

“Understanding the connection between agency and anger is the first step in *eliminating* it from our lives. We can choose not to become angry. And we can make that choice today, right now:

I will never become angry again.

Ponder this resolution.”

- Lynn G. Robbins

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|---------------|----------------|------------------|-----------------|---------------|-----------------|
| Dec 08 | Dec 09 | Dec 10 | Dec 11 | Dec 12 | Dec 13 | Dec 14 |
| Dec 15 | Dec 16 | Dec 17 | Dec 18 | Dec 19 | Dec 20 | Dec 21 |
| Dec 22 | Dec 23 | Dec 24 | Dec 25 | Dec 26 | Dec 27 | Dec 28 |
| Dec 29 | Dec 30 | Dec 31 | Jan 01 | Jan 02 | Jan 03 | Jan 04 |
| Jan 05 | Jan 06 | Jan 07 | Jan 08 | Jan 09 | Jan 10 | Jan 11 |
| Jan 12 | Jan 13 | Jan 14 | Jan 15 | Jan 16 | Jan 17 | Jan 18 |
| Jan 19 | Jan 20 | Jan 21 | Jan 22 | Jan 23 | Jan 24 | Jan 25 |
| Jan 26 | Jan 27 | Jan 28 | Jan 29 | Jan 30 | Jan 31 | Feb 01 |
| Feb 02 | Feb 03 | Feb 04 | Feb 05 | Feb 06 | Feb 07 | Feb 08 |
| Feb 09 | Feb 10 | Feb 11 | Feb 12 | Feb 13 | Feb 14 | Feb 15 |
| Feb 16 | Feb 17 | Feb 18 | Feb 19 | Feb 20 | Feb 21 | Feb 22 |
| Feb 23 | Feb 24 | Feb 25 | Feb 26 | Feb 27 | Feb 28 | Mar 01 |
| Mar 02 | Mar 03 | Mar 04 | Mar 05 | Mar 06 | Mar 07 | Mar 08 |
| Mar 09 | Mar 10 | Mar 11 | Mar 12 | Mar 13 | Mar 14 | Mar 15 |

| | | | | | | |
|--------|--------|--------|---------------|--------|--------|--------|
| Mar 16 | Mar 17 | Mar 18 | Mar 19 | Mar 20 | Mar 21 | Mar 22 |
| Mar 23 | Mar 24 | Mar 25 | Mar 26 | Mar 27 | Mar 28 | Mar 29 |
| Mar 30 | Mar 31 | Apr 01 | Apr 02 | Apr 03 | Apr 04 | Apr 05 |
| Apr 06 | Apr 07 | Apr 08 | Apr 09 | Apr 10 | Apr 11 | Apr 12 |
| Apr 13 | Apr 14 | Apr 15 | Apr 16 | Apr 17 | Apr 18 | Apr 19 |
| Apr 20 | Apr 21 | Apr 22 | Apr 23 | Apr 24 | Apr 25 | Apr 26 |
| Apr 27 | Apr 28 | Apr 29 | Apr 30 | May 01 | May 02 | May 03 |
| May 04 | May 05 | May 06 | May 07 | May 08 | May 09 | May 10 |
| May 11 | May 12 | May 13 | May 14 | May 15 | May 16 | May 17 |
| May 18 | May 19 | May 20 | May 21 | May 22 | May 23 | May 24 |
| May 25 | May 26 | May 27 | May 28 | May 29 | May 30 | May 31 |
| Jun 01 | Jun 02 | Jun 03 | Jun 04 | Jun 05 | Jun 06 | Jun 07 |
| Jun 08 | Jun 09 | Jun 10 | Jun 11 | Jun 12 | Jun 13 | Jun 14 |
| Jun 15 | Jun 16 | Jun 17 | Jun 18 | Jun 19 | Jun 20 | Jun 21 |
| Jun 22 | Jun 23 | Jun 24 | Jun 25 | Jun 26 | Jun 27 | Jun 28 |
| Jun 29 | Jun 30 | Jul 01 | Jul 02 | Jul 03 | Jul 04 | Jul 05 |
| Jul 06 | Jul 07 | Jul 08 | Jul 09 | Jul 10 | Jul 11 | Jul 12 |
| Jul 13 | Jul 14 | Jul 15 | Jul 16 | Jul 17 | Jul 18 | Jul 19 |
| Jul 20 | Jul 21 | Jul 22 | Jul 23 | Jul 24 | Jul 25 | Jul 26 |
| Jul 27 | Jul 28 | Jul 29 | Jul 30 | Jul 31 | Aug 01 | Aug 02 |
| Aug 03 | Aug 04 | Aug 05 | Aug 06 | Aug 07 | Aug 08 | Aug 09 |
| Aug 10 | Aug 11 | Aug 12 | Aug 13 | Aug 14 | Aug 15 | Aug 16 |

| | | | | | | |
|--------|--------|--------|---------------|--------|--------|--------|
| Aug 17 | Aug 18 | Aug 19 | Aug 20 | Aug 21 | Aug 22 | Aug 23 |
| Aug 24 | Aug 25 | Aug 26 | Aug 27 | Aug 28 | Aug 29 | Aug 30 |
| Aug 31 | Sep 01 | Sep 02 | Sep 03 | Sep 04 | Sep 05 | Sep 06 |
| Sep 07 | Sep 08 | Sep 09 | Sep 10 | Sep 11 | Sep 12 | Sep 13 |
| Sep 14 | Sep 15 | Sep 16 | Sep 17 | Sep 18 | Sep 19 | Sep 20 |
| Sep 21 | Sep 22 | Sep 23 | Sep 24 | Sep 25 | Sep 26 | Sep 27 |
| Sep 28 | Sep 29 | Sep 30 | Oct 01 | Oct 02 | Oct 03 | Oct 04 |
| Oct 05 | Oct 06 | Oct 07 | Oct 08 | Oct 09 | Oct 10 | Oct 11 |
| Oct 12 | Oct 13 | Oct 14 | Oct 15 | Oct 16 | Oct 17 | Oct 18 |
| Oct 19 | Oct 20 | Oct 21 | Oct 22 | Oct 23 | Oct 24 | Oct 25 |
| Oct 26 | Oct 27 | Oct 28 | Oct 29 | Oct 30 | Oct 31 | Nov 01 |
| Nov 02 | Nov 03 | Nov 04 | Nov 05 | Nov 06 | Nov 07 | Nov 08 |
| Nov 09 | Nov 10 | Nov 11 | Nov 12 | Nov 13 | Nov 14 | Nov 15 |
| Nov 16 | Nov 17 | Nov 18 | Nov 19 | Nov 20 | Nov 21 | Nov 22 |
| Nov 23 | Nov 24 | Nov 25 | Nov 26 | Nov 27 | Nov 28 | Nov 29 |
| Nov 30 | Dec 01 | Dec 02 | Dec 03 | Dec 04 | Dec 05 | Dec 06 |
| Dec 07 | Dec 08 | Dec 09 | Dec 10 | Dec 11 | Dec 12 | Dec 13 |
| Dec 14 | Dec 15 | Dec 16 | Dec 17 | Dec 18 | Dec 19 | Dec 20 |
| Dec 21 | Dec 22 | Dec 23 | Dec 24 | Dec 25 | Dec 26 | Dec 27 |
| Dec 28 | Dec 29 | Dec 30 | Dec 31 | Jan 01 | Jan 02 | Jan 03 |
| Jan 04 | Jan 05 | Jan 06 | Jan 07 | Jan 08 | Jan 09 | Jan 10 |