



SUMZ™

SUMMER SESSION

DAY 1

PLAN OF THE DAY (POD)

INFORMATION + INSTRUCTIONS ONLY

1 WELCOME TO TODAY



Welcome to SUMZ Summer Session. The POD gives you your daily operating briefing, including today's sky reading, focus, lesson, schedule, and instructions. Use today's information to observe, align, and prepare to engage with intention.



DATE:

Wednesday, June 3, 2026



DAY OF SESSION:

Day 1

2 TODAY'S SKY BRIEFING



ASTROLOGY READING

Today's energy supports grounded reflection, disciplined structure, and intentional action. Use the day to observe patterns, clarify priorities, and move with purpose.



SUNRISE / SUNSET

6:34 AM / 8:30 PM



MOONRISE / MOONSET

11:34 PM / 9:03 AM



MOON PHASE

Waning Gibbous



MOON SIGN

Capricorn

3 MOON PHASE INSTRUCTIONS



Waning Gibbous encourages review, refinement, release, and recommitment. Use this phase to evaluate what is working, clear what is not, and strengthen your discipline before the next cycle.

4 MOON SIGN INSTRUCTIONS



Capricorn supports responsibility, maturity, structure, and follow-through. Focus on long-term goals, accountability, and the steady actions that build operational readiness.

7 OUR SCHEDULES

MONDAY-THURSDAY

0500 (5:00 AM) MINDFULNESS
0600 (6:00 AM) DAILY LIVING
0700 (7:00 AM) WOMEN'S HEALTH
0800 (8:00 AM) TIME MANAGEMENT
0900 (9:00 AM) CHARACTER DEVELOPMENT
1000 (10:00 AM) THE BODY
1300 (1:00 PM) RELATIONSHIPS
1400 (2:00 PM) COMMUNITY STUDIES
1700 (5:00 PM) LIFE APPLICATION
1800 (6:00 PM) EFFECTIVE COMMUNICATION
1900 (7:00 PM) SOCIAL AWARENESS
2000 (8:00 PM) LOSS & GRIEF



FRIDAY

- PROFESSIONAL DEVELOPMENT



SATURDAY

- SOCIAL DEVELOPMENT



SUNDAY

- PERSONAL DEVELOPMENT

5 SUMZ FOCUS OF THE DAY



Knowledge of Self™

Begin by observing your identity, patterns, strengths, needs, and current operating condition.

6 TODAY'S LESSON / DIRECTIVE



- > Observe before reacting.
- > Reflect before judging.
- > Structure before force.
- > Accountability before excuse.
- > Readiness before crisis.

8 CLOSING INSTRUCTION



Use today's briefing to guide your choices, focus, and participation. Stay aware. Stay aligned. Move with intention.



UNDERSTAND • ALIGN • ACTIVATE • ELEVATE

SUMZ Behavioral Intelligence Lifestyle Management™