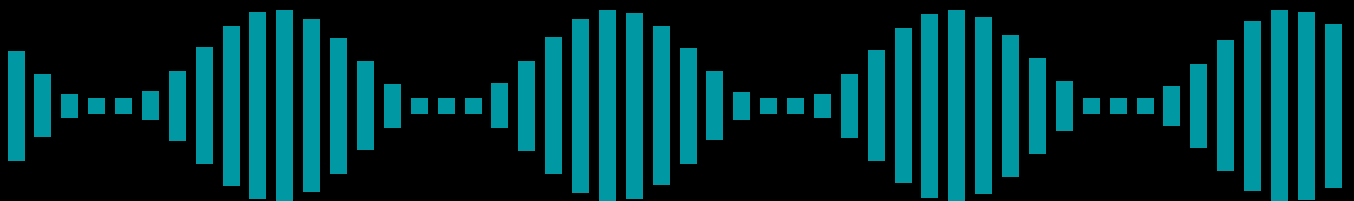


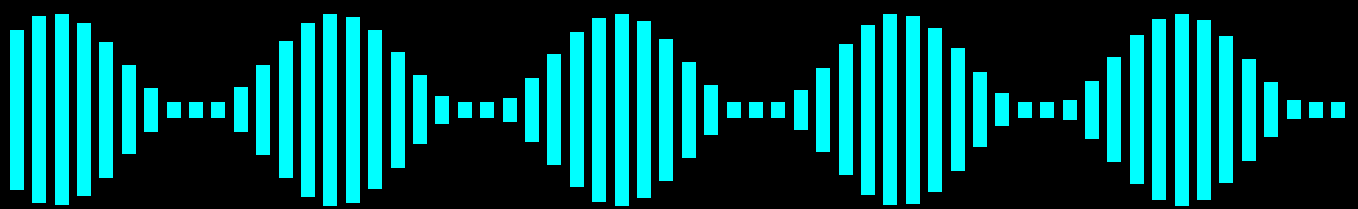
THE FREQUENCY

# ANNUAL PLANNER

Monthly & Weekly Planning - Gary Jobe

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# MONTHLY PLANNER

12 months - undated, start anytime

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 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      |           |          |        |          |
|        |        |         |           |          |        |          |

MONTHLY FOCUS

DID YOU KNOW?

Sound travels about 4x faster through water than through air.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 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       |
|        |        |         |           |          |        |          |
|        |        |         |           |          |        |          |

MONTHLY FOCUS

DID YOU KNOW?

The human ear can detect frequencies roughly between 20 Hz and 20,000 Hz.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 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      |           |          |        |          |
|        |        |         |           |          |        |          |

MONTHLY FOCUS

THE FREQUENCY

DID YOU KNOW?

A standard piano has 88 keys spanning over 7 octaves.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 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     |         |           |          |        |          |
|        |        |         |           |          |        |          |

MONTHLY FOCUS

THE FREQUENCY

DID YOU KNOW?

The loudest sound ever recorded was the 1883 eruption of Krakatoa.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 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      |           |          |        |          |
|        |        |         |           |          |        |          |

MONTHLY FOCUS

DID YOU KNOW?

Music activates more areas of the brain than almost any other activity.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 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     |         |           |          |        |          |
|        |        |         |           |          |        |          |

MONTHLY FOCUS

DID YOU KNOW?

The bass frequencies are often felt in the body before they're heard.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 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      |           |          |        |          |
|        |        |         |           |          |        |          |

MONTHLY FOCUS

DID YOU KNOW?

Reverb is created by sound waves bouncing off surfaces and arriving at slightly different times.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 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      |           |          |        |          |
|        |        |         |           |          |        |          |

MONTHLY FOCUS

DID YOU KNOW?

The 'Mozart Effect' suggests listening to music can temporarily boost spatial reasoning.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 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     |         |           |          |        |          |
|        |        |         |           |          |        |          |

MONTHLY FOCUS

DID YOU KNOW?

A vinyl record's grooves are read by a needle vibrating at audio frequencies.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 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      |           |          |        |          |
|        |        |         |           |          |        |          |

MONTHLY FOCUS

DID YOU KNOW?

The human voice can produce frequencies from about 80 Hz to 1100 Hz in normal speech.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 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     |         |           |          |        |          |
|        |        |         |           |          |        |          |

MONTHLY FOCUS

THE FREQUENCY

DID YOU KNOW?

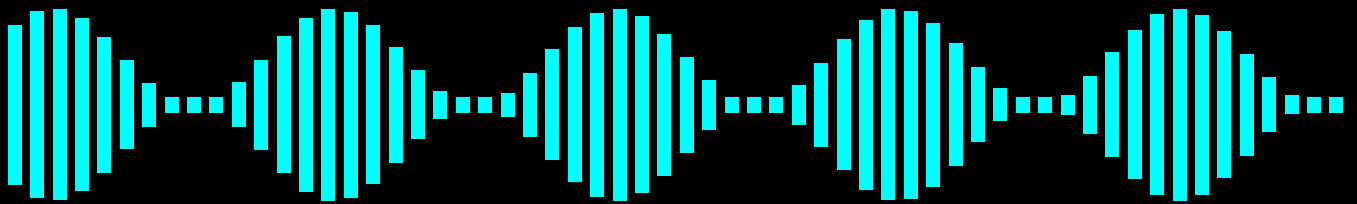
Tempo is measured in BPM - beats per minute.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 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      |           |          |        |          |
|        |        |         |           |          |        |          |

MONTHLY FOCUS

DID YOU KNOW?

Silence, in music, is just as intentional as sound.



# WEEKLY PLANNER

52 weeks - undated, start anytime

"Feel the frequency."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Every note has intention."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Create something real this week."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Press play. Press on."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Find your rhythm."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Stay in tune with yourself."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Small sessions, big sound."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"The work happens in the quiet moments."

|           |  |
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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Trust the process."

|           |  |
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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Make space for the music."

|           |  |
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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"One track at a time."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Listen closely."

|           |  |
|-----------|--|
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| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Build momentum."

|           |  |
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| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Today's effort is tomorrow's masterpiece."

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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Stay independent. Stay inspired."

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| SUNDAY    |  |
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| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Your frequency matters."

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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Keep the tempo steady."

|           |  |
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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Progress over perfection."

|           |  |
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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Tune out the noise."

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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Show up. Play on."

|           |  |
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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Create from the heart."

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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
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| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Every week is a new track."

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| SUNDAY    |  |
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| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Resonate with purpose."

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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Find the groove in your routine."

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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Sound check: how are you feeling?"

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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Make today count."

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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Harmony starts within."

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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Keep recording your story."

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| SUNDAY    |  |
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| MONDAY    |  |
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| THURSDAY  |  |
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| FRIDAY    |  |
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|           |  |
| SATURDAY  |  |
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"Stay on frequency."

|           |  |
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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Amplify the good."

|           |  |
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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Mix it up this week."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Your sound is unique - own it."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Drop the noise, keep the signal."

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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Practice makes the pattern."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Echo your effort into next week."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Set the tone for the week."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Balance the highs and lows."

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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

*"Stay grounded in your frequency."*

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**FREQUENCY FOCUS / GOALS THIS WEEK**

THE FREQUENCY

"Let the rhythm guide you."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Compose your week with intention."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

FREQUENCY FOCUS / GOALS THIS WEEK

"Every track starts with one note."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Keep your channel open."

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|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Fine-tune your focus."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Frequencies align with consistency."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Make noise about what matters."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Stay independent in mind and craft."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"The Frequency is always playing."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Reflect, record, repeat."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"New week, new frequency."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

FREQUENCY FOCUS / GOALS THIS WEEK

"Keep the volume on your goals up."

|           |  |
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| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Strike the right chord this week."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |

"Feel the frequency."

|           |  |
|-----------|--|
| SUNDAY    |  |
| MONDAY    |  |
| TUESDAY   |  |
| WEDNESDAY |  |
| THURSDAY  |  |
| FRIDAY    |  |
| SATURDAY  |  |