

[illegible]

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

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1) Care

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

2) Share

(2) Share:
Love, Parenting, Family, Friends

3) Grow

(3) Grow:
Creative, Intellectual, Skills, Spiritual

4) Career

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

5) Life Q

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

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

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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

2) Share

3) Grow

4) Career

5) Life Q

[illegible]

		
		
		
		

		
		
		
		

		
		
		
		

		
		
		
		

	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.

	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

A full-page sheet of white graph paper featuring a uniform grid of small squares formed by thin black lines. The grid covers the entire area of the page, providing a template for drawing or writing.