

Life Diary

2023

Personal Detail:

Name: _____

Tel: _____

Email: _____

Address: _____

Next of Kin:

Name: _____

Tel: _____

Enterprise:

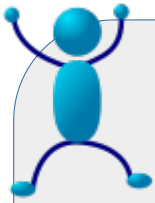
Occupation: _____

Company: _____

Tel: _____

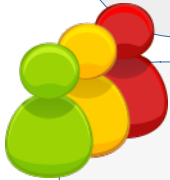
Email: _____

Life Vision & Dreams: Care, Share, Grow



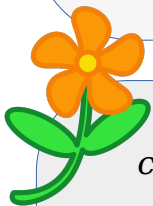
Dream for Self Care:
*sleep, eat, hydrate,
move, emotional*

Why:



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

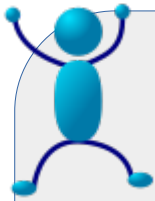
Why:



Desire for Growth:
creative, intellectual, skills

Why:

Quarterly Goals+Achievements: Care, Share, Grow



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

Success:



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

Success:



Goals for Growth:
creative, intellectual, skills

Success:

Life Vision & Dreams: Steward & Life Quality



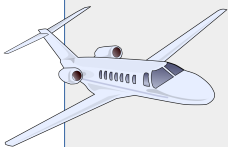
Steward Vision for:
Career

Why:



Steward Mandate for:
Owner, Entrepreneur, Money

Why:



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

Why:

Quarterly Goals+Achievements: Steward & Life Quality



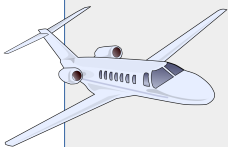
Steward Goals for:
Career

Success:



Steward Goals for:
Owner, Entrepreneur, Money

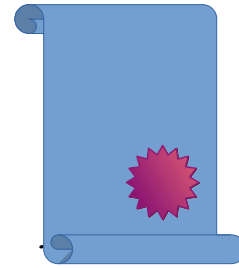
Success:



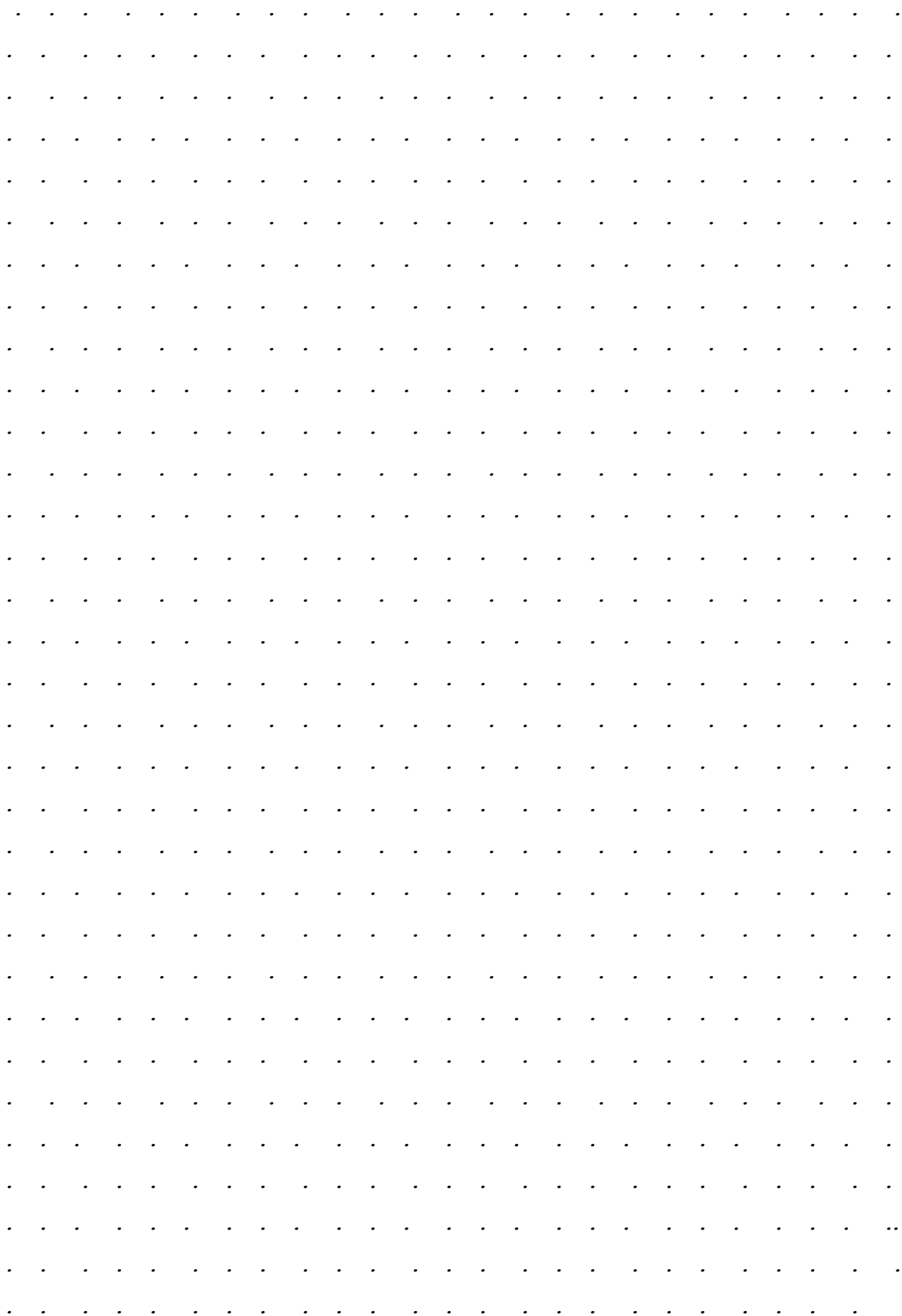
Goals for Quality of Life:
*Experiences,
Environments,
Contributions*

Success:

Possible Hero Journeys & Challenges:



A large grid of dotted lines for writing, consisting of 20 rows and 30 columns of dots.



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

FEAR: 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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.....

.....

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.

1 _____
2 _____
3 _____
4 _____
5 _____

1 _____
2 _____
3 _____
4 _____
5 _____

1 _____
2 _____
3 _____
4 _____
5 _____

1 _____
2 _____
3 _____
4 _____
5 _____

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):

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1 _____
2 _____
3 _____
4 _____
5 _____

1 _____
2 _____
3 _____
4 _____
5 _____

1 _____
2 _____
3 _____
4 _____
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1 _____
2 _____
3 _____
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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.

The diagram illustrates the Idea Blitz Method using concentric circles. At the center is a grey circle labeled "Vision / Dream / Mission / Mandate / Goal:". Surrounding this are seven white circles, each containing five horizontal lines for notes. These circles are arranged in a ring around the center. To the right of the diagram is a grey box labeled "Actions" containing three numbered sections (1), (2), and (3), each with five horizontal lines for writing down the best actions identified.

Inner Circle (What I want):

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

Middle Circle (How to):

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

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 _____
3 _____
4 _____
5 _____

1 _____
2 _____
3 _____
4 _____
5 _____

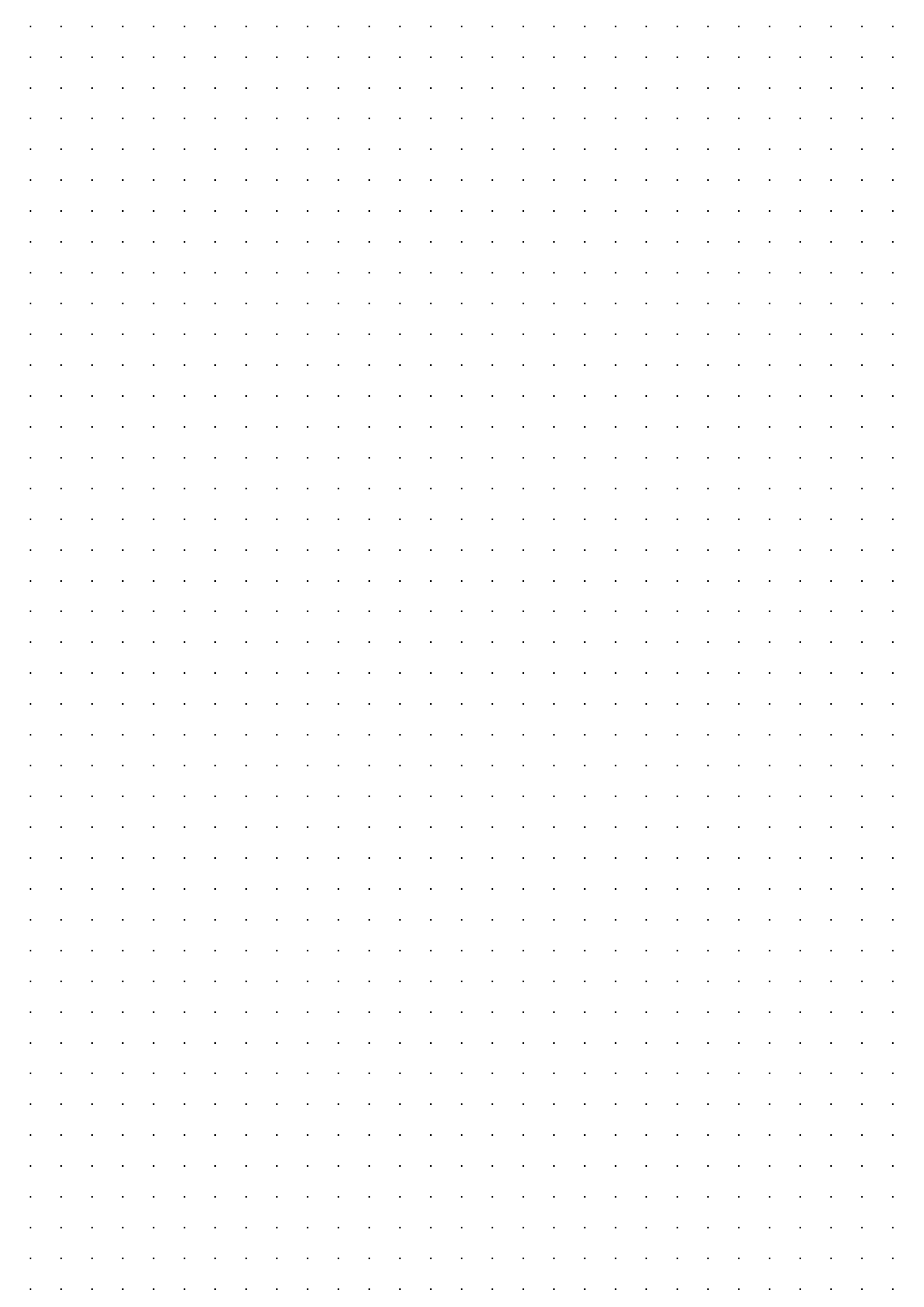
1 _____
2 _____
3 _____
4 _____
5 _____

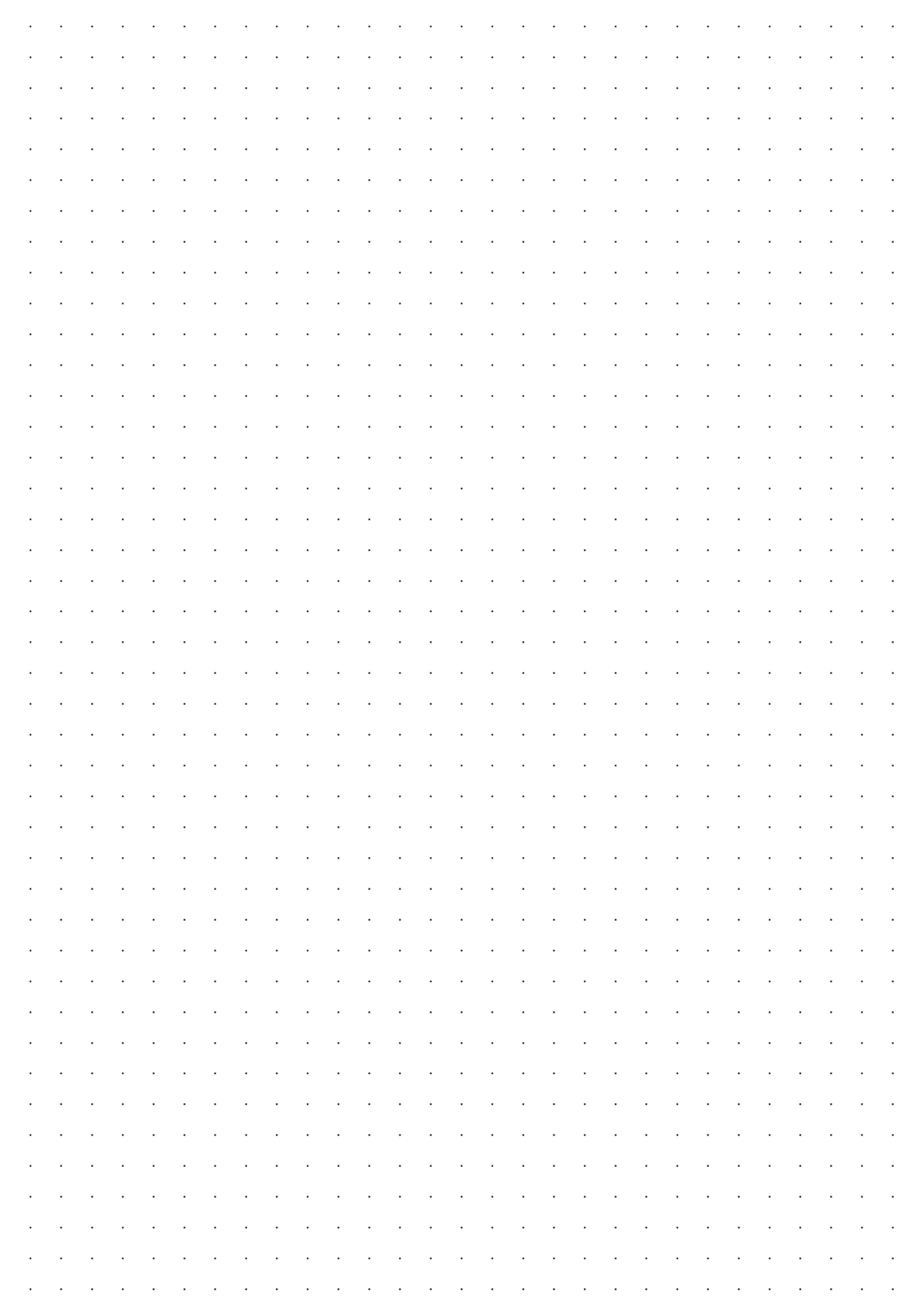
1 _____
2 _____
3 _____
4 _____
5 _____

1) _____
2) _____
3) _____

Actions

1) _____
2) _____
3) _____





	2023	Maart					
	SONDAG	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRYDAG	SATERDAG
9	26	27	28	01	02	03	04
10	05	06	07	08	09	10	
11	12	13	14	15	16	17	
12	19	20	21	22	23	24	
13	26	27	28	29	30	31	01
	02	03	Notas				

	2023	April					
	SONDAG	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRYDAG	SATERDAG
13	26	27	28	29	30	31	01
14	02	03	04	05	06	07	
15	09	10	11	12	13	14	
16	16	17	18	19	20	21	
17	23	24	25	26	27	28	29
	30	01	Notas				

	2023	Mei					
	SONDAG	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRYDAG	SATERDAG
18	30	01	02	03	04	05	06
19	07	08	09	10	11	12	
20	14	15	16	17	18	19	
21	21	22	23	24	25	26	
22	28	29	30	31	01	02	03
	04	05	Notas				

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: _____

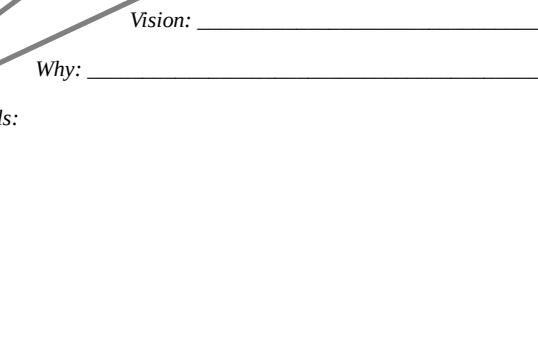
Challenge: _____

Desire: _____

Why: _____

Goals: _____

Challenge: _____



Vision: _____

Why: _____

Goals: _____

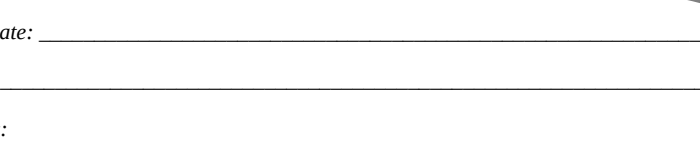
Challenge: _____

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:

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

Sun 02 Apr

care

share

grow

owner

live life

ACTIONS

Mon 03 Apr

care

share

grow

career

owner

live life

ACTIONS

Tue 04 Apr

care

share

grow

career

owner

live life

ACTIONS

Wed 05 Apr

care

share

grow

career

owner

live life

ACTIONS

Week 14

Thu 06 Apr

care

share

grow

career

owner

live life

ACTIONS

Fri 07 Apr

care

share

grow

career

owner

live life

ACTIONS

Sat 08 Apr

care

share

grow

career

owner

live life

ACTIONS

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilit cardio strength	fast	hydrate
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

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

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

Sun 09 Apr

care

share

grow

owner

live life

ACTIONS

Mon 10 Apr

care

share

grow

career

owner

live life

ACTIONS

Tue 11 Apr

care

share

grow

career

owner

live life

ACTIONS

Wed 12 Apr

care

share

grow

career

owner

live life

ACTIONS

Week 15

Thu 13 Apr

care

share

grow

career

owner

live life

ACTIONS

Fri 14 Apr

care

share

grow

career

owner

live life

ACTIONS

Sat 15 Apr

care

share

grow

career

owner

live life

ACTIONS

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilit cardio strength	fast	hydrate
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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
16	17	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

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: _____

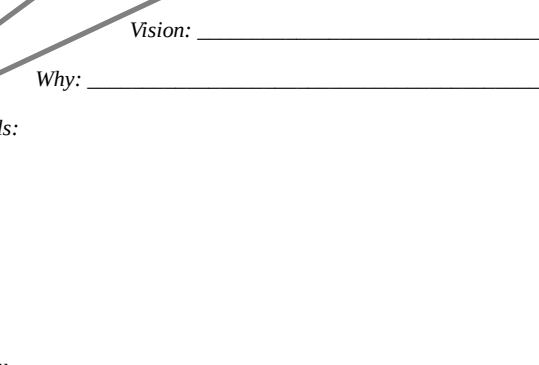
Challenge: _____

Desire: _____

Why: _____

Goals: _____

Challenge: _____

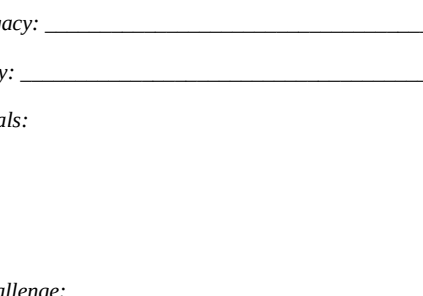


Vision: _____

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

Sun 16 Apr

care

share

grow

owner

live life

ACTIONS

Mon 17 Apr

care

share

grow

career

owner

live life

ACTIONS

Tue 18 Apr

care

share

grow

career

owner

live life

ACTIONS

Wed 19 Apr

care

share

grow

career

owner

live life

ACTIONS

Week 16

Thu 20 Apr

care

share

grow

career

owner

live life

ACTIONS

Fri 21 Apr

care

share

grow

career

owner

live life

ACTIONS

Sat 22 Apr

care

share

grow

career

owner

live life

ACTIONS

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilit cardio strength	fast	hydrate
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

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

Challenge: _____

Challenge: _____

Challenge: _____

Goals:

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

Sun 23 Apr

care

share

grow

owner

live life

ACTIONS

Mon 24 Apr

care

share

grow

career

owner

live life

ACTIONS

Tue 25 Apr

care

share

grow

career

owner

live life

ACTIONS

Wed 26 Apr

care

share

grow

career

owner

live life

ACTIONS

Week 17

Thu 27 Apr

care

share

grow

career

owner

live life

ACTIONS

Fri 28 Apr

care

share

grow

career

owner

live life

ACTIONS

Sat 29 Apr

care

share

grow

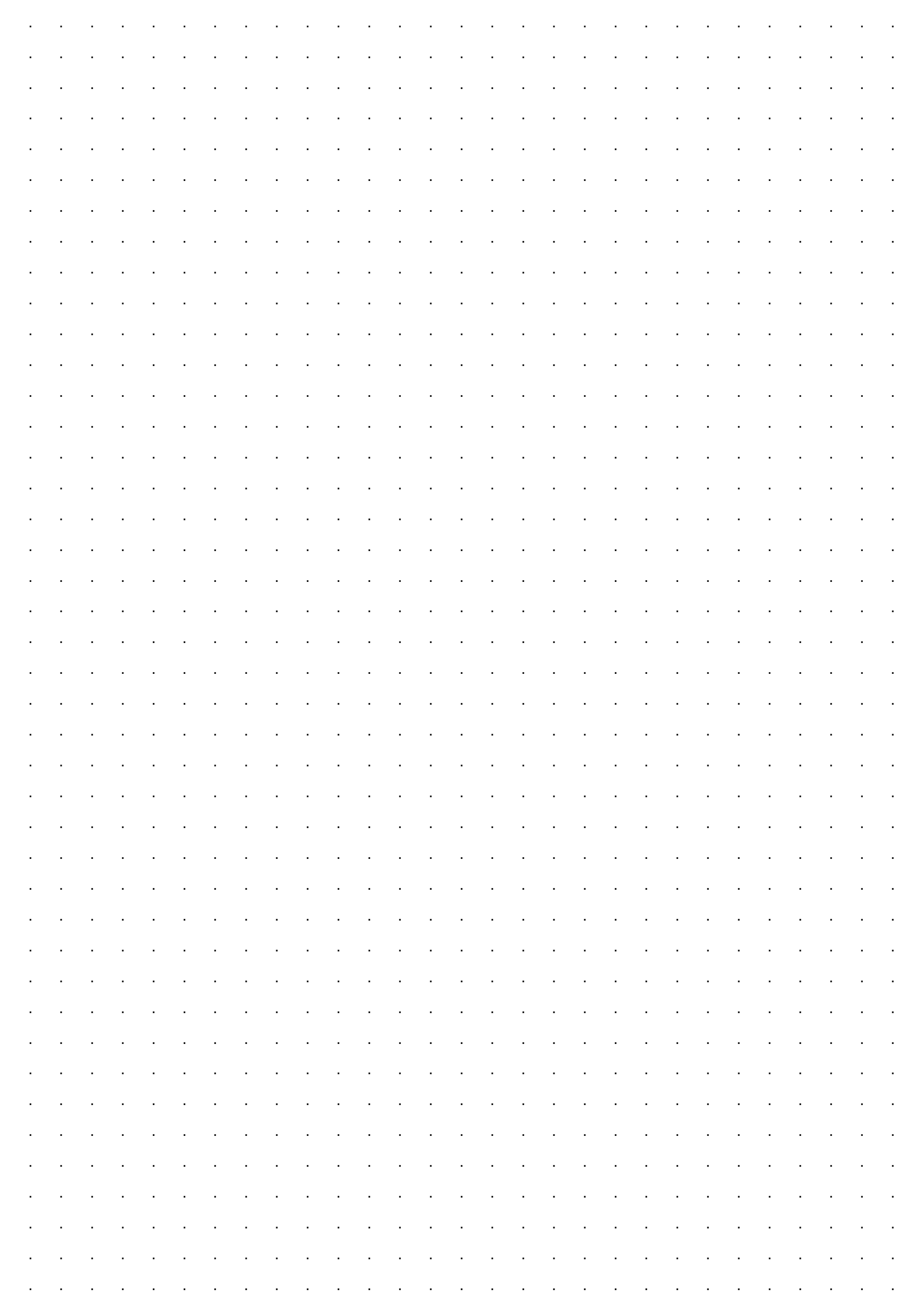
career

owner

live life

ACTIONS

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilit cardio strength	fast	hydrate
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	April					
	SONDAG	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRYDAG	SATERDAG
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	Notas				

	2023	Mei					
	SONDAG	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRYDAG	SATERDAG
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	Notas				

	2023	Junie					
	SONDAG	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRYDAG	SATERDAG
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	Notas				

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

week 18

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: _____

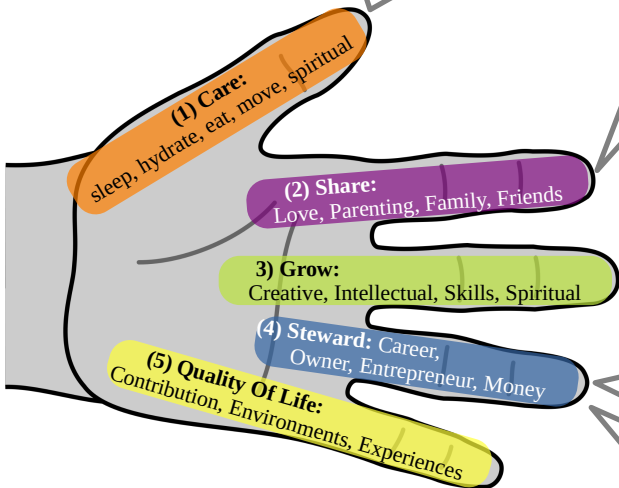
Challenge: _____

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	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

care

share

grow

owner

live life

ACTIONS

Mon 01 May

care

share

grow

career

owner

live life

ACTIONS

Tue 02 May

care

share

grow

career

owner

live life

ACTIONS

Wed 03 May

care

share

grow

career

owner

live life

ACTIONS

Week 18

Thu 04 May

care

share

grow

career

owner

live

life

ACTIONS

Fri 05 May

care

share

grow

career

owner

live

life

ACTIONS

Sat 06 May

care

share

grow

career

owner

live

life

ACTIONS

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilit cardio strength	fast	hydrate
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	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

Challenge: _____

Challenge: _____

Challenge: _____

Challenge: _____

Challenge: _____

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

Sun 07 May

care

share

grow

owner

live life

ACTIONS

Mon 08 May

care

share

grow

career

owner

live life

ACTIONS

Tue 09 May

care

share

grow

career

owner

live life

ACTIONS

Wed 10 May

care

share

grow

career

owner

live life

ACTIONS

Week 19

Thu 11 May

care

share

grow

career

owner

live life

ACTIONS

Fri 12 May

care

share

grow

career

owner

live life

ACTIONS

Sat 13 May

care

share

grow

career

owner

live life

ACTIONS

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilit cardio strength	fast	hydrate
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	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	week 20												
May	20	14	15	16	17	18	19	20	1	2	3	4	5	6	7	8	9	10	11	12	13
May	21	21	22	23	24	25	26	27	14	15	16	17	18	19	20	21	22	23	24	25	26
May	22	28	29	30	31	01	02	03	27	28	29	30	31	32	33	34	35	36	37	38	39
Jun	23	04	05	06	07	08	09	10	40	41	42	43	44	45	46	47	48	49	50	51	52

Sun 14 May

care

share

grow

owner

live life

ACTIONS

Mon 15 May

care

share

grow

career

owner

live life

ACTIONS

Tue 16 May

care

share

grow

career

owner

live life

ACTIONS

Wed 17 May

care

share

grow

career

owner

live life

ACTIONS

Week 20

Thu 18 May

care

share

grow

career

owner

live life

ACTIONS

Fri 19 May

care

share

grow

career

owner

live life

ACTIONS

Sat 20 May

care

share

grow

career

owner

live life

ACTIONS

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilit cardio strength	fast	hydrate
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		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: _____

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

Sun 21 May

care

share

grow

owner

live life

ACTIONS

Mon 22 May

care

share

grow

career

owner

live life

ACTIONS

Tue 23 May

care

share

grow

career

owner

live life

ACTIONS

Wed 24 May

care

share

grow

career

owner

live life

ACTIONS

Week 21

Thu 25 May

care

share

grow

career

owner

live life

ACTIONS

Fri 26 May

care

share

grow

career

owner

live life

ACTIONS

Sat 27 May

care

share

grow

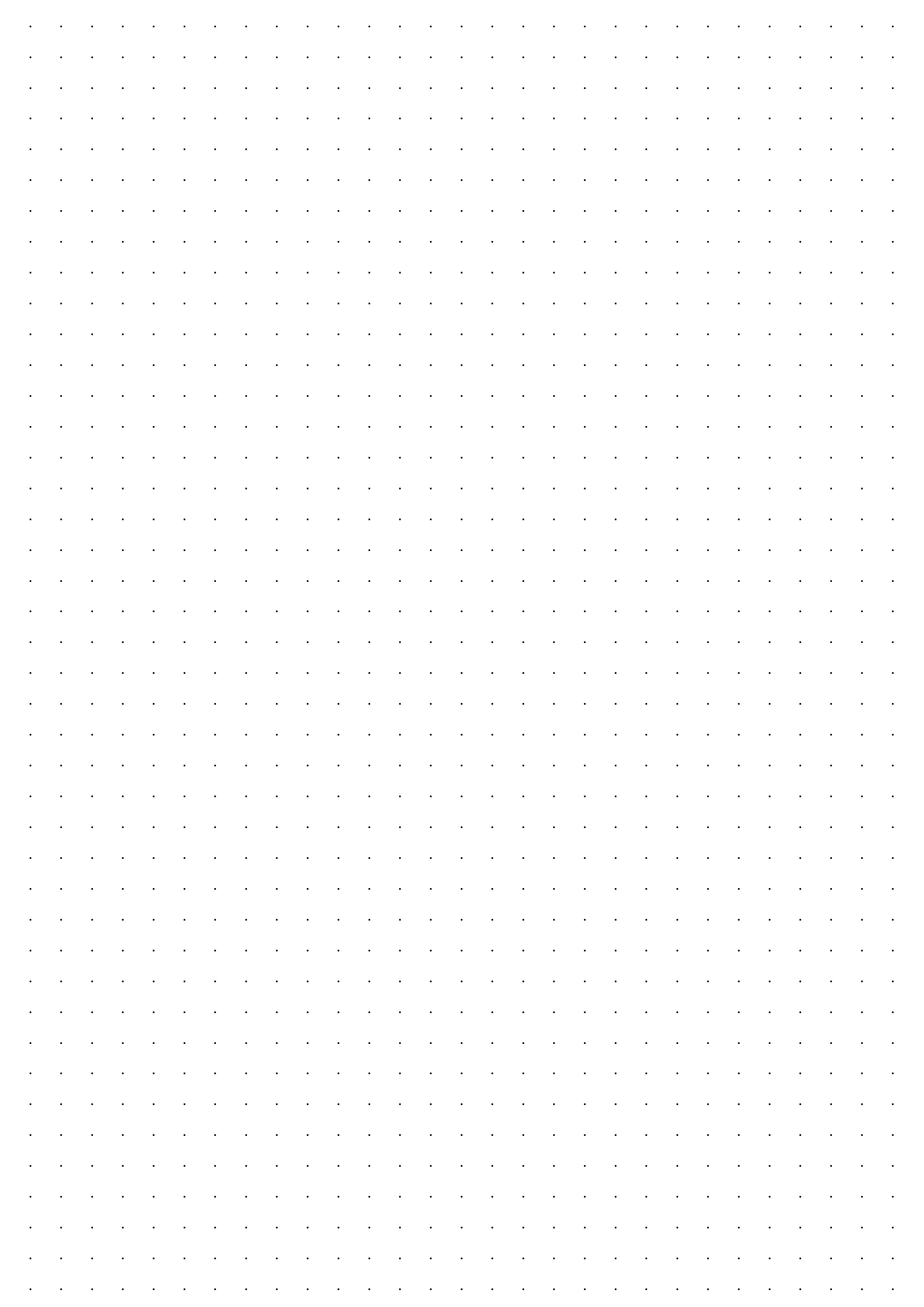
career

owner

live life

ACTIONS

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilit cardio strength	fast	hydrate
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	Mei					
	SONDAG	MAANDAG	DINSdag	WOENSDAG	DONDERDAG	VRYDAG	SATERDAG
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	Notas				

	2023	Junie					
	SONDAG	MAANDAG	DINSdag	WOENSDAG	DONDERDAG	VRYDAG	SATERDAG
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	Notas				

	2023	Julie					
	SONDAG	MAANDAG	DINSdag	WOENSDAG	DONDERDAG	VRYDAG	SATERDAG
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	Notas				

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

care

share

grow

owner

live life

ACTIONS

Mon 29 May

care

share

grow

career

owner

live life

ACTIONS

Tue 30 May

care

share

grow

career

owner

live life

ACTIONS

Wed 31 May

care

share

grow

career

owner

live life

ACTIONS

Thu 01 Jun

care

share

grow

career

owner

live life

ACTIONS

Fri 02 Jun

care

share

grow

career

owner

live life

ACTIONS

Sat 03 Jun

care

share

grow

career

owner

live life

ACTIONS

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilit cardio strength	fast	hydrate
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

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

(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

Reflection Questions:

- Top Left:** Dream: _____
Why: _____
Goals: _____
Challenge: _____
- Top Right:** Passion: _____
Why: _____
Goals: _____
Challenge: _____
- Middle Right:** Desire: _____
Why: _____
Goals: _____
Challenge: _____
- Bottom Right:** Vision: _____
Why: _____
Goals: _____
Challenge: _____
- Bottom Left:** Legacy: _____
Why: _____
Goals: _____
Challenge: _____
- Bottom Center:** 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 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

week 23

12345678910111213

14151617181920212223242526

27282930313233343536373839

40414243444546474849505152

Sun 04 Jun

care

share

grow

owner

live life

ACTIONS

Mon 05 Jun

care

share

grow

career

owner

live life

ACTIONS

Tue 06 Jun

care

share

grow

career

owner

live life

ACTIONS

Wed 07 Jun

care

share

grow

career

owner

live life

ACTIONS

Thu 08 Jun

care

share

grow

career

owner

live life

ACTIONS

Fri 09 Jun

care

share

grow

career

owner

live life

ACTIONS

Sat 10 Jun

care

share

grow

career

owner

live life

ACTIONS

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilt cardio strength	fast	hydrate
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

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: _____

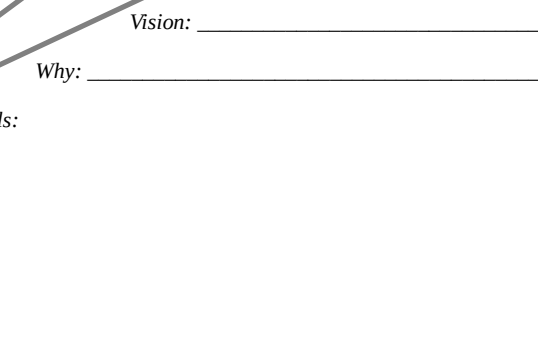
Challenge: _____

Desire: _____

Why: _____

Goals: _____

Challenge: _____

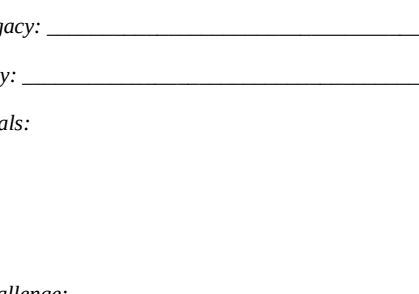


Vision: _____

Why: _____

Goals: _____

Challenge: _____




Legacy: _____

Why: _____

Goals:

Challenge: _____



Mandate: _____

Why: _____

Goals: _____

Challenge: _____

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 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
Jul 27	02	03	04	05	06	07	08

week 24

12345678910111213

14151617181920212223242526

27282930313233343536373839

40414243444546474849505152

Sun 11 Jun

care

share

grow

owner

live life

ACTIONS

Mon 12 Jun

care

share

grow

career

owner

live life

ACTIONS

Tue 13 Jun

care

share

grow

career

owner

live life

ACTIONS

Wed 14 Jun

care

share

grow

career

owner

live life

ACTIONS

Week 24

Thu 15 Jun

care

share

grow

career

owner

live life

ACTIONS

Fri 16 Jun

care

share

grow

career

owner

live life

ACTIONS

Sat 17 Jun

care

share

grow

career

owner

live life

ACTIONS

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilit cardio strength	fast	hydrate
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

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

(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

Box 1 (top left):
Dream: _____
Why: _____
Goals: _____
Challenge: _____

Box 2 (top right):
Passion: _____
Why: _____
Goals: _____
Challenge: _____

Box 3 (middle right):
Desire: _____
Why: _____
Goals: _____
Challenge: _____

Box 4 (bottom right):
Vision: _____
Why: _____
Goals: _____
Challenge: _____

Box 5 (bottom left):
Legacy: _____
Why: _____
Goals: _____
Challenge: _____

Box 6 (bottom right):
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

week 25

12345678910111213

14151617181920212223242526

27282930313233343536373839

40414243444546474849505152

Sun 18 Jun

care

share

grow

owner

live life

ACTIONS

Mon 19 Jun

care

share

grow

career

owner

live life

ACTIONS

Tue 20 Jun

care

share

grow

career

owner

live life

ACTIONS

Wed 21 Jun

care

share

grow

career

owner

live life

ACTIONS

Thu 22 Jun

care

share

grow

career

owner

live life

ACTIONS

Fri 23 Jun

care

share

grow

career

owner

live life

ACTIONS

Sat 24 Jun

care

share

grow

career

owner

live life

ACTIONS

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilit cardio strength	fast	hydrate
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

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

(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

Reflection Questions:

- Top Left:** Dream: _____
Why: _____
Goals: _____
Challenge: _____
- Top Right:** Passion: _____
Why: _____
Goals: _____
Challenge: _____
- Middle Right:** Desire: _____
Why: _____
Goals: _____
Challenge: _____
- Bottom Right:** Vision: _____
Why: _____
Goals: _____
Challenge: _____
- Bottom Left:** Legacy: _____
Why: _____
Goals: _____
Challenge: _____
- Bottom Center:** 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	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

care

share

grow

owner

live life

ACTIONS

Mon 26 Jun

care

share

grow

career

owner

live life

ACTIONS

Tue 27 Jun

care

share

grow

career

owner

live life

ACTIONS

Wed 28 Jun

care

share

grow

career

owner

live life

ACTIONS

Week 26

Thu 29 Jun

care

share

grow

career

owner

live life

ACTIONS

Fri 30 Jun

care

share

grow

career

owner

live life

ACTIONS

Sat 01 Jul

care

share

grow

career

owner

live life

ACTIONS

	sleep	wash suppl green	declare flex visual	breathe cold sun	spiritual growth relation	walk hilit cardio strength	fast	hydrate
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

