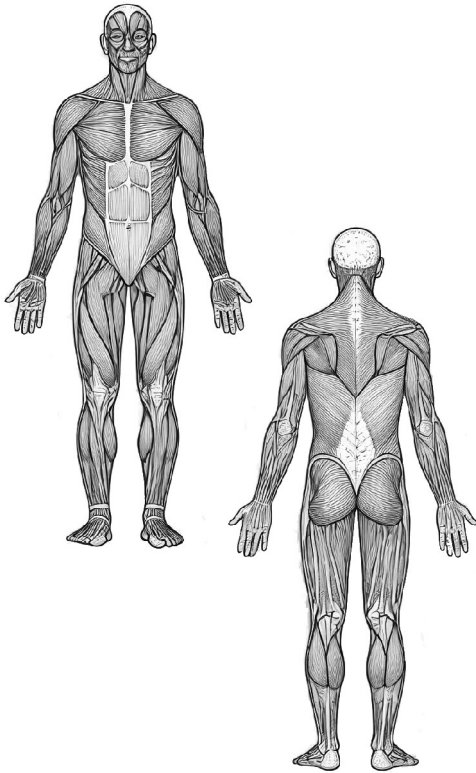
**Sleep:**

**Weight:**

**Met with Friends:**

**Medication:**

**Alcohol:**



October 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-

November 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	-	-	-	-	-



## About the Author

As a husband, dad, son, engineering manager, software developer, and recently, a student, I've come to appreciate that balance isn't about dividing time equally between tasks or working on everything-all-at-once — it's about prioritizing. Balance means knowing where to put my energy, choosing to say no to what doesn't align with my purpose, and fully committing to what does.

In both my personal and professional life, I try to be driven by numbers and metrics that highlight what matters most. Paradoxically, numbers, metrics, and facts seem to be the only way to be confidently open-minded, not blown around by every passing fad. I try to focus on creating meaningful systems that serve a purpose, allowing me to concentrate on the right goals and leave out the unnecessary.

Wisdom must be built from knowledge. Knowledge is built on information. Information is built from facts. Facts are created from data. Data must be collected. Sound wisdom requires meaningful data.

The MAIN THING Journal was born from this approach, offering a framework that encourages intentionality. I hope it will help you gain clarity on what's truly important, fostering a sense of purpose and direction that can lead to deeper fulfillment and focused action.

Sincerely,

A handwritten signature in black ink that reads "Peter J. Conway". The signature is fluid and cursive, with a horizontal line underlining the name.

## More Resources

### **My Project Portal - [www.peterjconway.com](http://www.peterjconway.com)**

Perfect for when you're curious about what's new and to find out the latest updates on my current projects! Find contact information, projects on the horizon, past work, and links to access specific sites and resources!

### **Aiming Up! - [www.aimingUp.blog](http://www.aimingUp.blog)**

I try to imagine what could be if we devoted ourselves to the Highest Good -- that's why we're **Aiming Up!** Dive into articles and stories about staying present, goal-setting, and finding focus in the midst of daily demands. Essentially, I'm trying to make sense of what's on my mind! If you enjoy seeking insights on finding balance and purpose, there might just be something here for you.

### **Dad Jokes - [www.dadjokes.gold](http://www.dadjokes.gold)**

Need a break? Looking for that perfect twist on reality -- in searchable, slideshow, or feed views? Pop over to [dadjokes.gold](http://dadjokes.gold), where good, clean jokes and horrible/great puns are always encouraged! Images are added almost daily.

### **A Recipe for Pi - [www.arecipeforpi.com](http://www.arecipeforpi.com)**

Something you've always wanted to know, I'm sure, is how the digits of pi are determined! Also, available:

- [Trilogy of Pi](#): Three volume set with 1,000,000 digits of pi!
- [A Healthy Service of Pi](#) - 1,000,000 digits of pi in a single volume.
- [Audiobook of Pi](#) - Over 268hrs hours of relaxation with the first 1,000,000 digits of pi read by someone who's not Morgan Freeman.

Clearly this isn't for just anyone; but it just might be perfect for that special numberphile in you your life!

### **Mazing Adventures - [www.mazingAdventures.com](http://www.mazingAdventures.com)**

An *aMazing* offering -- a series of maze books, each with 365 mazes. Available in 6"x9" and 8.5"x11" size. There are sets designed for children, youth, and adults, with corresponding difficulty levels. Each quest has an easy start and becomes progressively impossible as the year progresses!



