

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

week 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

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: _____

(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

review

The following Went Well:

I am Grateful For:

I have learned:

The following Can Improve:

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

Sun 02 Jul



Mon 03 Jul



Tue 04 Jul



Wed 05 Jul



Week 27

Thu 06 Jul



Fri 07 Jul



Sat 08 Jul



Habit Tracker

	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	ǃ	≈ ≈ ≈ 𐤃
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ ‰ Δ	ǃ	≈ ≈ ≈ 𐤃
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ ‰ Δ	ǃ	≈ ≈ ≈ 𐤃
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ ‰ Δ	ǃ	≈ ≈ ≈ 𐤃
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ ‰ Δ	ǃ	≈ ≈ ≈ 𐤃
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ ‰ Δ	ǃ	≈ ≈ ≈ 𐤃
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ ‰ Δ	ǃ	≈ ≈ ≈ 𐤃

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

week 28

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: _____

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

(2) Share:
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Creative, Intellectual, Skills, Spiritual

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

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

review

The following Went Well:

I am Grateful For:

I have learned:

The following Can Improve:

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

Sun 09 Jul













Mon 10 Jul















Tue 11 Jul















Wed 12 Jul















Week 28

Thu 13 Jul



Fri 14 Jul



Sat 15 Jul



Habit Tracker

	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	ǰ	≈ ≈ ≈ ٱ
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ ‰ Δ	ǰ	≈ ≈ ≈ ٱ
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ ‰ Δ	ǰ	≈ ≈ ≈ ٱ
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ ‰ Δ	ǰ	≈ ≈ ≈ ٱ
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ ‰ Δ	ǰ	≈ ≈ ≈ ٱ
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ ‰ Δ	ǰ	≈ ≈ ≈ ٱ
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ ‰ Δ	ǰ	≈ ≈ ≈ ٱ

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

week 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: _____

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

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Love, Parenting, Family, Friends

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Creative, Intellectual, Skills, Spiritual

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

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

review

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I have learned:

The following Can Improve:

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

week 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

Sun 16 Jul













Mon 17 Jul















Tue 18 Jul















Wed 19 Jul











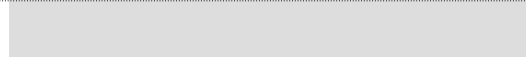




Week 29

Activity	Percentage
Sleeping	33%
Eating	10%
Working	10%
Studying	10%
Watching TV	10%
Being in a relationship	10%

Activity	Time	Notes
Wake up	6:00 AM	
Breakfast	7:00 AM	
Commute	8:00 AM	
Work	9:00 AM - 5:00 PM	
Dinner	6:00 PM	
Exercise	7:00 PM	
Bedtime	10:00 PM	

Sat 22 Jul	
	
	
	 
	
	
	 
	

Habit Tracker								
	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	İ	≈ ≈ ≈ پ
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ

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

week 30

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:

(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

review

The following Went Well:

I am Grateful For:

I have learned:

The following Can Improve:

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

Sun 23 Jul



Mon 24 Jul



Tue 25 Jul



Wed 26 Jul

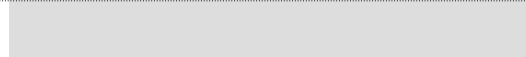


Week 30

Thu 27 Jul

Time	Activity
00:00	Sleeping
01:00	Sleeping
02:00	Sleeping
03:00	Sleeping
04:00	Sleeping
05:00	Waking up
06:00	Morning routine
07:00	Breakfast
08:00	Commute
09:00	Work
10:00	Work
11:00	Work
12:00	Lunch
13:00	Afternoon routine
14:00	Work
15:00	Work
16:00	Work
17:00	Evening routine
18:00	Dinner
19:00	Relaxing
20:00	TV show
21:00	Reading
22:00	Sleeping
23:00	Sleeping

Activity	Percentage
Sleeping	33%
Eating	10%
Working	10%
Studying	10%
Watching TV	10%
Being in a relationship	10%

Sat 29 Jul	
	
	
	 
	
	
	 
	

Habit Tracker								
	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	İ	≈ ≈ ≈ پ
Mon	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Tue	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Wed	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Thu	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Fri	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Sat	4.5.6.7.8	§ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ

