

	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					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	01	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

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: _____

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

Challenge: _____

review

The following Went Well:

I am Grateful For:

I have learned:

The following Can Improve:

2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat
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
Aug	34	20	21	22	23	24	25	26

week 31

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 30 Jul



Mon 31 Jul



Tue 01 Aug



Wed 02 Aug



Week 31

Thu 03 Aug



Fri 04 Aug



Sat 05 Aug



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	31	01	02

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: _____

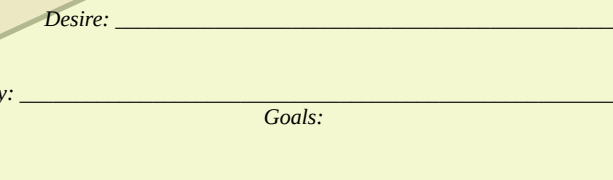
Challenge: _____

Passion: _____

Why: _____

Goals: _____

Challenge: _____

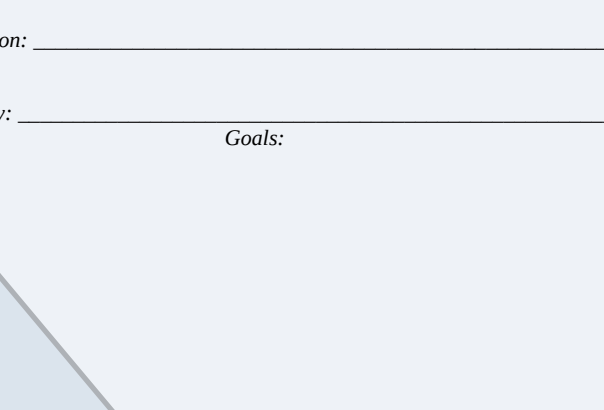


Desire: _____

Why: _____

Goals: _____

Challenge: _____



Vision: _____

Why: _____

Goals:

Challenge: _____

Legacy: _____

Why: _____

Goals:

Challenge: _____

Mandate: _____

Why: _____ *Goals:* _____

Challenge: _____

Hero Journey:

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

Sun 06 Aug



Mon 07 Aug



Tue 08 Aug



Wed 09 Aug

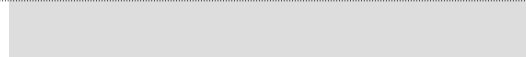


Week 32

Thu 10 Aug

Time	Activity
00:00	Person icon
01:00	Heart icon
02:00	Plant icon
03:00	Wrench icon
04:00	House icon
05:00	Train icon
06:00	Card icon

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

Sat 12 Aug	
	
	
	 
	
	
	 
	

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

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

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: _____

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

Challenge: _____

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

Sun 13 Aug



Mon 14 Aug



Tue 15 Aug



Wed 16 Aug

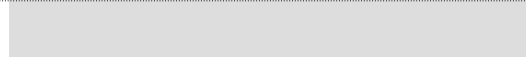


Week 33

Thu 17 Aug

Activity	Percentage
Sleeping	33%
Eating	10%
Working	10%
Studying	10%
Communing	10%
Exercising	10%
Free time	17%

Activity	Percentage
Sleeping	33%
Eating	10%
Working	10%
Studying	10%
Exercising	10%
Free time	27%

Sat 19 Aug	
	
	
	 
	
	
	 
	

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
Aug	34	20	21	22	23	24	25	26
Aug	35	27	28	29	30	31	01	02
Sep	36	03	04	05	06	07	08	09
Sep	37	10	11	12	13	14	15	16

week 34

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

Sun 20 Aug

Mon 21 Aug

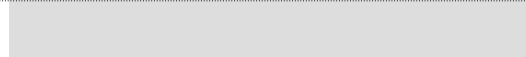
Tue 22 Aug

Wed 23 Aug

Week 34

Activity	Percentage
Sleeping	33%
Eating	10%
Working	10%
Studying	10%
Communing	10%
Exercising	10%
Free time	17%

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

Sat 26 Aug	
	
	
	 
	
	
	 
	

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	᠑ P ϕ	d e y	Ŵ Ć ☼	† g ♥ ∞	ω Θ % Δ	ǃ	≈ ≈ ≈ ٱ
Mon	4.5.6.7.8	᠑ P ϕ	d e y	Ŵ Ć ☼	† g ♥ ∞	ω Θ % Δ	ǃ	≈ ≈ ≈ ٱ
Tue	4.5.6.7.8	᠑ P ϕ	d e y	Ŵ Ć ☼	† g ♥ ∞	ω Θ % Δ	ǃ	≈ ≈ ≈ ٱ
Wed	4.5.6.7.8	᠑ P ϕ	d e y	Ŵ Ć ☼	† g ♥ ∞	ω Θ % Δ	ǃ	≈ ≈ ≈ ٱ
Thu	4.5.6.7.8	᠑ P ϕ	d e y	Ŵ Ć ☼	† g ♥ ∞	ω Θ % Δ	ǃ	≈ ≈ ≈ ٱ
Fri	4.5.6.7.8	᠑ P ϕ	d e y	Ŵ Ć ☼	† g ♥ ∞	ω Θ % Δ	ǃ	≈ ≈ ≈ ٱ
Sat	4.5.6.7.8	᠑ P ϕ	d e y	Ŵ Ć ☼	† g ♥ ∞	ω Θ % Δ	ǃ	≈ ≈ ≈ ٱ

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

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: _____

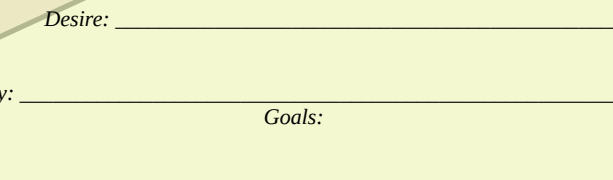
Challenge: _____

Passion: _____

Why: _____

Goals: _____

Challenge: _____

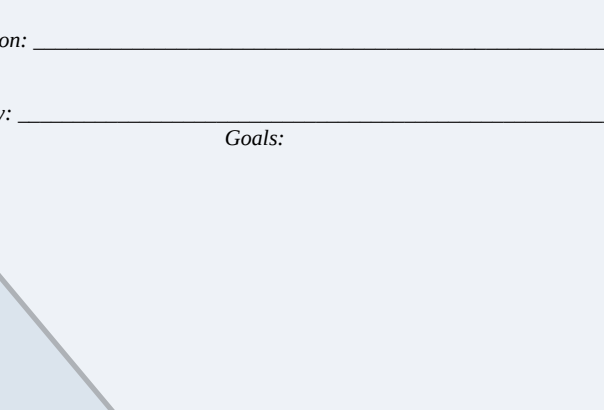


Desire: _____

Why: _____

Goals: _____

Challenge: _____



Vision: _____

Why: _____

Goals:

Challenge: _____

Mandate: _____

Why: _____

Goals: _____

Challenge: _____

sleep, hydration

(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

Legacy: _____

Why: _____

Goals: _____

Challenge: _____

Hero Journey:

review

The following Went Well:

I am Grateful For:

I have learned:

The following Can Improve:

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

week 35

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 27 Aug













Mon 28 Aug















Tue 29 Aug















Wed 30 Aug















Week 35

Thu 31 Aug



Fri 01 Sep



Sat 02 Sep



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

