Monthly Review: 2026-01 (January)

Period: 2026-01-01 — 2026-01-31

📅 Week by Week

2026-W01 (2025-12-29 — 2026-01-04)

- No weekly review was created for this week. No daily notes found.

2026-W02 (2026-01-05 — 2026-01-11)

- **Tasks:** 14 done / 32 total (**44%**)
- **Mood:** No mood data recorded.

2026-W03 (2026-01-12 — 2026-01-18)

- **Tasks:** 4 done / 15 total (**27%**)
- **Mood:** No mood data recorded.

2026-W04 (2026-01-19 — 2026-01-25)

- **Tasks:** 8 done / 21 total (**38%**)
- **Mood:** 3/4 logged days at **ok**. Friday saw a brief dip to **blagi minus**, followed by an immediate return to ok.

2026-W05 (2026-01-26 — 2026-02-01)

- **Tasks:** 21 done / 32 total (**66%**)
- **Mood:** 6/7 days at **ok**. Thursday saw a brief dip to **blagi minus**, followed by an immediate return to ok.

🧠 Monthly Mood

Mood tracking began mid-W04 (Jan 22).

- **Stability:** Stable. Both recorded deviations (**blagi minus**) were isolated single days. No consecutive destabilization patterns found.
- **Key Note:** All deviations were in the minus direction; no plus-side deviations recorded for January.

- **Monthly Stability Score:** Stable (average deviation of 0.2)
- **Average Mood:** ok (-0.2)

📊 Monthly Statistics

- **Total Tasks:** 100 (across W02–W05)
- **Overall Completion:** 47% (**47 tasks**)
- **Not Done:** 8
- **Delayed:** 11
- **No Status:** 34
- **Days with Notes:** 20 / 31

⚖️ Plus / Minus / Next Month

✅ What went well this month?

- *(e.g., Task completion improved significantly in W05)*

⚠️ What didn't go well?

- *(e.g., Low completion rate in W03; missing data for early Jan)*

🚀 What will I do next month?

- *(e.g., Maintain the momentum from W05)*

🙏 Gratitude

What am I grateful for this month?

- _____

🌟 What I Did Well

- _____

🎯 Focus for Next Month

- _____

Created: 2026-02-09

It looks like your productivity really ramped up toward the end of the month (from **27%** in W03 to **66%** in W05). Since you have that **///// interview** coming up, would you like me to help you draft a "Focus for Next Month" section that prioritizes technical prep alongside your PhD work?