

Life Diary

2023

Personal Detail:

Name: _____

Tel: _____

Email: _____

Address: _____

Next of Kin:

Name: _____

Tel: _____

Enterprise:

Occupation: _____

Company: _____

Tel: _____

Email: _____

[illegible]

Belief System Upgrades:

This image shows a full page of dot grid paper. The background is white, and it is covered with a regular pattern of small, black dots. The dots are arranged in straight horizontal and vertical lines, creating a grid-like appearance. There are no margins, text, or other markings on the page.

REVIEW



Success and Achievements for Self Care:
sleep, eat, hydrate, move, emotional, spiritual.



Success and Achievements with Sharing:
spouse, family, mentor, friends, parenting.

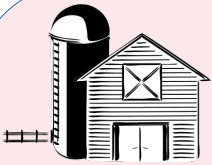


Success and Achievements in:
creativity, intellectual growth, skills growth.

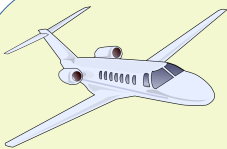
REVIEW



Success and Achievements in *Career*:



Success and Achievements with:
Owner, Entrepreneur, Money.



Success and Achievements in Quality of Life & Legacy:
Experiences, Environments, Contributions.

REVIEW

SUCCESS: What are you proud of ?

(It's not bragging if you've done it and bragging is a lost art).

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ENERGY: What energized you and what drained you ? *(Your next level of success is held back by the people, places and habits that are draining you of energy).*

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GROWTH: How did you grow ?

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REVIEW

CONCERNS: What scares you and what are you scared of ? *(Fear is often a mask for desire. Did you let it hold you back, or did you move ahead anyway?)*

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CONFIDENCE: What are you most confident about in this current moment?

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EXCITEMENT: What are you excited for ?

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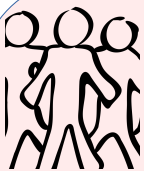
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Vision (Dream) -> Purpose:



Dream for Self Care:
sleep, eat, hydrate, move,
emotional, spiritual.

Why?:



Passion for Sharing:
spouse, family,
mentor, friends, parenting.

Why?:



Desire for Growth:
creative, intellectual, skills.

Why?:

Goals -> Actions:



Goals for Self Care:
*sleep, eat, hydrate, move,
emotional, spiritual.*

Actions:



Goals for Sharing:
*spouse, family,
mentor, friends, parenting.*

Actions:



Goals for Growth:
creative, intellectual, skills.

Actions:

Vision (Dream) -> Purpose:



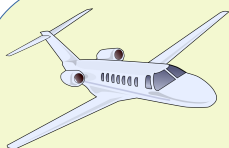
Steward Vision for:
Career.

Why?:



Steward Mandate for:
*Owner, Entrepreneur,
Money.*

Why?:



Quality of Life Legacy:
*Experiences,
Environments,
Contributions.*

Why?:

Goals -> Actions:



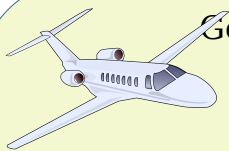
Steward Goals for:
Career.

Actions:



Steward Goals for:
*Owner, Entrepreneur,
Money.*

Actions:



Goals for Quality of Life:
*Experiences,
Environments,
Contributions.*

Actions:

Dr Ken Hudson's Idea Blitz Method (IdeaBlitz.com):

- 1) Inner Circle = **what I want**.
- 2) Middle Circle = **how to**. (7 ideas in 90 sec.)
- 3) Passion **rank** the middle circle 1 to 7.
- 4) Outer Circle: **Improve** nrs 1-3. (5 ideas in 1 min.)
- 5) Identify the 3 best **actions** from the ideas.

Vision / Dream / Mission / Mandate / Goal:

1) _____
2) _____
3) _____
4) _____
5) _____

1) _____
2) _____
3) _____
4) _____
5) _____

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3) _____
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1) _____
2) _____
3) _____
4) _____
5) _____

1) _____
2) _____
3) _____
4) _____
5) _____

Actions

1) _____
2) _____
3) _____

Dr Ken Hudson's Idea Blitz Method (IdeaBlitz.com):

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- 3) Passion **rank** the middle circle 1 to 7.
- 4) Outer Circle: **improve** nrs 1-3. (5 ideas in 1 min.)
- 5) Identify the 3 best **actions** from the ideas.

The diagram illustrates the Idea Blitz Method using concentric circles. At the center is a red circle labeled "Vision / Dream / Mission / Mandate / Goal:". Surrounding this are seven yellow circles, each containing three horizontal dashed lines for brainstorming. These yellow circles are connected to the central red circle by small white circles. The outermost layer consists of seven orange circles, each containing five numbered lines (1-5) for ranking and improving ideas. To the right of the diagram is a green box labeled "Actions" with three numbered sections (1), (2), and (3), each containing five horizontal lines for recording the best actions.

Inner Circle (What I want):

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Middle Circle (How to):

Outer Circle (Improve nrs 1-3):

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Actions:

1) _____

2) _____

3) _____

Dr Ken Hudson's Idea Blitz Method (IdeaBlitz.com):

- 1) Inner Circle = **what I want**.
- 2) Middle Circle = **how to**. (7 ideas in 90 sec.)
- 3) Passion **rank** the middle circle 1 to 7.
- 4) Outer Circle: **Improve** nrs 1-3. (5 ideas in 1 min.)
- 5) Identify the 3 best **actions** from the ideas.

Vision / Dream / Mission / Mandate / Goal:

1 _____
2 _____
3 _____
4 _____
5 _____

1 _____
2 _____
3 _____
4 _____
5 _____

1 _____
2 _____
3 _____
4 _____
5 _____

1 _____
2 _____
3 _____
4 _____
5 _____

1 _____
2 _____
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1 _____
2 _____
3 _____
4 _____
5 _____

1 _____
2 _____
3 _____
4 _____
5 _____

1 _____
2 _____
3 _____
4 _____
5 _____

Actions

1) _____

2) _____

3) _____

Dr Ken Hudson's Idea Blitz Method (IdeaBlitz.com):

- 1) Inner Circle = **what I want**.
- 2) Middle Circle = **how to**. (7 ideas in 90 sec.)
- 3) Passion **rank** the middle circle 1 to 7.
- 4) Outer Circle: **Improve** nrs 1-3. (5 ideas in 1 min.)
- 5) Identify the 3 best **actions** from the ideas.

Vision / Dream / Mission / Mandate / Goal:

1) _____
2) _____
3) _____
4) _____
5) _____

1) _____
2) _____
3) _____
4) _____
5) _____

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4) _____
5) _____

1) _____
2) _____
3) _____
4) _____
5) _____

1) _____
2) _____
3) _____
4) _____
5) _____

Actions

1) _____

2) _____

3) _____

Dr Ken Hudson's Idea Blitz Method (IdeaBlitz.com):

- 1) Inner Circle = **what I want**.
- 2) Middle Circle = **how to**. (7 ideas in 90 sec.)
- 3) Passion **rank** the middle circle 1 to 7.
- 4) Outer Circle: **improve** nrs 1-3. (5 ideas in 1 min.)
- 5) Identify the 3 best **actions** from the ideas.

The diagram is a circular flowchart for the Idea Blitz Method. It features a central red circle labeled "Vision / Dream / Mission / Mandate / Goal:". Surrounding this central circle are seven yellow circles, each containing three dashed lines for writing ideas. These yellow circles are connected to the central circle by small white circles. The outermost ring consists of seven orange circles, each containing five numbered lines (1 to 5) for writing actions. The entire diagram is set against a light green background.

Central Circle (Red):

Vision / Dream /
Mission / Mandate / Goal:

Outer Circles (Orange):

1) _____
2) _____
3) _____
4) _____
5) _____

Inner Circles (Yellow):

1) _____
2) _____
3) _____

Actions (Green):

1) _____
2) _____
3) _____

	2023	Jan					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	01	02	03	04	05	06	07
2	08	09	10	11	12	13	14
3	15	16	17	18	19	20	21
4	22	23	24	25	26	27	28
5	29	30	31	01	02	03	04
	05	06					

	2023	Feb					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	29	30	31	01	02	03	04
6	05	06	07	08	09	10	11
7	12	13	14	15	16	17	18
8	19	20	21	22	23	24	25
9	26	27	28	01	02	03	04
	05	06					

	2023	Mar					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
9	26	27	28	01	02	03	04
10	05	06	07	08	09	10	11
11	12	13	14	15	16	17	18
12	19	20	21	22	23	24	25
13	26	27	28	29	30	31	01
	02	03					

	2023	Apr					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
13	26	27	28	29	30	31	01
14	02	03	04	05	06	07	08
15	09	10	11	12	13	14	15
16	16	17	18	19	20	21	22
17	23	24	25	26	27	28	29
	30	01					

	2023	May					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
18	30	01	02	03	04	05	06
19	07	08	09	10	11	12	13
20	14	15	16	17	18	19	20
21	21	22	23	24	25	26	27
22	28	29	30	31	01	02	03
	04	05					

	2023	Jun					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	28	29	30	31	01	02	03
23	04	05	06	07	08	09	10
24	11	12	13	14	15	16	17
25	18	19	20	21	22	23	24
26	25	26	27	28	29	30	01
	02	03					

	2023	Jul					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	25	26	27	28	29	30	01
27	02	03	04	05	06	07	08
28	09	10	11	12	13	14	15
29	16	17	18	19	20	21	22
30	23	24	25	26	27	28	29
	30	31					

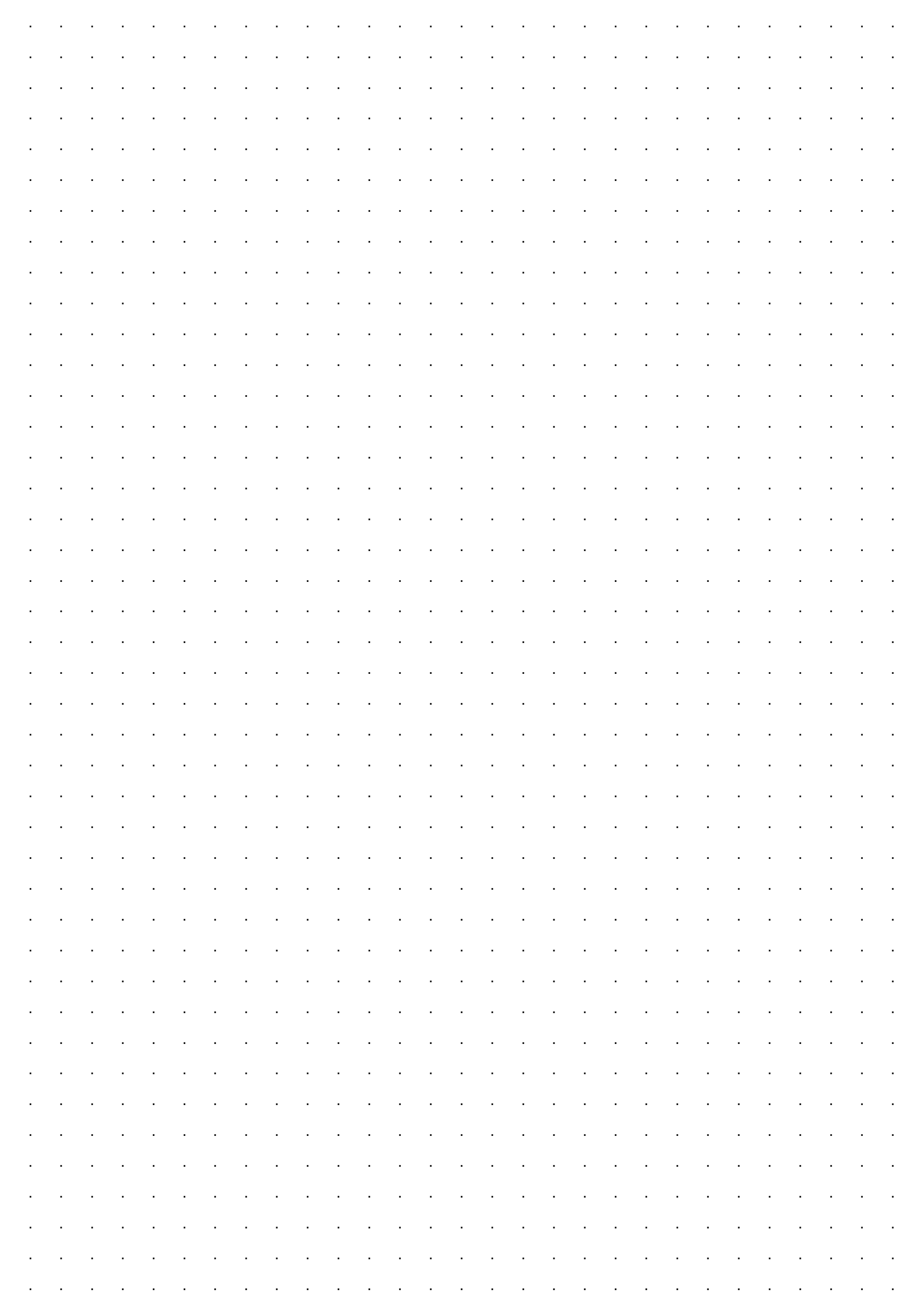
	2023	Aug					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	30	31	01	02	03	04	05
32	06	07	08	09	10	11	12
33	13	14	15	16	17	18	19
34	20	21	22	23	24	25	26
35	27	28	29	30	31	01	02
	03	04					

	2023	Sep					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
35	27	28	29	30	31	01	02
36	03	04	05	06	07	08	09
37	10	11	12	13	14	15	16
38	17	18	19	20	21	22	23
39	24	25	26	27	28	29	30
	01	02					

	2023	Oct					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
40	01	02	03	04	05	06	07
41	08	09	10	11	12	13	14
42	15	16	17	18	19	20	21
43	22	23	24	25	26	27	28
44	29	30	31	01	02	03	04
	05	06					

	2023	Nov					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
44	29	30	31	01	02	03	04
45	05	06	07	08	09	10	11
46	12	13	14	15	16	17	18
47	19	20	21	22	23	24	25
48	26	27	28	29	30	01	02
	03	04					

	2023	Dec					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
48	26	27	28	29	30	01	02
49	03	04	05	06	07	08	09
50	10	11	12	13	14	15	16
51	17	18	19	20	21	22	23
52	24	25	26	27	28	29	30
	31	01					



	2023	Mar					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
9	26	27	28	01	02	03	04
10	05	06	07	08	09	10	11
11	12	13	14	15	16	17	18
12	19	20	21	22	23	24	25
13	26	27	28	29	30	31	01
	02	03					

	2023	Apr					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
13	26	27	28	29	30	31	01
14	02	03	04	05	06	07	08
15	09	10	11	12	13	14	15
16	16	17	18	19	20	21	22
17	23	24	25	26	27	28	29
	30	01					

	2023	May					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
18	30	01	02	03	04	05	06
19	07	08	09	10	11	12	13
20	14	15	16	17	18	19	20
21	21	22	23	24	25	26	27
22	28	29	30	31	01	02	03
	04	05					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Dream: _____

Why: _____

Goals:

Challenge: _____

Passion: _____

Why: _____

Goals: _____

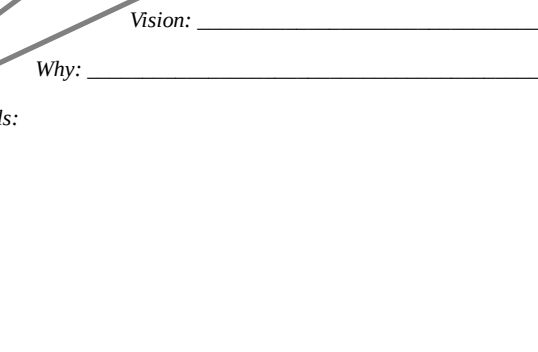
Challenge: _____

Desire: _____

Why: _____

Goals: _____

Challenge: _____

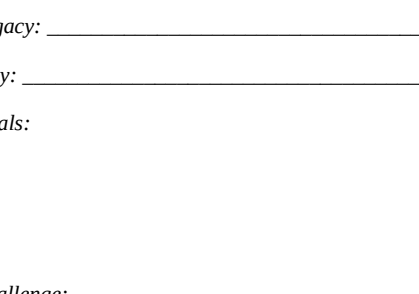


Vision: _____

Why: _____

Goals:

Challenge: _____




Legacy: _____

Why: _____

Goals:

Challenge: _____



Mandate: _____

Why: _____

Goals: _____

Challenge: _____

Hero Journey
this week:

previous week

The following Went Well:

I am Grateful For:


The following Can Improve:

I have learned:






Sun	Mon	Tue	Wed	Thu	Fri	Sat
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Week 14

Day	Time	Activity	Notes
Thu 06 Apr	08:00 - 09:00	Person	
	09:00 - 10:00	Heart	
	10:00 - 11:00	Plant	
	11:00 - 12:00	Wrench	
	12:00 - 13:00	House	
	13:00 - 14:00	Train	
	14:00 - 15:00	Card	
Fri 07 Apr	08:00 - 09:00	Person	
	09:00 - 10:00	Heart	
	10:00 - 11:00	Plant	
	11:00 - 12:00	Wrench	
	12:00 - 13:00	House	
	13:00 - 14:00	Train	
	14:00 - 15:00	Card	
Sat 08 Apr	08:00 - 09:00	Person	
	09:00 - 10:00	Heart	
	10:00 - 11:00	Plant	
	11:00 - 12:00	Wrench	
	12:00 - 13:00	House	
	13:00 - 14:00	Train	
	14:00 - 15:00	Card	

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilt cardio strength	fast	hydrate gut
Sun	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪

Sun	Mon	Tue	Wed	Thu	Fri	Sat
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	01	02	03	04	05	06

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Dream: _____

Why: _____

Goals:

Challenge: _____

Passion: _____

Why: _____

Goals: _____

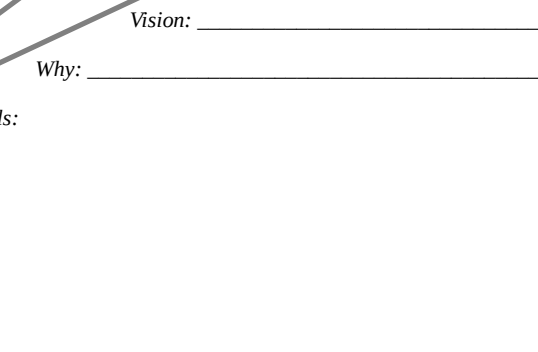
Challenge: _____

Desire: _____

Why: _____

Goals: _____

Challenge: _____

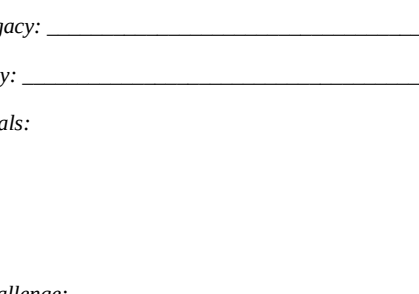


Vision: _____

Why: _____

Goals:

Challenge: _____




Legacy: _____

Why: _____

Goals:

Challenge: _____



Mandate: _____

Why: _____

Goals: _____

Challenge: _____

previous week

The following Went Well:

I am Grateful For:






The following Can Improve:

I have learned:

2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat
Apr	15	09	10	11	12	13	14	
Apr	16	16	17	18	19	20	21	22
Apr	17	23	24	25	26	27	28	29
May	18	30	01	02	03	04	05	06

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Sun 09 Apr

Activity	Percentage
Person	10%
Heart	10%
Leaf	10%
Wrench	10%
House	10%
Train	10%
Credit Card	10%

[illegible]

Activity	Percentage
Sleeping	33%
Eating	17%
Watching TV	17%
Studying	10%
Working	10%
Communing	3%

Week 15

	Activity	Notes
Thu 13 Apr		
Fri 14 Apr		
Sat 15 Apr		

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilt cardio strength	fast	hydrate gut
Sun	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪

2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat
Apr	16	16	17	18	19	20	21	22
Apr	17	23	24	25	26	27	28	29
May	18	30	01	02	03	04	05	06
May	19	07	08	09	10	11	12	13

week 16

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Dream: _____

Why: _____

Goals: _____

Challenge: _____

Passion: _____

Why: _____

Goals: _____

Challenge: _____

Desire: _____

Why: _____

Goals: _____

Challenge: _____

Vision: _____

Why: _____

Goals: _____

Challenge: _____

Legacy: _____

Why: _____

Goals: _____

Challenge: _____

Mandate: _____

Why: _____

Goals: _____

Challenge: _____

(1) Care: sleep, hydrate, eat, move, spiritual

(2) Share: Love, Parenting, Family, Friends

(3) Grow: Creative, Intellectual, Skills, Spiritual

(4) Steward: Career, Owner, Entrepreneur, Money

(5) Quality Of Life: Contribution, Environments, Experiences

Hero Journey
this week:

previous week

The following Went Well:






I am Grateful For:

The following Can Improve:

I have learned:








2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat
Apr	16	16	17	18	19	20	21	22
Apr	17	23	24	25	26	27	28	29
May	18	30	01	02	03	04	05	06
May	19	07	08	09	10	11	12	13

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Sun 16 Apr			
			
			
			
			

Activity	Percentage
Standing	10%
Lying	10%
Sitting	30%
Walking	10%
Driving	10%
Eating	10%
Sleeping	10%

Tue 18 Apr

Activity	Percentage
Sleeping	33%
Eating	17%
Working	17%
Studying	17%
Commuting	16%

Week 16

	Thu 20 Apr	Fri 21 Apr	Sat 22 Apr

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilt cardio strength	fast	hydrate gut
Sun	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23	24	25	26	27	28	29
30	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Dream: _____

Why: _____

Goals:

Challenge: _____

Passion: _____

Why: _____

Goals: _____

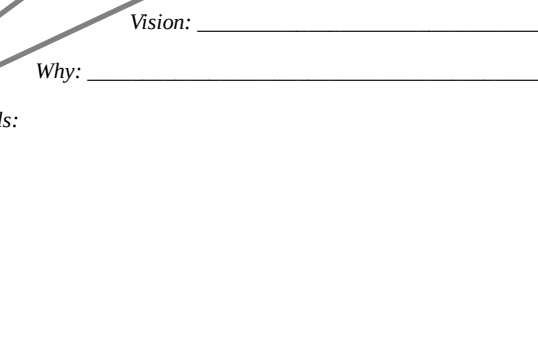
Challenge: _____

Desire: _____

Why: _____

Goals: _____

Challenge: _____

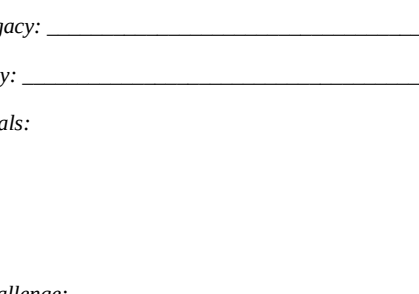


Vision: _____

Why: _____

Goals: _____

Challenge: _____

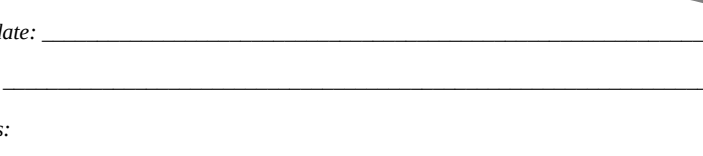


Legacy: _____

Why: _____

Goals:

Challenge: _____



Mandate: _____

Why: _____

Goals: _____

Challenge: _____

Hero Journey
this week:

previous week

The following Went Well:

I am Grateful For:

The following Can Improve:

I have learned:

2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat
Apr	17	23	24	25	26	27	28	29
May	18	30	01	02	03	04	05	06
May	19	07	08	09	10	11	12	13
May	20	14	15	16	17	18	19	20

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

[illegible]

Activity	Percentage
Person	10%
Heart	10%
Leaf	10%
Wrench	10%
House	10%
Train	10%
Credit Card	10%

[illegible]

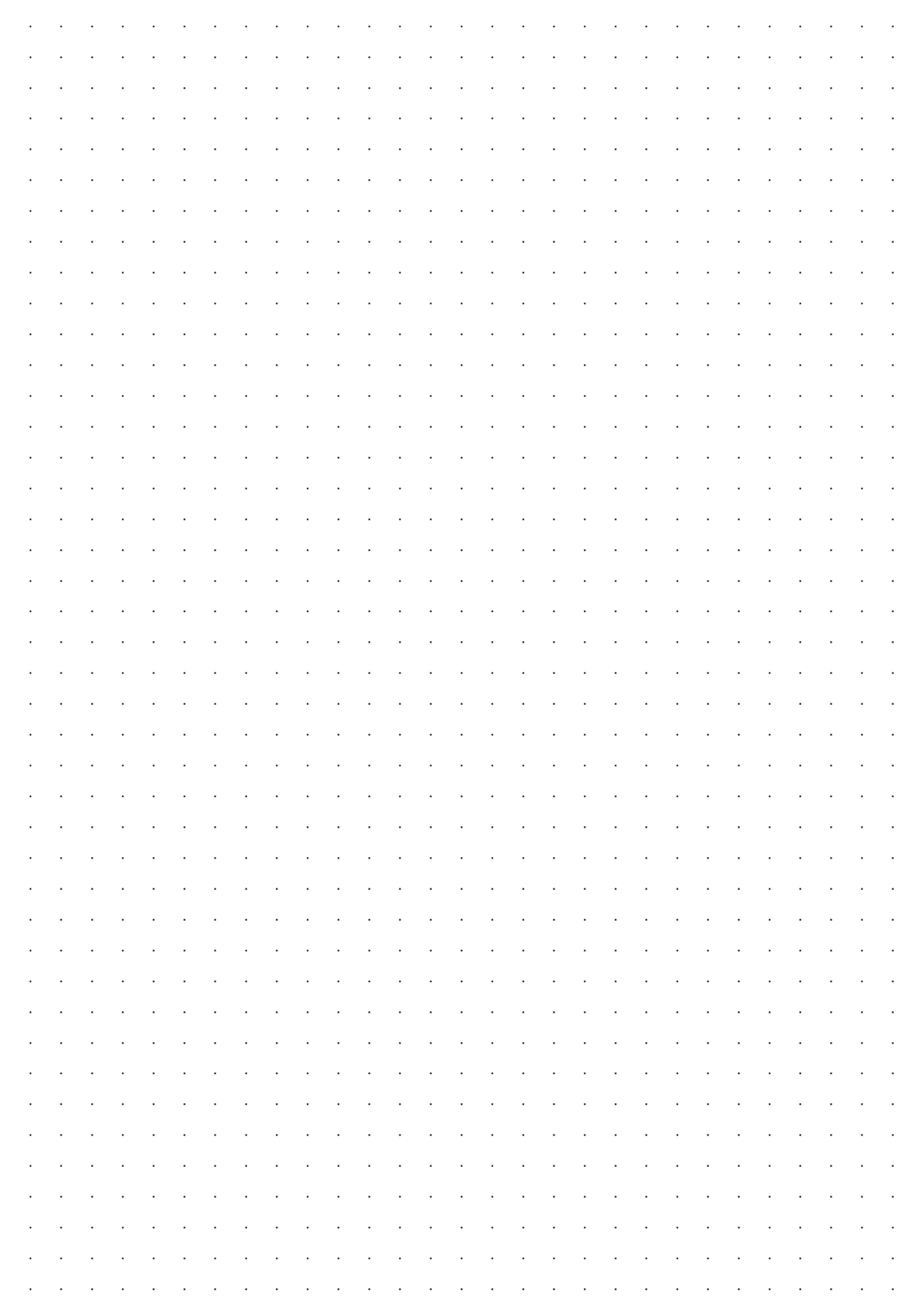
Wed 26 Apr

Activity	Percentage
Standing	10%
Walking	10%
Sitting	30%
Lying	10%
Sleeping	40%

Week 17

Day	Time	Activity	Notes
Thu 27 Apr	08:00 - 09:00	Person	
	09:00 - 10:00	Heart	
	10:00 - 11:00	Plant	
	11:00 - 12:00	Wrench	
	12:00 - 13:00	House	
	13:00 - 14:00	Train	
Fri 28 Apr	08:00 - 09:00	Person	
	09:00 - 10:00	Heart	
	10:00 - 11:00	Plant	
	11:00 - 12:00	Wrench	
	12:00 - 13:00	House	
	13:00 - 14:00	Train	
Sat 29 Apr	08:00 - 09:00	Person	
	09:00 - 10:00	Heart	
	10:00 - 11:00	Plant	
	11:00 - 12:00	Wrench	
	12:00 - 13:00	House	
	13:00 - 14:00	Train	

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilt cardio strength	fast	hydrate gut
Sun	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪



	2023	Apr					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
13	26	27	28	29	30	31	01
14	02	03	04	05	06	07	08
15	09	10	11	12	13	14	15
16	16	17	18	19	20	21	22
17	23	24	25	26	27	28	29
	30	01					

	2023	May					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
18	30	01	02	03	04	05	06
19	07	08	09	10	11	12	13
20	14	15	16	17	18	19	20
21	21	22	23	24	25	26	27
22	28	29	30	31	01	02	03
	04	05					

	2023	Jun					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	28	29	30	31	01	02	03
23	04	05	06	07	08	09	10
24	11	12	13	14	15	16	17
25	18	19	20	21	22	23	24
26	25	26	27	28	29	30	01
	02	03					

2023	Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 18	30	01	02	03	04	05	06
May 19	07	08	09	10	11	12	13
May 20	14	15	16	17	18	19	20
May 21	21	22	23	24	25	26	27

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Challenge: _____

previous week

The following Went Well:







I am Grateful For:

The following Can Improve:








I have learned:

2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat	week 18												
May	18	30	01	02	03	04	05	06	1	2	3	4	5	6	7	8	9	10	11	12	13
May	19	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
May	20	14	15	16	17	18	19	20	27	28	29	30	31	32	33	34	35	36	37	38	39
May	21	21	22	23	24	25	26	27	40	41	42	43	44	45	46	47	48	49	50	51	52








Sun 30 Apr










Mon 01 May



Tue 02 May



Wed 03 May



Week 18

Day	Time	Activity	Notes
Thu 04 May	08:00 - 09:00	Person	
	09:00 - 10:00	Heart	
	10:00 - 11:00	Plant	
	11:00 - 12:00	Wrench	
	12:00 - 13:00	House	
	13:00 - 14:00	Train	
Fri 05 May	08:00 - 09:00	Person	
	09:00 - 10:00	Heart	
	10:00 - 11:00	Plant	
	11:00 - 12:00	Wrench	
	12:00 - 13:00	House	
	13:00 - 14:00	Train	
Sat 06 May	08:00 - 09:00	Person	
	09:00 - 10:00	Heart	
	10:00 - 11:00	Plant	
	11:00 - 12:00	Wrench	
	12:00 - 13:00	House	
	13:00 - 14:00	Train	

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilt cardio strength	fast	hydrate gut
Sun	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪

2023	Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 19	07	08	09	10	11	12	13
May 20	14	15	16	17	18	19	20
May 21	21	22	23	24	25	26	27
May 22	28	29	30	31	01	02	03

week 19

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Challenge: _____

previous week

The following Went Well:








I am Grateful For:

The following Can Improve:

I have learned:

2023	Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 19	07	08	09	10	11	12	13
May 20	14	15	16	17	18	19	20
May 21	21	22	23	24	25	26	27
May 22	28	29	30	31	01	02	03

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Sun 07 May	
	
	
	 
	
	 

Activity	Percentage
at home	80%
at work	10%
at school	10%
at university	0%
at the gym	0%
at the cinema	0%
at the park	0%
at the beach	0%
at the shops	0%
at the office	0%
at the bank	0%
at the library	0%
at the museum	0%
at the hospital	0%
at the restaurant	0%
at the cafe	0%
at the bar	0%
at the pub	0%
at the club	0%

Tue 09 May

Time	Activity	Duration
08:00	Person icon	10 min
09:00	Heart icon	10 min
10:00	Plant icon	10 min
11:00	Wrench icon	10 min
12:00	House icon	10 min
13:00	Train icon	10 min
14:00	Bus icon	10 min

Wed 10 May

Activity	Percentage
Sleeping	33%
Eating	17%
Watching TV	17%
Studying	10%
Working	10%
Communing	3%

Week 19

[illegible]

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilt cardio strength	fast	hydrate gut
Sun	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪

2023	Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 20	14	15	16	17	18	19	20
May 21	21	22	23	24	25	26	27
May 22	28	29	30	31	01	02	03
Jun 23	04	05	06	07	08	09	10

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Challenge: _____

Challenge: _____

Challenge: _____

Challenge: _____

Challenge: _____

Challenge: _____

previous week

The following Went Well:






I am Grateful For:

The following Can Improve:

I have learned:

2023	Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 20	14	15	16	17	18	19	20
May 21	21	22	23	24	25	26	27
May 22	28	29	30	31	01	02	03
Jun 23	04	05	06	07	08	09	10

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Sun 14 May	
	
	
	
	
	

Activity	Percentage
Go to work	10%
Go to school	10%
Go to the gym	10%
Go to the office	10%
Go to the bank	10%
Go to the shop	10%
Go to the cinema	10%
Go to the park	10%
Go to the beach	10%
Go to the library	10%
Go to the hospital	10%
Go to the university	10%
Go to the court	10%
Go to the police	10%
Go to the fire station	10%
Go to the post office	10%

Tue 16 May

Activity	Percentage
Person	10%
Heart	10%
Leaf	10%
Wrench	10%
House	10%
Bus	10%
Calendar	10%

Activity	Percentage
Go to work or school	40%
Exercise	20%
Garden	20%
DIY	10%
Housework	10%
Travel	10%
Banking	10%

Week 20

Day	Time	Activity	Notes
Thu 18 May	08:00 - 09:00	Person	
	09:00 - 10:00	Heart	
	10:00 - 11:00	Plant	
	11:00 - 12:00	Wrench	
	12:00 - 13:00	House	
	13:00 - 14:00	Train	
Fri 19 May	08:00 - 09:00	Person	
	09:00 - 10:00	Heart	
	10:00 - 11:00	Plant	
	11:00 - 12:00	Wrench	
	12:00 - 13:00	House	
	13:00 - 14:00	Train	
Sat 20 May	08:00 - 09:00	Person	
	09:00 - 10:00	Heart	
	10:00 - 11:00	Plant	
	11:00 - 12:00	Wrench	
	12:00 - 13:00	House	
	13:00 - 14:00	Train	

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilt cardio strength	fast	hydrate gut
Sun	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪

2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat
May	21	21	22	23	24	25	26	27
May	22	28	29	30	31	01	02	03
Jun	23	04	05	06	07	08	09	10
Jun	24	11	12	13	14	15	16	17

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Challenge: _____

Hero Journey
this week:

previous week

The following Went Well:

I am Grateful For:

The following Can Improve:

I have learned:








2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat
May	21	21	22	23	24	25	26	27
May	22	28	29	30	31	01	02	03
Jun	23	04	05	06	07	08	09	10
Jun	24	11	12	13	14	15	16	17

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

[illegible]

Activity	Percentage
Go to work or school	40%
Exercise	20%
Garden	20%
DIY	10%
Housework	10%
Travel	20%
Banking	20%

Tue 23 May

Wed 24 May

Time	Activity
10:00	Person
10:15	Heart
10:30	Leaf
10:45	Wrench
11:00	House
11:15	Train
11:30	Train
11:45	Train
12:00	Train
12:15	Train
12:30	Train
12:45	Train
13:00	Train
13:15	Train
13:30	Train
13:45	Train
14:00	Train
14:15	Train
14:30	Train
14:45	Train
15:00	Train
15:15	Train
15:30	Train
15:45	Train
16:00	Train
16:15	Train
16:30	Train
16:45	Train
17:00	Train
17:15	Train
17:30	Train
17:45	Train
18:00	Train

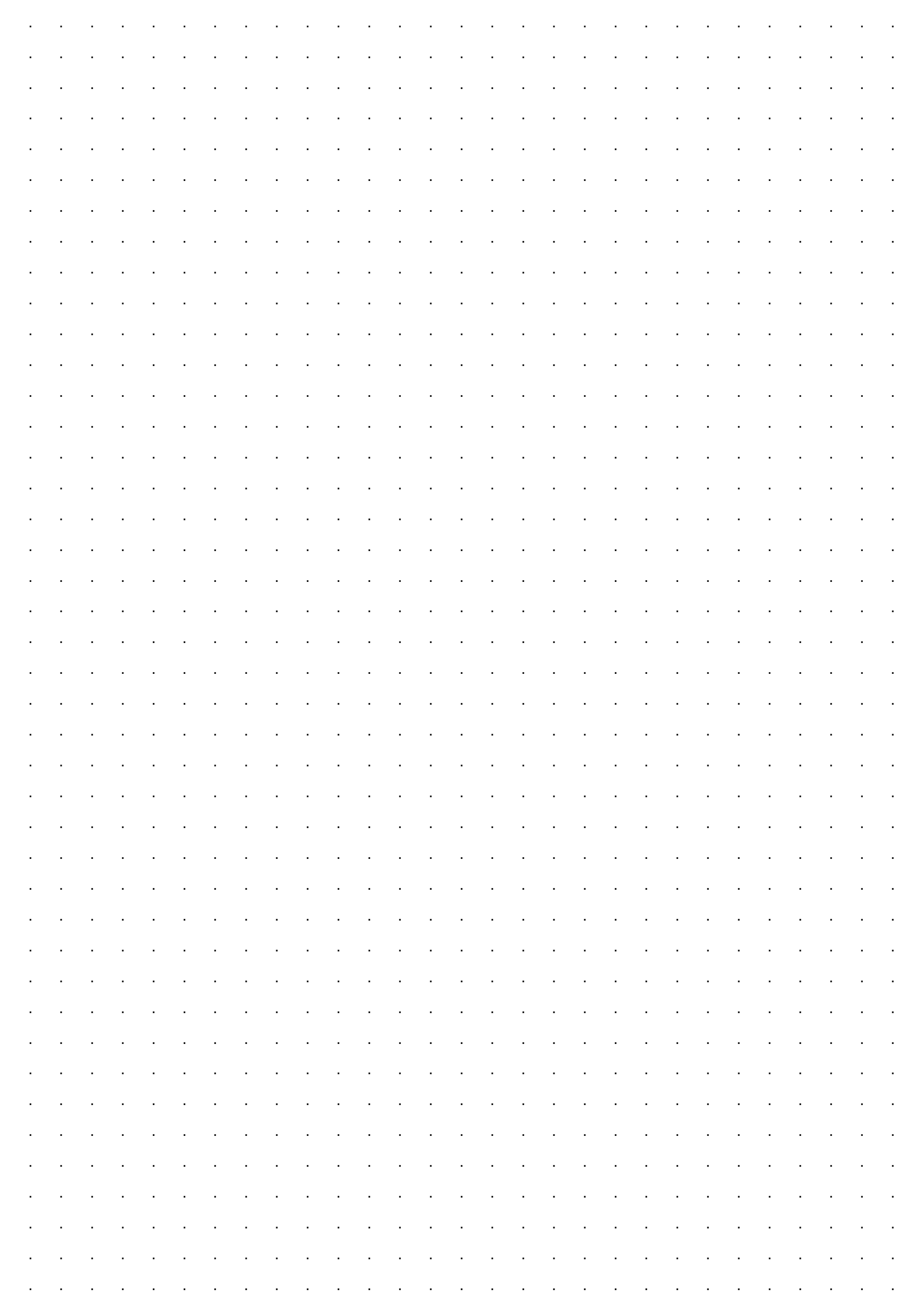
Week 21

Thu 25 May

Fri 26 May

Sat 27 May

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilt cardio strength	fast	hydrate gut
Sun	4.5.6.7.8	§ P ϕ	d e y	Ŵ Ć ☼	† g ♥ ∞	ω Θ ‰ Δ	İ	≈≈ ≈≈ ≈≈ پ
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Ć ☼	† g ♥ ∞	ω Θ ‰ Δ	İ	≈≈ ≈≈ ≈≈ پ
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Ć ☼	† g ♥ ∞	ω Θ ‰ Δ	İ	≈≈ ≈≈ ≈≈ پ
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Ć ☼	† g ♥ ∞	ω Θ ‰ Δ	İ	≈≈ ≈≈ ≈≈ پ
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Ć ☼	† g ♥ ∞	ω Θ ‰ Δ	İ	≈≈ ≈≈ ≈≈ پ
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Ć ☼	† g ♥ ∞	ω Θ ‰ Δ	İ	≈≈ ≈≈ ≈≈ پ
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Ć ☼	† g ♥ ∞	ω Θ ‰ Δ	İ	≈≈ ≈≈ ≈≈ پ



	2023	May					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
18	30	01	02	03	04	05	06
19	07	08	09	10	11	12	13
20	14	15	16	17	18	19	20
21	21	22	23	24	25	26	27
22	28	29	30	31	01	02	03
	04	05					

	2023	Jun					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	28	29	30	31	01	02	03
23	04	05	06	07	08	09	10
24	11	12	13	14	15	16	17
25	18	19	20	21	22	23	24
26	25	26	27	28	29	30	01
	02	03					

	2023	Jul					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	25	26	27	28	29	30	01
27	02	03	04	05	06	07	08
28	09	10	11	12	13	14	15
29	16	17	18	19	20	21	22
30	23	24	25	26	27	28	29
	30	31					

2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat
May	22	28	29	30	31	01	02	03
Jun	23	04	05	06	07	08	09	10
Jun	24	11	12	13	14	15	16	17
Jun	25	18	19	20	21	22	23	24

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Challenge: _____

previous week

The following Went Well:







I am Grateful For:

The following Can Improve:








I have learned:

2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat	week 22												
May	22	28	29	30	31	01	02	03	1	2	3	4	5	6	7	8	9	10	11	12	13
Jun	23	04	05	06	07	08	09	10	14	15	16	17	18	19	20	21	22	23	24	25	26
Jun	24	11	12	13	14	15	16	17	27	28	29	30	31	32	33	34	35	36	37	38	39
Jun	25	18	19	20	21	22	23	24	40	41	42	43	44	45	46	47	48	49	50	51	52








Sun 28 May










Mon 29 May



Tue 30 May



Wed 31 May



Week 22

	Activity	Notes
Thu 01 Jun		
Fri 02 Jun		
Sat 03 Jun		

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilt cardio strength	fast	hydrate gut
Sun	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪

Sun	Mon	Tue	Wed	Thu	Fri	Sat
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	01

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Dream: _____

Why: _____

Goals:

Challenge: _____

Passion: _____

Why: _____

Goals: _____

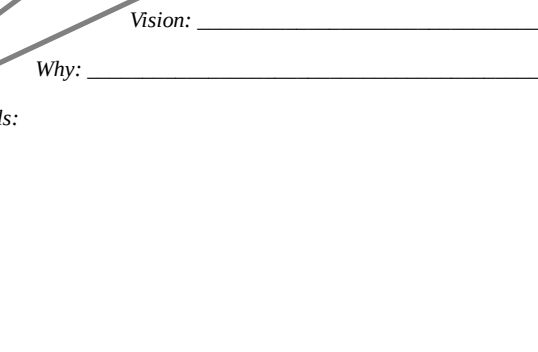
Challenge: _____

Desire: _____

Why: _____

Goals: _____

Challenge: _____

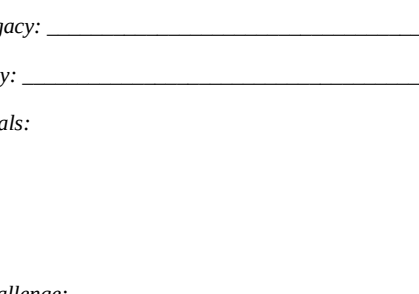


Vision: _____

Why: _____

Goals:

Challenge: _____

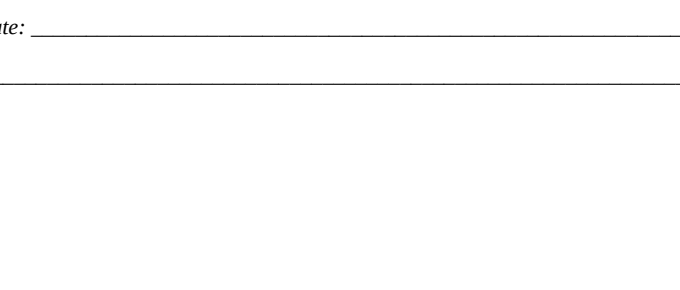


Legacy: _____

Why: _____

Goals:

Challenge: _____



Mandate: _____

Why: _____

Goals: _____

Challenge: _____

What is the role of the community? _____

Hero Journey
this week:

previous week

The following Went Well:

I am Grateful For:

The following Can Improve:

I have learned:

2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jun	23	04	05	06	07	08	09	10
Jun	24	11	12	13	14	15	16	17
Jun	25	18	19	20	21	22	23	24
Jun	26	25	26	27	28	29	30	01

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Sun 04 Jun			

Activity	Percentage
Person	10%
Heart	10%
Leaf	20%
Wrench	10%
House	10%
Train	20%
Smartphone	10%

[illegible]

Activity	Percentage
Sleeping	33%
Eating	17%
Watching TV	17%
Working	10%
Studying	10%
Communing	3%

Week 23

	Activity	Notes
Thu 08 Jun		
Fri 09 Jun		
Sat 10 Jun		

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilt cardio strength	fast	hydrate gut
Sun	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪

Sun	Mon	Tue	Wed	Thu	Fri	Sat
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	01
02	03	04	05	06	07	08

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Dream: _____

Why: _____

Goals:

Challenge: _____

Passion: _____

Why: _____

Goals: _____

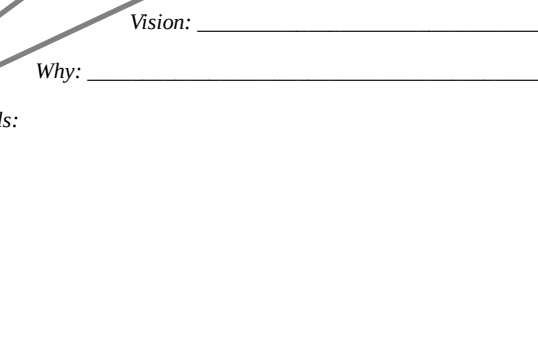
Challenge: _____

Desire: _____

Why: _____

Goals: _____

Challenge: _____



Vision: _____

Why: _____

Goals:

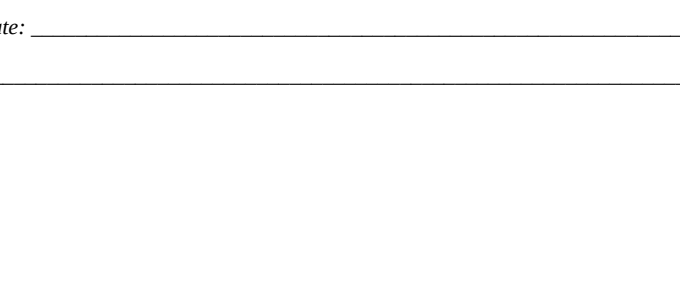
Challenge: _____

Legacy: _____

Why: _____

Goals:

Challenge: _____



Mandate: _____

Why: _____

Goals: _____

Challenge: _____

What is the role of the community? _____

Hero Journey
this week:

previous week

The following Went Well:







I am Grateful For:

The following Can Improve:








I have learned:

2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat	week 24												
Jun	24	11	12	13	14	15	16	17	1	2	3	4	5	6	7	8	9	10	11	12	13
Jun	25	18	19	20	21	22	23	24	14	15	16	17	18	19	20	21	22	23	24	25	26
Jun	26	25	26	27	28	29	30	01	27	28	29	30	31	32	33	34	35	36	37	38	39
Jul	27	02	03	04	05	06	07	08	40	41	42	43	44	45	46	47	48	49	50	51	52








Sun 11 Jun










Mon 12 Jun



Tue 13 Jun



Wed 14 Jun



Week 24

	Activity	Notes
Thu 15 Jun		
Fri 16 Jun		
Sat 17 Jun		

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilt cardio strength	fast	hydrate gut
Sun	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪

Sun	Mon	Tue	Wed	Thu	Fri	Sat
18	19	20	21	22	23	24
25	26	27	28	29	30	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Dream: _____

Why: _____

Goals:

Challenge: _____

Passion: _____

Why: _____

Goals: _____

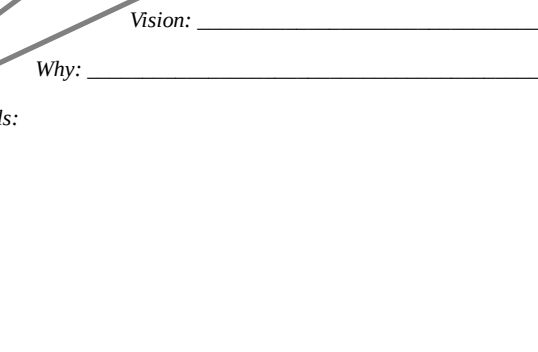
Challenge: _____

Desire: _____

Why: _____

Goals: _____

Challenge: _____

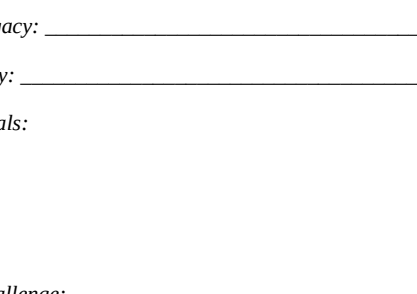


Vision: _____

Why: _____

Goals:

Challenge: _____

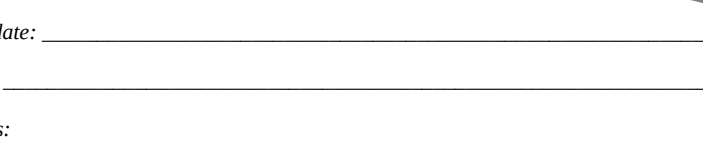


Legacy: _____

Why: _____

Goals:

Challenge: _____



Mandate: _____

Why: _____

Goals: _____

Challenge: _____

Hero Journey
this week:

previous week

The following Went Well:






I am Grateful For:

The following Can Improve:

I have learned:

2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jun	25	18	19	20	21	22	23	24
Jun	26	25	26	27	28	29	30	01
Jul	27	02	03	04	05	06	07	08
Jul	28	09	10	11	12	13	14	15

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Sun 18 Jun					
					
					
					
					
					

Activity	Percentage
Standing	10%
Walking	10%
Sitting	30%
Lying	10%
Eating	10%
Sleeping	20%

The diagram illustrates a vertical timeline for Tuesday, June 20th. The timeline is represented by a vertical line with horizontal dashed lines extending to the right. The timeline is divided into segments by icons: a person icon at the top, a heart icon, a leaf icon, a wrench icon, a house icon, a train icon, and a card icon at the bottom. The segments between the heart and leaf icons, and between the house and train icons, are shaded gray, indicating specific time slots or activities.

Wed 21 Jun

Time	Activity
12:00	Person icon
12:15	Heart icon
12:30	Plant icon
12:45	Wrench icon
1:00	House icon
1:15	Train icon
1:30	Card icon

Week 25

	Thu 22 Jun	Fri 23 Jun	Sat 24 Jun

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilt cardio strength	fast	hydrate gut
Sun	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

Dream: _____

Why: _____

Goals:

Challenge: _____

Passion: _____

Why: _____

Goals: _____

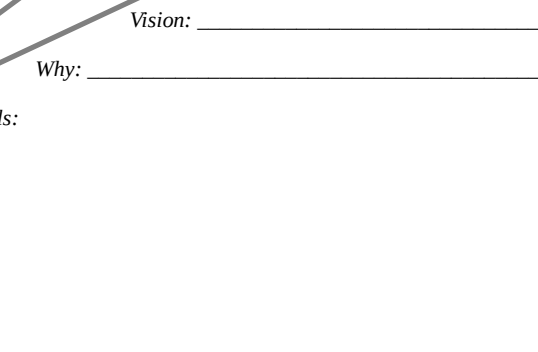
Challenge: _____

Desire: _____

Why: _____

Goals: _____

Challenge: _____

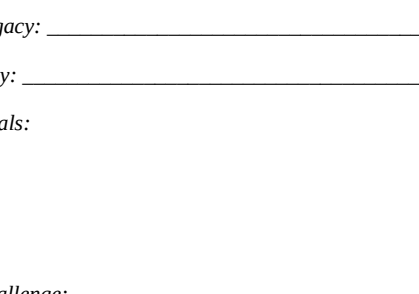


Vision: _____

Why: _____

Goals: _____

Challenge: _____



Legacy: _____

Why: _____

Goals:

Challenge: _____



Mandate: _____

Why: _____

Goals: _____

Challenge: _____

previous week

The following Went Well:

I am Grateful For:

The following Can Improve:

I have learned:

2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat	week 26												
Jun	26	25	26	27	28	29	30	01	1	2	3	4	5	6	7	8	9	10	11	12	13
Jul	27	02	03	04	05	06	07	08	14	15	16	17	18	19	20	21	22	23	24	25	26
Jul	28	09	10	11	12	13	14	15	27	28	29	30	31	32	33	34	35	36	37	38	39
Jul	29	16	17	18	19	20	21	22	40	41	42	43	44	45	46	47	48	49	50	51	52

Sun 25 Jun

Mon 26 Jun

Tue 27 Jun

Wed 28 Jun

Week 26

	Thu 29 Jun	Fri 30 Jun	Sat 01 Jul

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilt cardio strength	fast	hydrate gut
Sun	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	¡	≈ ≈ ≈ ₪

