

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.

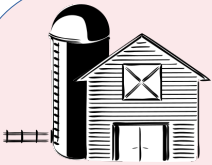


Success and Achievements in:
creativity, intellectual growth, skills growth.

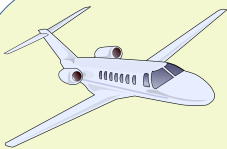
REVIEW



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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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:



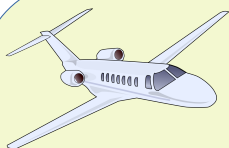
Steward Vision for:
Career.

Why?:



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

Why?:



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

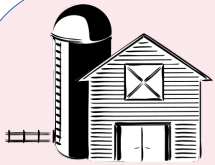
Why?:

Goals -> Actions:



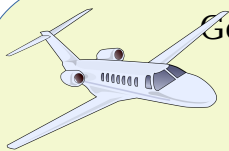
Steward Goals for:
Career.

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 _____

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4 _____
5 _____

1) _____
2) _____
3) _____

Actions

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Vision / Dream /
Mission / Mandate / Goal:

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1) _____
2) _____
3) _____

Actions

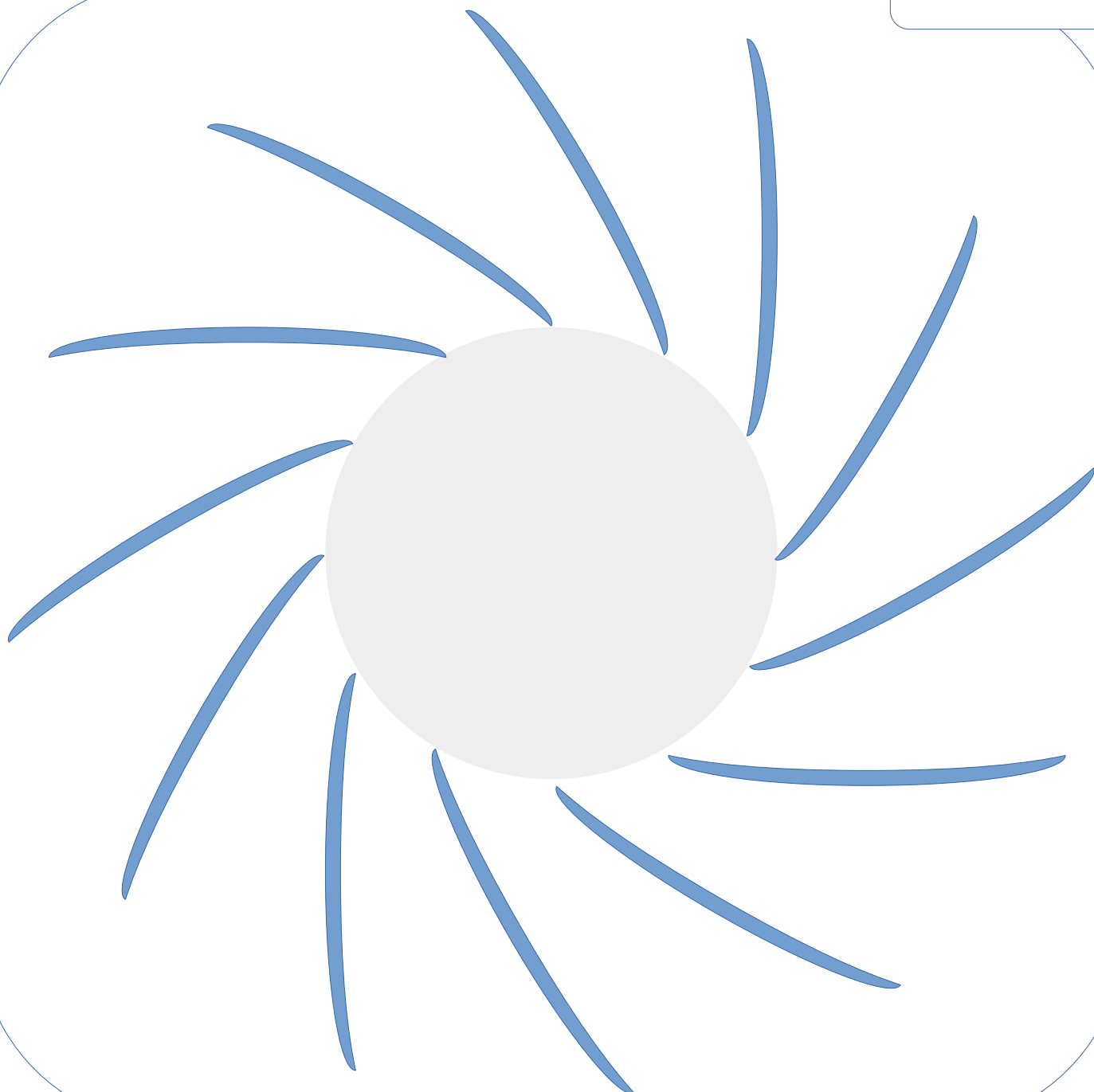
Negative Vibration Statement

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Positive Vibration Statement

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**Focus Wheel
For:**



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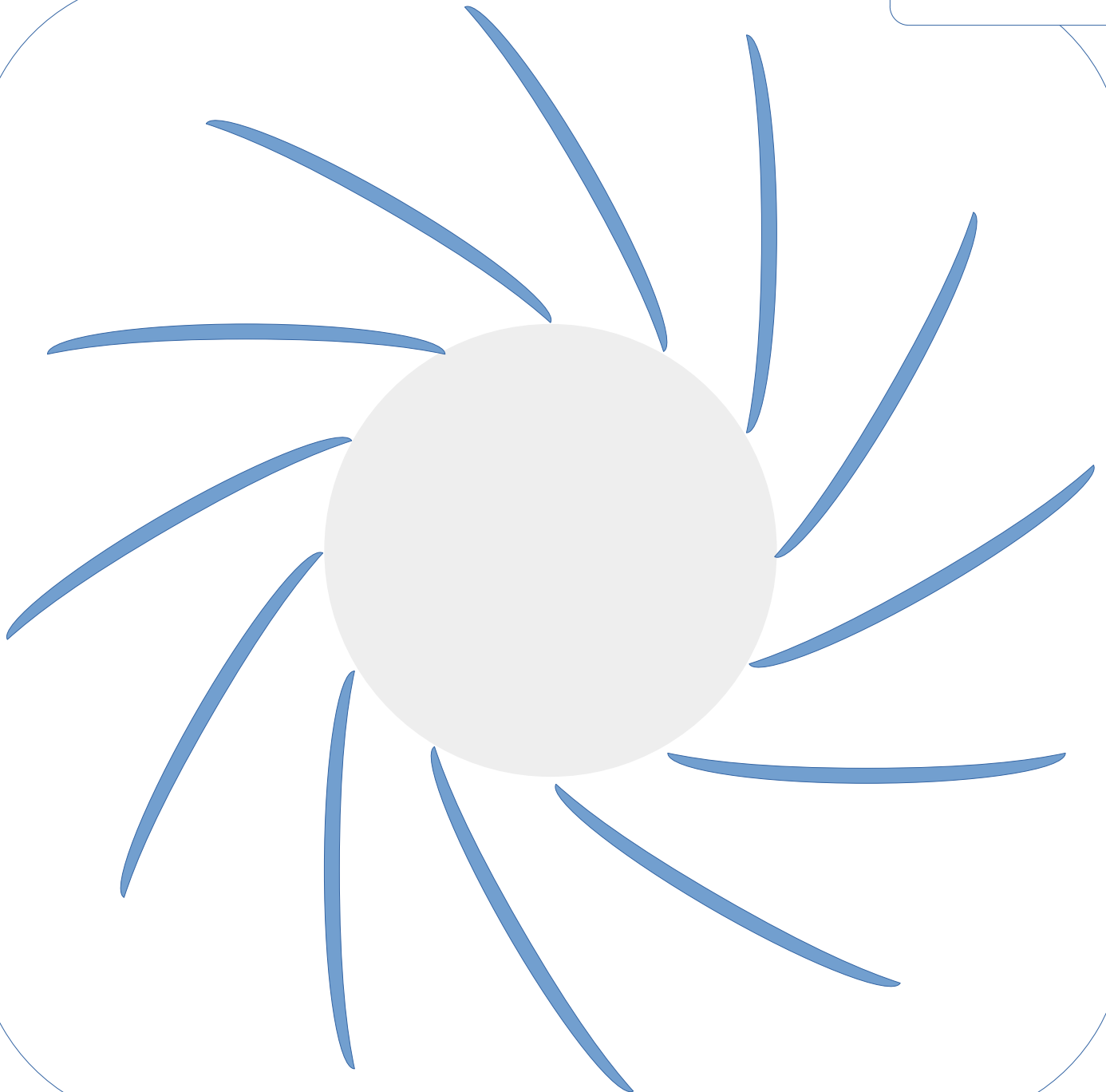
Negative Vibration Statement

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Positive Vibration Statement

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**Focus Wheel
For:**



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Negative Vibration Statement

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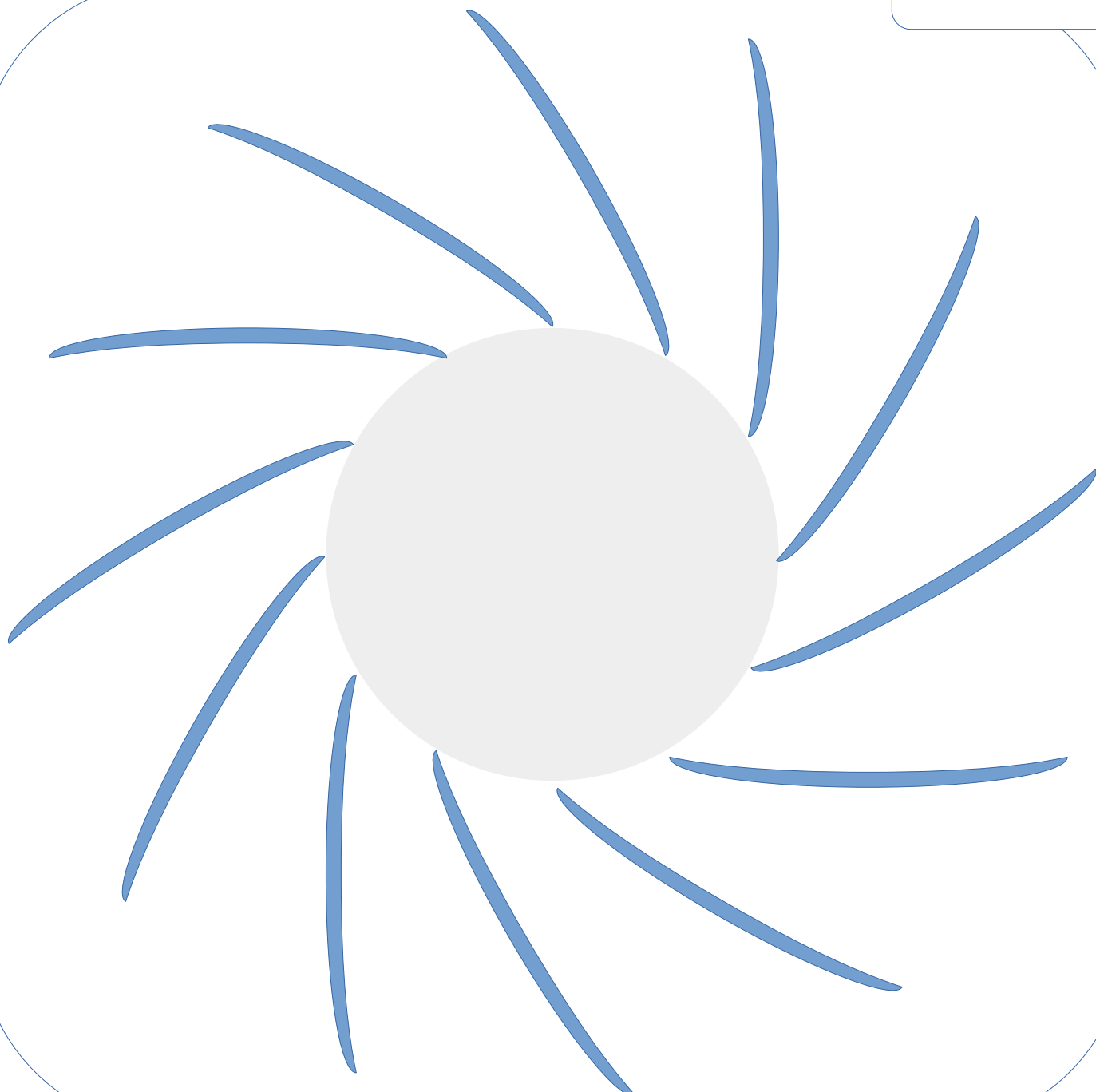
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Positive Vibration Statement

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**Focus Wheel
For:**



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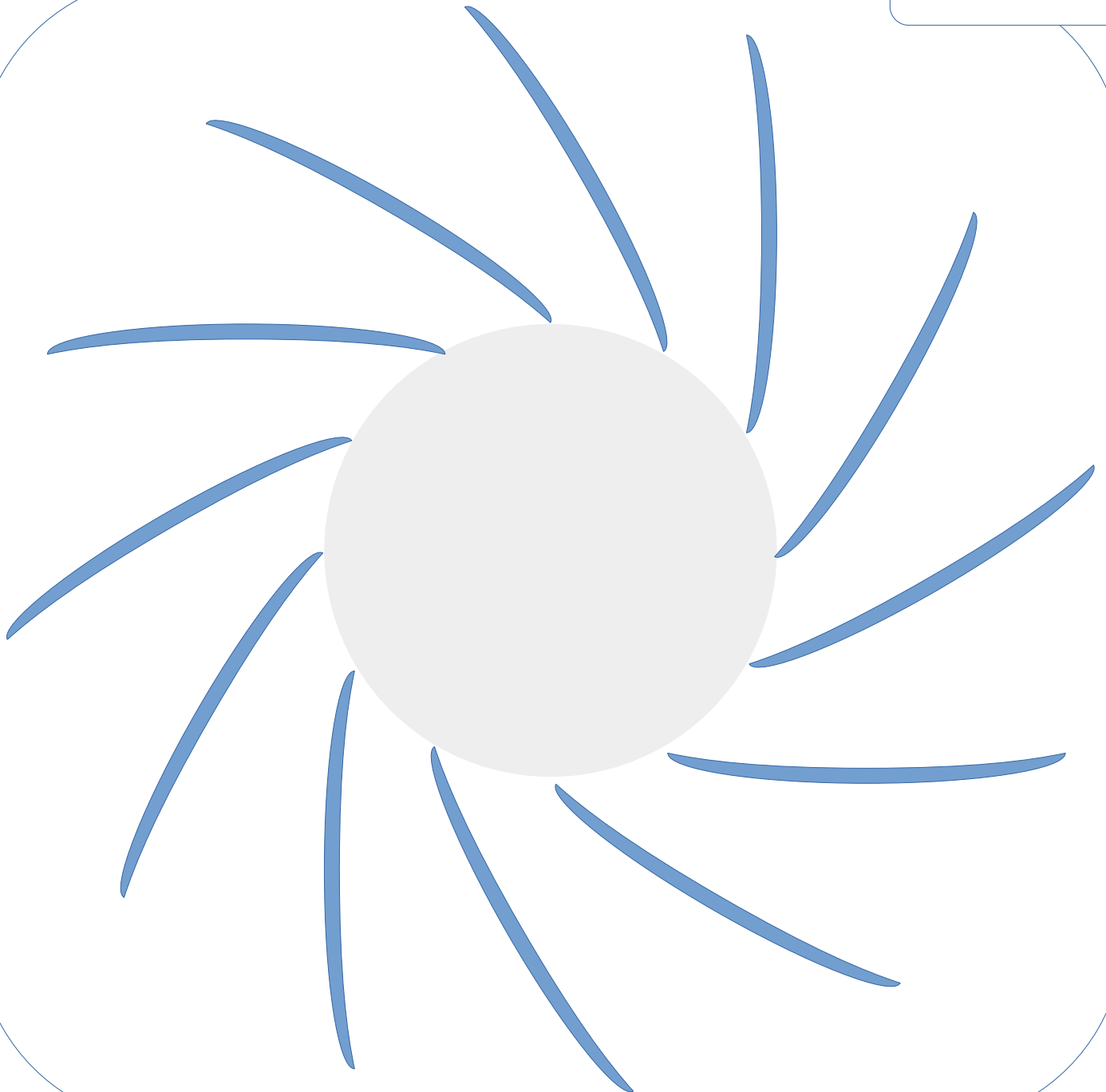
Negative Vibration Statement

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Positive Vibration Statement

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**Focus Wheel
For:**



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