



Personal:

Name: _____

Tel: _____

Email: _____

Address: _____

Next of Kin:

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Enterprise:

Occupation: _____

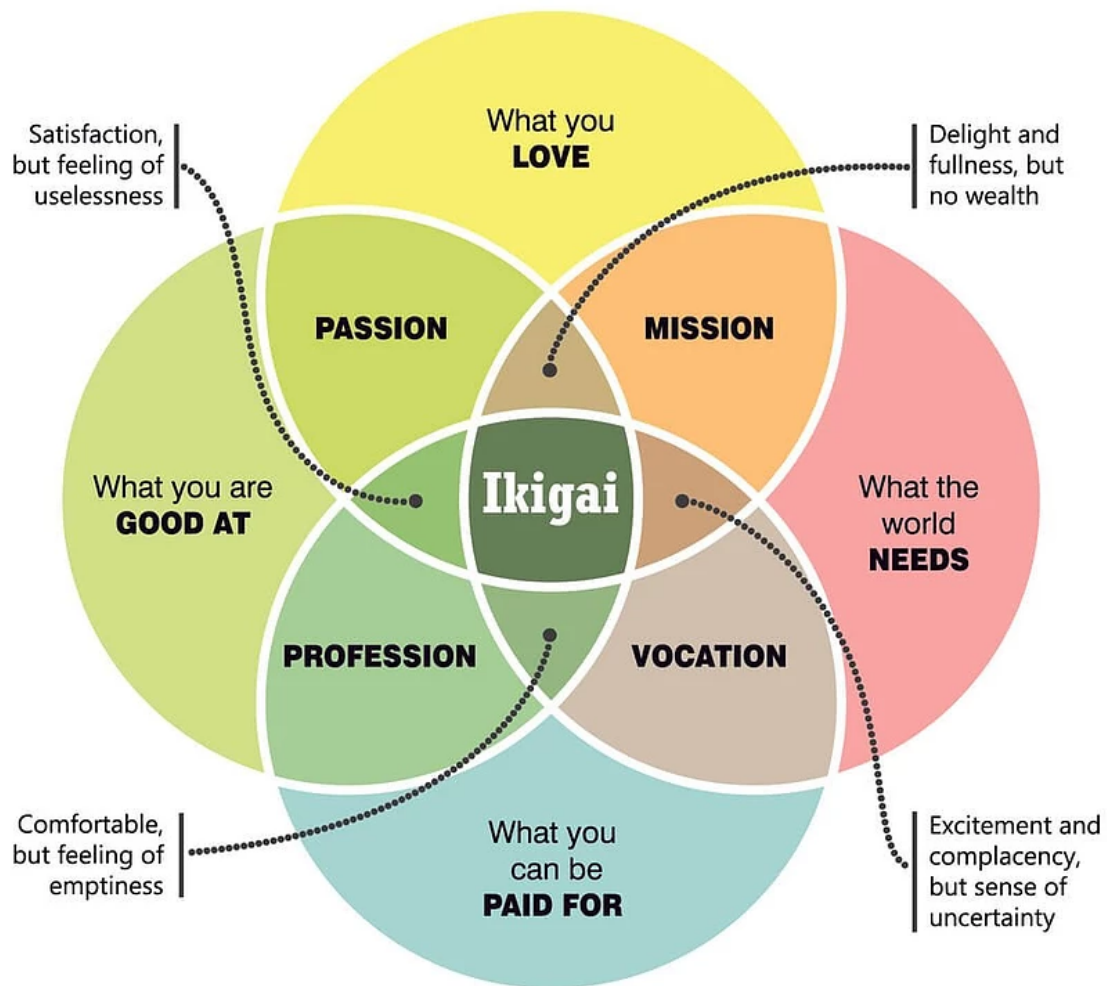
Company: _____

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Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



1. **Ikigai:** (having a purpose in life)
 - 1) Do what you love
 - 2) Do what you are good at
 - 3) Do what the world needs
 - 4) Do what you can be paid for
2. **Kaizen:** Small improvements: 1% better every day.
3. **Shoshin:** Approach things with a "beginners mindset" (open to learn.)
4. **Hara Hachi Bu:** Stop eating when you are 80% full.
5. **Shinrin-yoku:** (Forest Bath) ... spend more time in nature.
6. **Wabi-sabi:** find beauty in imperfection.
7. **Çanbaru:** be patient and do the best possible.

Dr Ken Hudson's Idea Blitz Method (IdeaBlitz.com):

Inner Circle = **what I want.**

Middle Circle = **how to.** (7 ideas in 90 sec.)

Passion **rank** the middle circle 1 to 7.

Outer Circle: **Improve** nrs 1-3. (5 ideas in 1 min.)

Identify the 3 best **actions** from the ideas.

Vision / Dream /
Mission / Mandate / Goal:

Actions

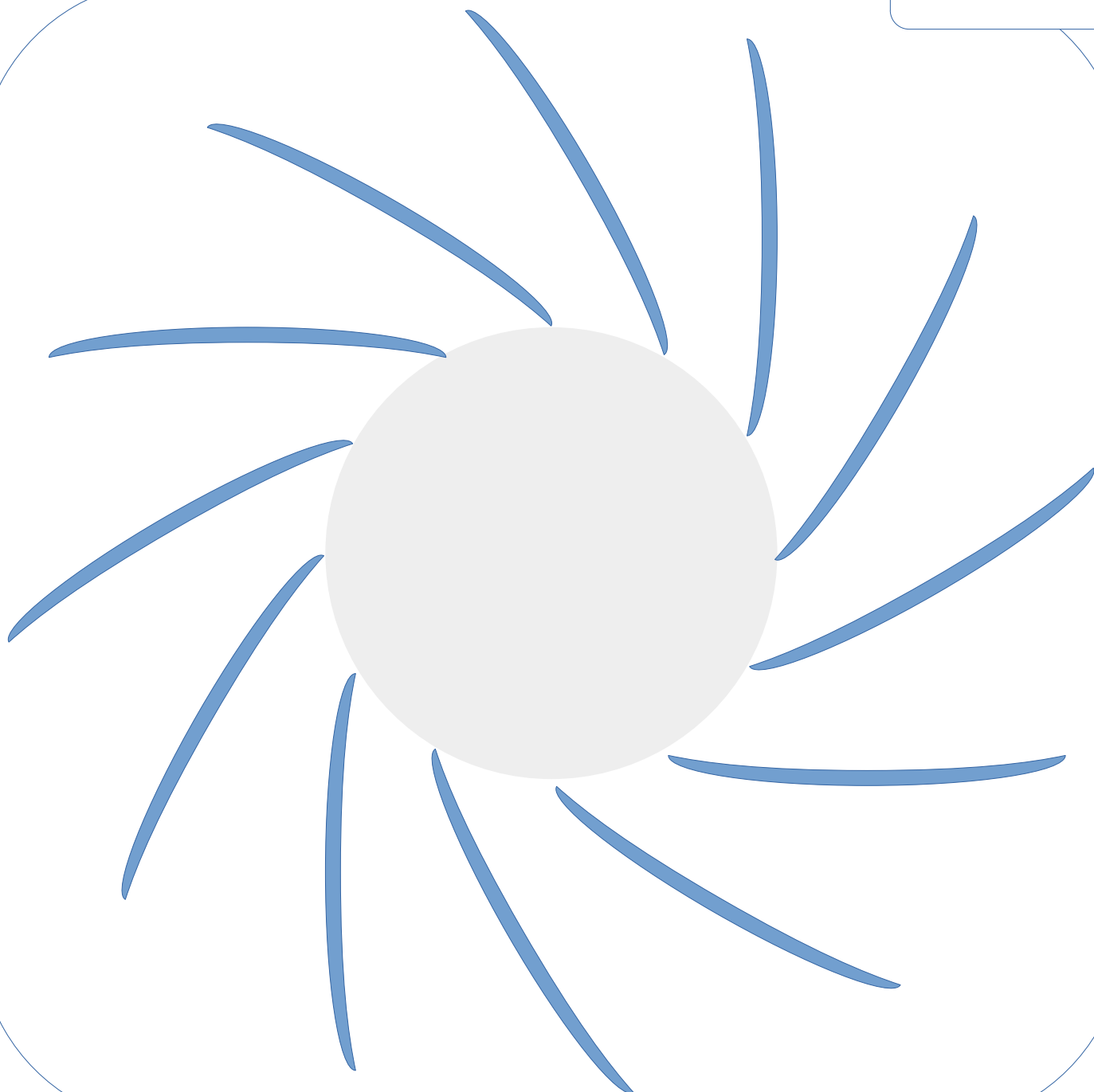
Negative Vibration Statement

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Positive Vibration Statement

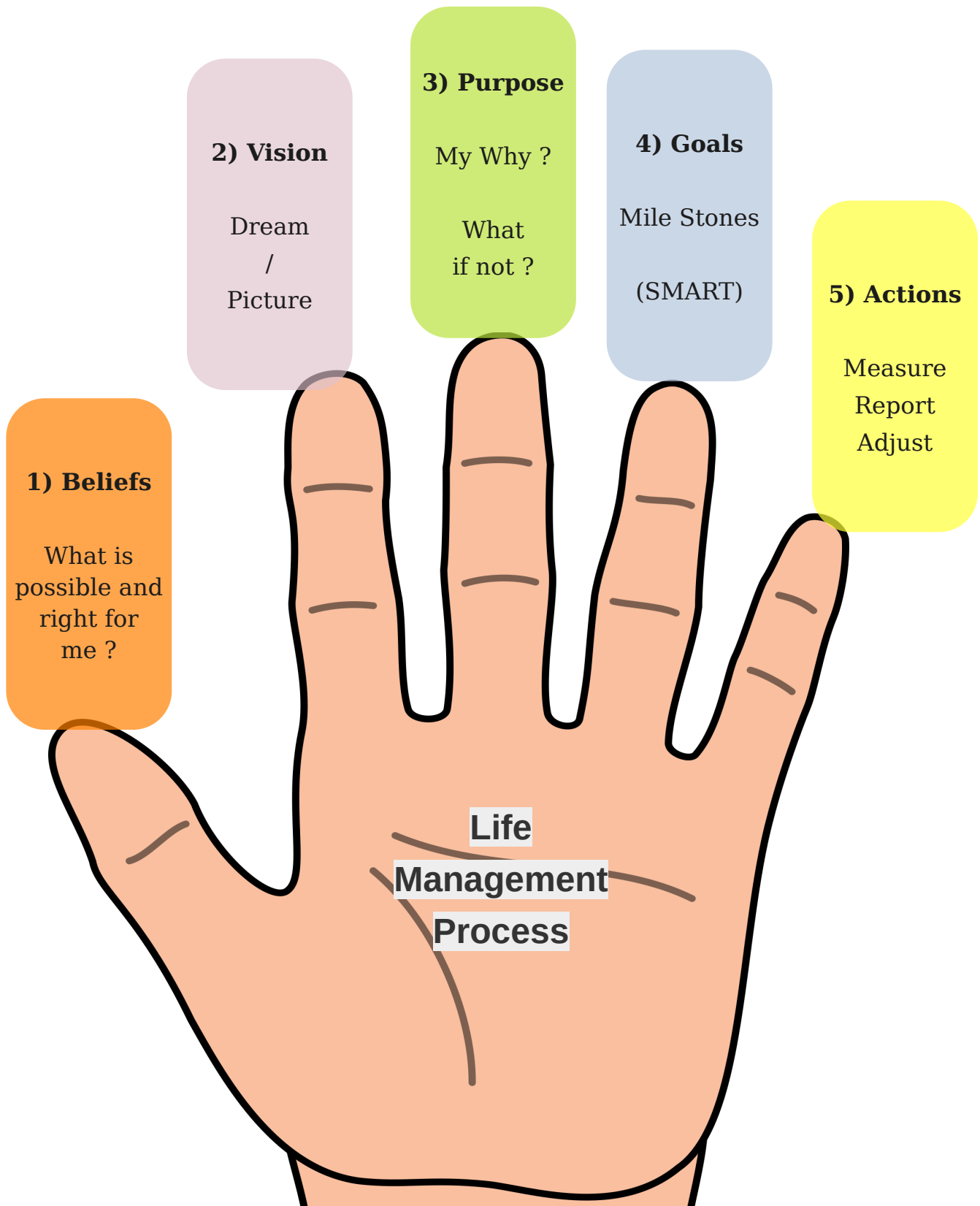
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Focus Wheel
For:



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Goal Design



1) What do I Believe is Possible & Right for ME ?

(what Journeys do I want to embark on,
and what do I want to Challenge myself with) regarding my:

1) Self Care (sleep, eat, hydrate, move, emotional, spiritual)

2) Relationships (spouse, family, friends, parenting)

3) Growth (creativity, intellectuality & skills)

4a) Career

4b) Stewardship (being an owner, an entrepreneur & my relationship with money)

5) Quality of life (experiences I want to have, environments I create & contributions I make)

REVIEW of Success and Achievements (LifeDiary.co.za)

1) Self Care:

sleep, eat, hydrate, move, emotional, spiritual.



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2) Sharing:

spouse, family, mentor, friends, parenting.



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3) Growth:

creative, intellectual, skills.



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4a) Career:



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5) Quality of Life & Legacy:

Experiences, Environments, Contributions.



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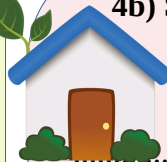
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4b) Steward: Owner, Entrepreneur, Money



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Goal Design: 2) What do I **WANT?** (*Vision/Dream*)->
4) What is my **Route / Strategy** (*Goals*)->

3) **Purpose** (*Why is this important?*)->
5) What must I **DO?** (*weekly Actions*)

1) Self Care



Vision

Why

Goals

.....
plan actions on week page

2) Share



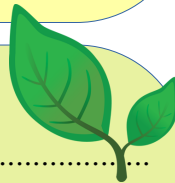
Vision

Why

Goals

.....
plan actions on week page

3) Grow



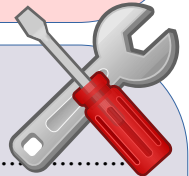
Vision

Why

Goals

.....
plan actions on week page

4a) Career



Vision

Why

Goals

.....
plan actions on week page

5) Experiences, Environments, Contributions



Vision

Why

Goals

.....
plan actions on week page

4b) Owner, Entrep, Money



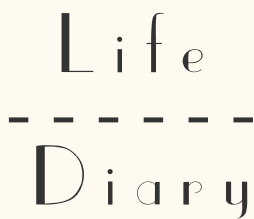
Vision

Why

Goals

.....
plan actions on week page

Journal page with horizontal lines for writing.



This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

week 40
 week 41
 week 42
 week 43
 week 44

	Deliverables	
What Went Well		What can improve
I Learnt	Grateful 4	

2024

week 41

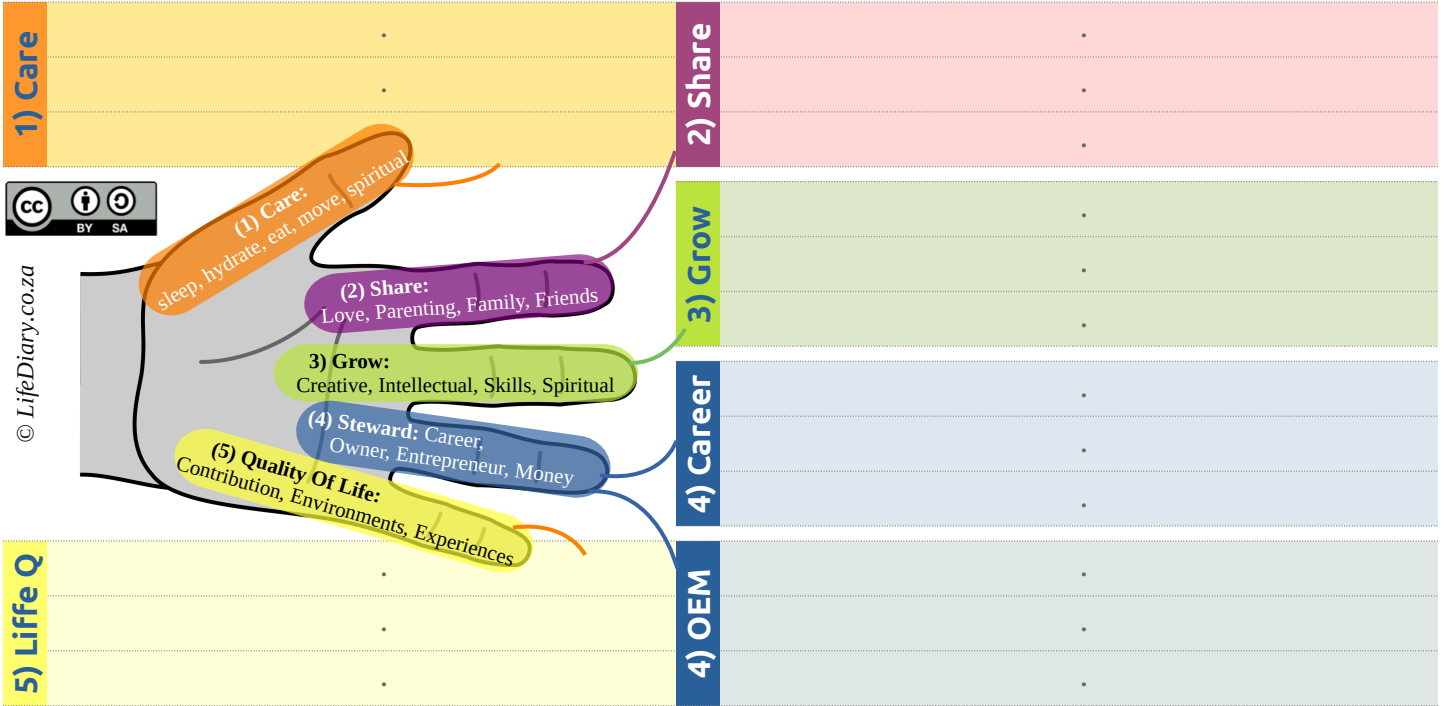
1 2 3 4 5 6 7 8 9 10 11 12 13

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	Mon	Tue	Wed	Thu	Fri	Sat
Oct	41	06	07	08	09	10	11	12
Oct	42	13	14	15	16	17	18	19



Sun 06 Oct

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	Deliverables	
What Went Well		What can improve
I Learnt	Grateful 4	

2024

week 42

1 2 3 4 5 6 7 8 9 10 11 12 13

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
Oct	42	13	14	15	16	17	18	19
Oct	43	20	21	22	23	24	25	26

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

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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

1) Care	2) Share	3) Grow	4) Career	5) Life Q

Sun 13 Oct

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Mon 14 Oct

4 5 6 7 8
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 p v

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Tue 15 Oct

4 5 6 7 8
 1 2 3 4 5 6
 p v

 Hq

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	Deliverables	
What Went Well		What can improve
I Learnt	Grateful 4	

	Deliverables	
What Went Well	.	What can improve
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I Learnt		Grateful 4

	Deliverables	
What Went Well		What can improve
I Learnt	Grateful 4	

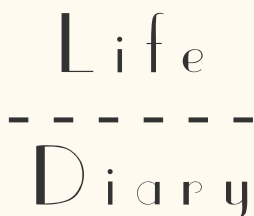
Journal template with horizontal lines for writing.

	2024	Oct					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
40	29	30	01	02	03	04	05
41	06	07	08	09	10	11	12
42	13	14	15	16	17	18	19
43	20	21	22	23	24	25	26
44	27	28	29	30	31	01	02
	03	04					

Projects

week

This image shows a full page of blank graph paper. The grid consists of small, uniform squares formed by thin, light gray lines. There are no margins, text, or other markings on the page.



This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

week 45	
week 46	
week 47	
week 48	
week 49	

	Deliverables	
What Went Well		What can improve
I Learnt	Grateful 4	

2024

week 46

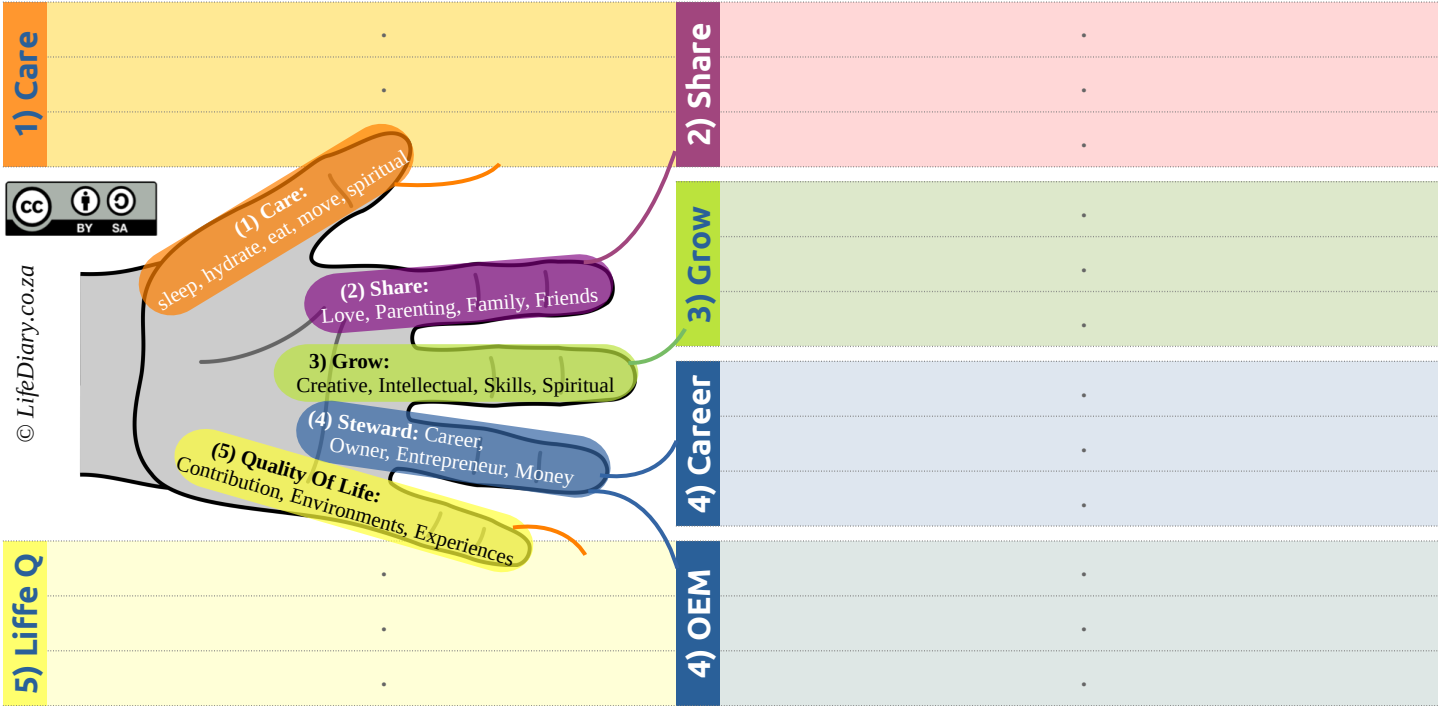
1 2 3 4 5 6 7 8 9 10 11 12 13

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	Mon	Tue	Wed	Thu	Fri	Sat
Nov	46	10	11	12	13	14	15	16
Nov	47	17	18	19	20	21	22	23



Sun 10 Nov

4 5 6 7 8
 1 2 3 4 5 6
 p v

 Hq

Mon 11 Nov

4 5 6 7 8
 1 2 3 4 5 6
 p v

 Hq

Tue 12 Nov

4 5 6 7 8
 1 2 3 4 5 6
 p v

 Hq

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	Deliverables	
What Went Well		What can improve
I Learnt	Grateful 4	

	Deliverables	
What Went Well		What can improve
I Learnt	Grateful 4	

	Deliverables	
What Went Well		What can improve
I Learnt	Grateful 4	

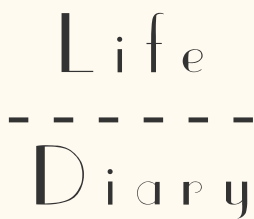
Journal template with horizontal lines.

	2024	Nov					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
44	27	28	29	30	31	01	02
45	03	04	05	06	07	08	09
46	10	11	12	13	14	15	16
47	17	18	19	20	21	22	23
48	24	25	26	27	28	29	30
	01	02					

Projects

week

[illegible]



This image shows a full page of a document template. It consists of approximately 28 evenly spaced horizontal dotted lines across the entire width of the page, providing a guide for handwriting or typing. The background is plain white, and there are no margins, headers, or footers visible.

week 1

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	Deliverables	
What Went Well		What can improve
I Learnt	Grateful 4	

	Deliverables	
What Went Well	.	What can improve
	.	
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I Learnt		Grateful 4

	Deliverables	
What Went Well		What can improve
I Learnt	Grateful 4	

	Deliverables	
What Went Well		What can improve
I Learnt	Grateful 4	

	Deliverables	
What Went Well		What can improve
I Learnt	Grateful 4	

Journal template with horizontal lines for writing.

	2024	Dec					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
49	01	02	03	04	05	06	07
50	08	09	10	11	12	13	14
51	15	16	17	18	19	20	21
52	22	23	24	25	26	27	28
1	29	30	31	01	02	03	04
	05	06					

Projects

week

[illegible]