

	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		Sun	Mon	Tue	Wed	Thu	Fri	Sat
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
Sep	39	24	25	26	27	28	29	30

week 36

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: _____

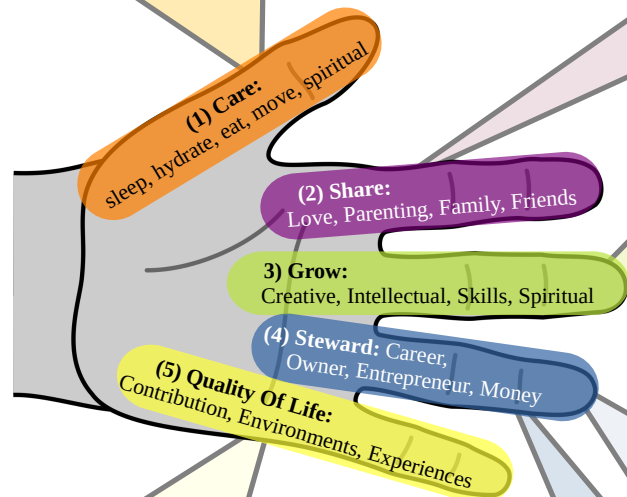
Hero Journey:

Mandate: _____

Why: _____

Goals: _____

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
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
Sep	39	24	25	26	27	28	29	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

Sun 03 Sep	
	
	
	
	
	
	

Activity	Percentage
Sleeping	33%
Eating	10%
Working	10%
Studying	10%
Relaxing	10%
Communing	3%

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

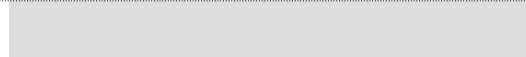
Activity	Percentage
Sleeping	33%
Eating	10%
Working	10%
Studying	10%
Communing	10%
Exercising	10%
Being idle	17%

Week 36

Thu 07 Sep

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

Activity	Percentage
Sleeping	33%
Eating	15%
Working	15%
Studying	10%
Exercising	10%
Watching TV	17%

Sat 09 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	᠑ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Mon	4.5.6.7.8	᠑ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Tue	4.5.6.7.8	᠑ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Wed	4.5.6.7.8	᠑ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Thu	4.5.6.7.8	᠑ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Fri	4.5.6.7.8	᠑ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ
Sat	4.5.6.7.8	᠑ P ϕ	d e y	Ŵ Č ☼	† g ♥ ∞	ω Θ % Δ	İ	≈ ≈ ≈ پ

2023		Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sep	37	10	11	12	13	14	15	16
Sep	38	17	18	19	20	21	22	23
Sep	39	24	25	26	27	28	29	30
Oct	40	01	02	03	04	05	06	07

week 37

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: _____

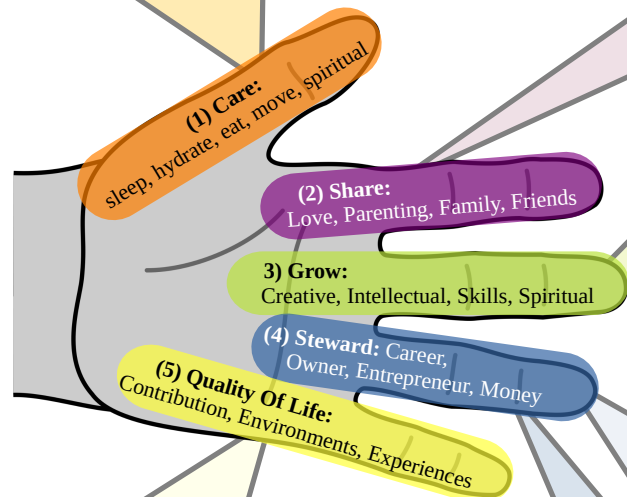
Mandate: _____

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

Sun 10 Sep



Mon 11 Sep



Tue 12 Sep



Wed 13 Sep



Week 37

Thu 14 Sep



Fri 15 Sep



Sat 16 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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	14

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: _____

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

Sun 17 Sep



Mon 18 Sep



Tue 19 Sep



Wed 20 Sep

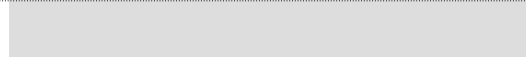


Week 38

Thu 21 Sep

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 a relationship	10%

Sat 23 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	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
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	21

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

Sun 24 Sep



Mon 25 Sep



Tue 26 Sep



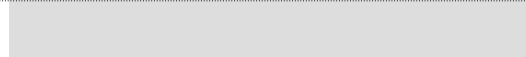
Wed 27 Sep



Week 39

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 a relationship	10%

Sat 30 Sep	
	
	
	 
	
	
	 
	

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

