



Insight

2025

JANUARY 2025

1	Wed	New Year's Day
2	Thu	Bank Holiday (Scotland)
3	Fri	
4	Sat	
5	Sun	
6	Mon	Wk 2
7	Tue	
8	Wed	
9	Thu	
10	Fri	
11	Sat	
12	Sun	
13	Mon	Wk 3
14	Tue	
15	Wed	
16	Thu	
17	Fri	
18	Sat	
19	Sun	
20	Mon	Wk 4
21	Tue	
22	Wed	
23	Thu	
24	Fri	
25	Sat	
26	Sun	
27	Mon	Wk 5
28	Tue	
29	Wed	
30	Thu	
31	Fri	



ADVENTURE

Adventure may hurt you, but monotony will kill you.
ANONYMOUS

FEBRUARY 2025

1	Sat	
2	Sun	
3	Mon	Bank Holiday (Eire) Wk 6
4	Tue	
5	Wed	
6	Thu	
7	Fri	
8	Sat	
9	Sun	
10	Mon	Wk 7
11	Tue	
12	Wed	
13	Thu	
14	Fri	
15	Sat	
16	Sun	
17	Mon	Wk 8
18	Tue	
19	Wed	
20	Thu	
21	Fri	
22	Sat	
23	Sun	
24	Mon	Wk 9
25	Tue	
26	Wed	
27	Thu	
28	Fri	

DECEMBER 2024

Wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
49	1	2	3	4	5	6	7
50	8	9	10	11	12	13	14
51	15	16	17	18	19	20	21
52	22	23	24	25	26	27	28
1	29	30	31				

JANUARY 2025

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

FEBRUARY 2025

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

MARCH 2025

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

MARCH 2025

1	Sat	St David's Day (Wales)
2	Sun	
3	Mon	Wk 10
4	Tue	
5	Wed	
6	Thu	
7	Fri	
8	Sat	
9	Sun	
10	Mon	Wk 11
11	Tue	
12	Wed	
13	Thu	
14	Fri	
15	Sat	
16	Sun	
17	Mon	St Patrick's Day (BH N Ireland/Eire) Wk 12
18	Tue	
19	Wed	
20	Thu	
21	Fri	
22	Sat	
23	Sun	
24	Mon	Wk 13
25	Tue	
26	Wed	
27	Thu	
28	Fri	
29	Sat	
30	Sun	British Summertime starts
31	Mon	Wk 14



ADVERSITY

Learning is an ornament in prosperity,
a refuge in adversity, and a provision in old age.
ARISTOTLE

APRIL 2025

1	Tue	
2	Wed	
3	Thu	
4	Fri	
5	Sat	
6	Sun	
7	Mon	Wk 15
8	Tue	
9	Wed	
10	Thu	
11	Fri	
12	Sat	
13	Sun	
14	Mon	Wk 16
15	Tue	
16	Wed	
17	Thu	
18	Fri	Good Friday
19	Sat	
20	Sun	
21	Mon	Easter Monday Wk 17
22	Tue	
23	Wed	St George's Day (England)
24	Thu	
25	Fri	
26	Sat	
27	Sun	
28	Mon	Wk 18
29	Tue	
30	Wed	

FEBRUARY 2025

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

MARCH 2025

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

APRIL 2025

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

MAY 2025

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

MAY 2025

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



JUNE 2025

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

APRIL 2025

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

MAY 2025

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

JUNE 2025

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

JULY 2025

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

JULY 2025

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



AUGUST 2025

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

JUNE 2025

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

JULY 2025

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

AUGUST 2025

Wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
31						1	2
32	3	4	5	6	7	8	9
33	10	11	12	13	14	15	16
34	17	18	19	20	21	22	23
35	24/31	25	26	27	28	29	30

SEPTEMBER 2025

Wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
36		1	2	3	4	5	6
37	7	8	9	10	11	12	13
38	14	15	16	17	18	19	20
39	21	22	23	24	25	26	27
40	28	29	30				

SEPTEMBER 2025

1	Mon	Wk 36
2	Tue	
3	Wed	
4	Thu	
5	Fri	
6	Sat	
7	Sun	
8	Mon	Wk 37
9	Tue	
10	Wed	
11	Thu	
12	Fri	
13	Sat	
14	Sun	
15	Mon	Wk 38
16	Tue	
17	Wed	
18	Thu	
19	Fri	
20	Sat	
21	Sun	
22	Mon	Wk 39
23	Tue	
24	Wed	
25	Thu	
26	Fri	
27	Sat	
28	Sun	
29	Mon	Wk 40
30	Tue	

OCTOBER 2025

1	Wed	
2	Thu	
3	Fri	
4	Sat	
5	Sun	
6	Mon	Wk 41
7	Tue	
8	Wed	
9	Thu	
10	Fri	
11	Sat	
12	Sun	
13	Mon	Wk 42
14	Tue	
15	Wed	
16	Thu	
17	Fri	
18	Sat	
19	Sun	
20	Mon	Wk 43
21	Tue	
22	Wed	
23	Thu	
24	Fri	
25	Sat	
26	Sun	British Summertime ends
27	Mon	Bank Holiday (Eire) Wk 44
28	Tue	
29	Wed	
30	Thu	
31	Fri	



CHALLENGE
 Don't limit your challenges; challenge your limits.
 TONY ROBBINS

SEPTEMBER 2025

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
36		1	2	3	4	5	6
37	7	8	9	10	11	12	13
38	14	15	16	17	18	19	20
39	21	22	23	24	25	26	27
40	28	29	30				

OCTOBER 2025

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
40				1	2	3	4
41	5	6	7	8	9	10	11
42	12	13	14	15	16	17	18
43	19	20	21	22	23	24	25
44	26	27	28	29	30	31	

NOVEMBER 2025

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
44							1
45	2	3	4	5	6	7	8
46	9	10	11	12	13	14	15
47	16	17	18	19	20	21	22
48	23/30	24	25	26	27	28	29

AUGUST 2025

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
31						1	2
32	3	4	5	6	7	8	9
33	10	11	12	13	14	15	16
34	17	18	19	20	21	22	23
35	24/31	25	26	27	28	29	30

NOVEMBER 2025

1	Sat	
2	Sun	
3	Mon	Wk 45
4	Tue	
5	Wed	
6	Thu	
7	Fri	
8	Sat	
9	Sun	
10	Mon	Wk 46
11	Tue	
12	Wed	
13	Thu	
14	Fri	
15	Sat	
16	Sun	
17	Mon	Wk 47
18	Tue	
19	Wed	
20	Thu	
21	Fri	
22	Sat	
23	Sun	
24	Mon	Wk 48
25	Tue	
26	Wed	
27	Thu	
28	Fri	
29	Sat	St Andrew's Day (Scotland)
30	Sun	



DECEMBER 2025

1	Mon	Wk 49
2	Tue	
3	Wed	
4	Thu	
5	Fri	
6	Sat	
7	Sun	
8	Mon	Wk 50
9	Tue	
10	Wed	
11	Thu	
12	Fri	
13	Sat	
14	Sun	
15	Mon	Wk 51
16	Tue	
17	Wed	
18	Thu	
19	Fri	
20	Sat	
21	Sun	Shortest Day
22	Mon	Wk 52
23	Tue	
24	Wed	
25	Thu	Christmas Day
26	Fri	Boxing Day
27	Sat	
28	Sun	
29	Mon	Wk 1
30	Tue	
31	Wed	

OCTOBER 2025

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
40				1	2	3	4
41	5	6	7	8	9	10	11
42	12	13	14	15	16	17	18
43	19	20	21	22	23	24	25
44	26	27	28	29	30	31	

NOVEMBER 2025

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
44							1
45	2	3	4	5	6	7	8
46	9	10	11	12	13	14	15
47	16	17	18	19	20	21	22
48	23/30	24	25	26	27	28	29

DECEMBER 2025

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
49		1	2	3	4	5	6
50	7	8	9	10	11	12	13
51	14	15	16	17	18	19	20
52	21	22	23	24	25	26	27
1	28	29	30	31			

JANUARY 2026

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