



2024 Q2 (May)

week 18 _____

week 19 _____

week 20 _____

week 21 _____

week 22 _____

2024-05-04

2024

May 18
May 19
May 20
May 21

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	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

week 18

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

1) Care

2) Share

3) Grow

4) Career

4) OEM

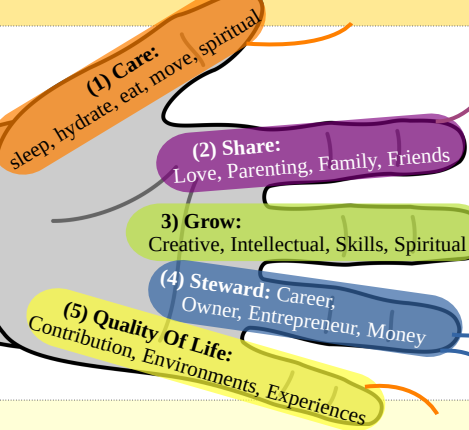
5) Life Q

What Went Well

I Learnt

What can improve

Grateful 4



Habit Tracker



sleep, hydrate, eat, move, spiritual



Love, Parenting, Family, Friends



Creative, Intellectual, Skills, Spiritual



Career, Owner, Entrepreneur, Money



Contribution, Environments, Experiences



fastid, gut

Sun 28 Apr	45678	123456	pv			
Mon 29 Apr	45678	123456	pv			
Tue 30 Apr	45678	123456	pv			
Wed 01 May	45678	123456	pv			
Thu 02 May	45678	123456	pv			
Fri 03 May	45678	123456	pv			
Sat 04 May	45678	123456	pv			

2024

May 19
May 20
May 21
May 22

Sun	Mon	Tue	Wed	Thu	Fri	Sat
05	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

week 19

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

1) Care

2) Share

3) Grow

4) Career

4) OEM

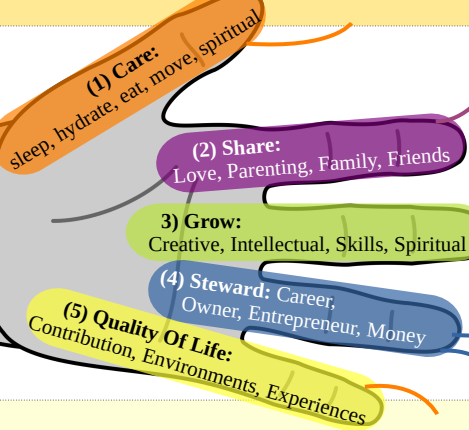
5) Life Q

What Went Well

I Learnt

What can improve

Grateful 4



Habit Tracker



sleep, hydrate, medicine



declare, energy, visual



breathe, cold, sun



stretch, cardio, strength



pray, relation, creative



fasting, gut

Sun 05 May	45678	123456	p v v	
Mon 06 May	45678	123456	p v v	
Tue 7 May	45678	123456	p v v	
Wed 08 May	45678	123456	p v v	
Thu 09 May	45678	123456	p v v	
Fri 10 May	45678	123456	p v v	
Sat 11 May	45678	123456	p v v	

2024		Sun	Mon	Tue	Wed	Thu	Fri	Sat	week 20												
May	20	12	13	14	15	16	17	18	1	2	3	4	5	6	7	8	9	10	11	12	13
May	21	19	20	21	22	23	24	25	14	15	16	17	18	19	20	21	22	23	24	25	26
May	22	26	27	28	29	30	31	01	27	28	29	30	31	32	33	34	35	36	37	38	39
Jun	23	02	03	04	05	06	07	08	40	41	42	43	44	45	46	47	48	49	50	51	52

1) Care		.
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		.
2) Share		.
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		.

3) Grow		.
		.
		.

4) Career		.
		.
		.

4) OEM		.
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		.

What Went Well	.
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What can improve	

I Learnt	
Grateful 4	

Sun 12 May	45678	123456	pv			
Mon 13 May	45678	123456	pv			
Tue 14 May	45678	123456	pv			
Wed 15 May	45678	123456	pv			
Thu 16 May	45678	123456	pv			
Fri 17 May	45678	123456	pv			
Sat 18 May	45678	123456	pv			

May	21
May	22
Jun	23
Jun	24

Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20	21	22	23	24	25
26	27	28	29	30	31	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15

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

What Went Well		What can improve	
I Learnt	Grateful 4		

Sun 19 May	45678	123456	p v v	
Mon 20 May	45678	123456	p v v	
Tue 21 May	45678	123456	p v v	
Wed 22 May	45678	123456	p v v	
Thu 23 May	45678	123456	p v v	
Fri 24 May	45678	123456	p v v	
Sat 25 May	45678	123456	p v v	

2024

May 22
Jun 23
Jun 24
Jun 25

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	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

week 22

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

1) Care

2) Share

3) Grow

4) Career

4) OEM

5) Life Q

(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

What Went Well

I Learnt

What can improve

Grateful 4

Sun 26 May	45678	123456	pv			
Mon 27 May	45678	123456	pv			
Tue 28 May	45678	123456	pv			
Wed 29 May	45678	123456	pv			
Thu 30 May	45678	123456	pv			
Fri 31 May	45678	123456	pv			
Sat 01 Jun	45678	123456	pv			

Journal template with horizontal lines.

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

Achievements in: May

Deliverables for: May

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