



2024 Q3 (Jul)

week 27 _____

week 28 _____

week 29 _____

week 30 _____

week 31 _____

2024-07-04

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
Jul	27	30	01	02	03	04	05	06
Jul	28	07	08	09	10	11	12	13

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

Sun 30 Jun

4 5 6 7 8

1 2 3 4 5 6

p v

Mon 01 Jul

4 5 6 7 8

1 2 3 4 5 6

p v

Tue 2 Jul

4 5 6 7 8

1 2 3 4 5 6

p v

What Went Well		.
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I Learnt		

Grateful 4		

What can improve		

What Went Well		.
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I Learnt		

Grateful 4

What can improve

2024

week 29

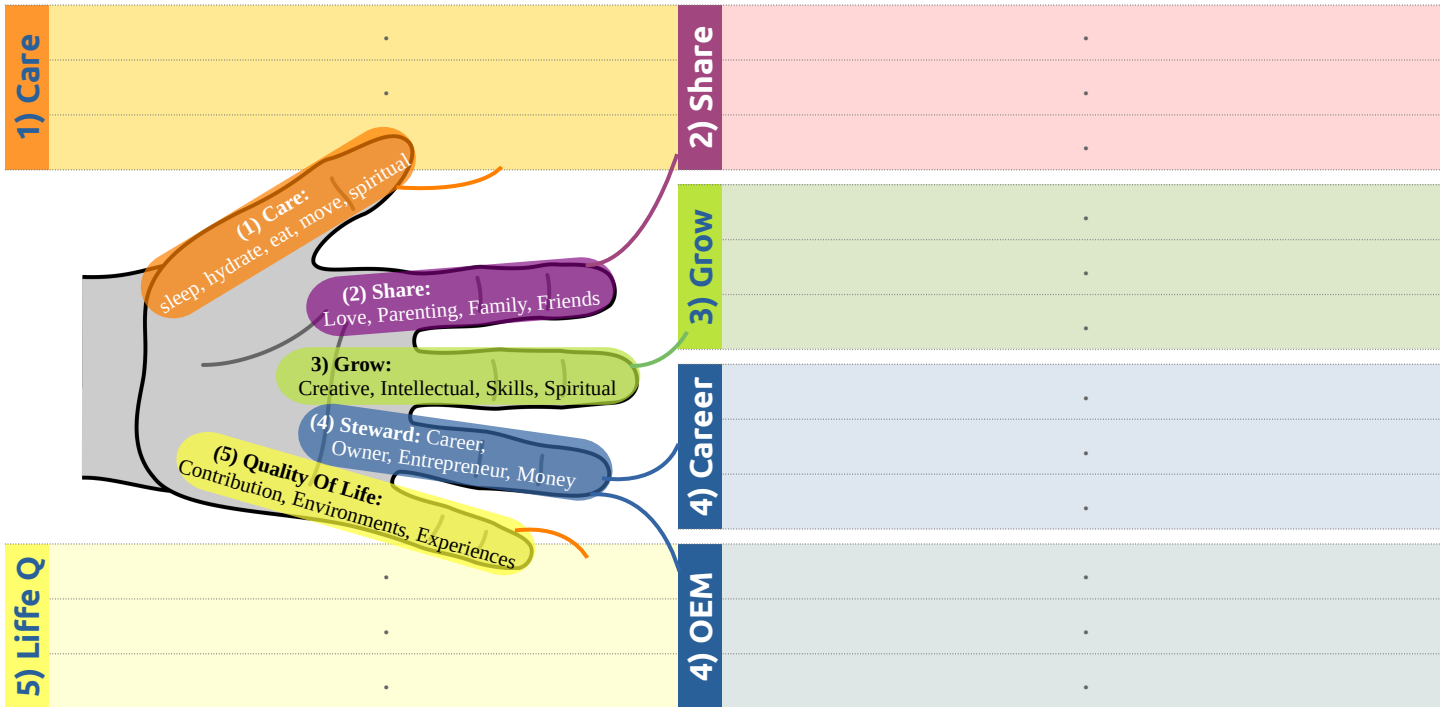
1 2 3 4 5 6 7 8 9 10 11 12 13

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
Jul	29	14	15	16	17	18	19	20
Jul	30	21	22	23	24	25	26	27



The screenshot displays the 'My Day' app interface, which is a productivity tool for organizing daily tasks and activities. The top navigation bar is yellow and contains icons for various activities: a bed (sleep), a water drop (hydration), a flame (exercise), a person (social), a plant (nature), a calendar (tasks), a train (transport), a person with a checkmark (goals), a person with a plus sign (add), a person with a minus sign (remove), a person with a star (favorites), a person with a heart (love), a person with a music note (music), a person with a play button (play), a person with a share icon (share), a person with an information icon (info), and a person with a trash can (delete). The main area shows a 7-day calendar view for July 14th to 20th. The days are color-coded: Sunday (yellow), Monday (pink), Tuesday (yellow), Wednesday (grey), Thursday (grey), Friday (grey), and Saturday (grey). The vertical timeline on the right side of the calendar has icons for a person, a plant, a calendar, and a train, likely representing different categories of activities or events. The bottom navigation bar is yellow and contains icons for different views: a bed (sleep), a water drop (hydration), a flame (exercise), a person (social), a plant (nature), a calendar (tasks), a train (transport), a person with a checkmark (goals), a person with a plus sign (add), a person with a minus sign (remove), a person with a star (favorites), a person with a heart (love), a person with a music note (music), a person with a play button (play), a person with a share icon (share), a person with an information icon (info), and a person with a trash can (delete).

What Went Well		.
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I Learnt		

Grateful 4

What can improve

2024

week 30

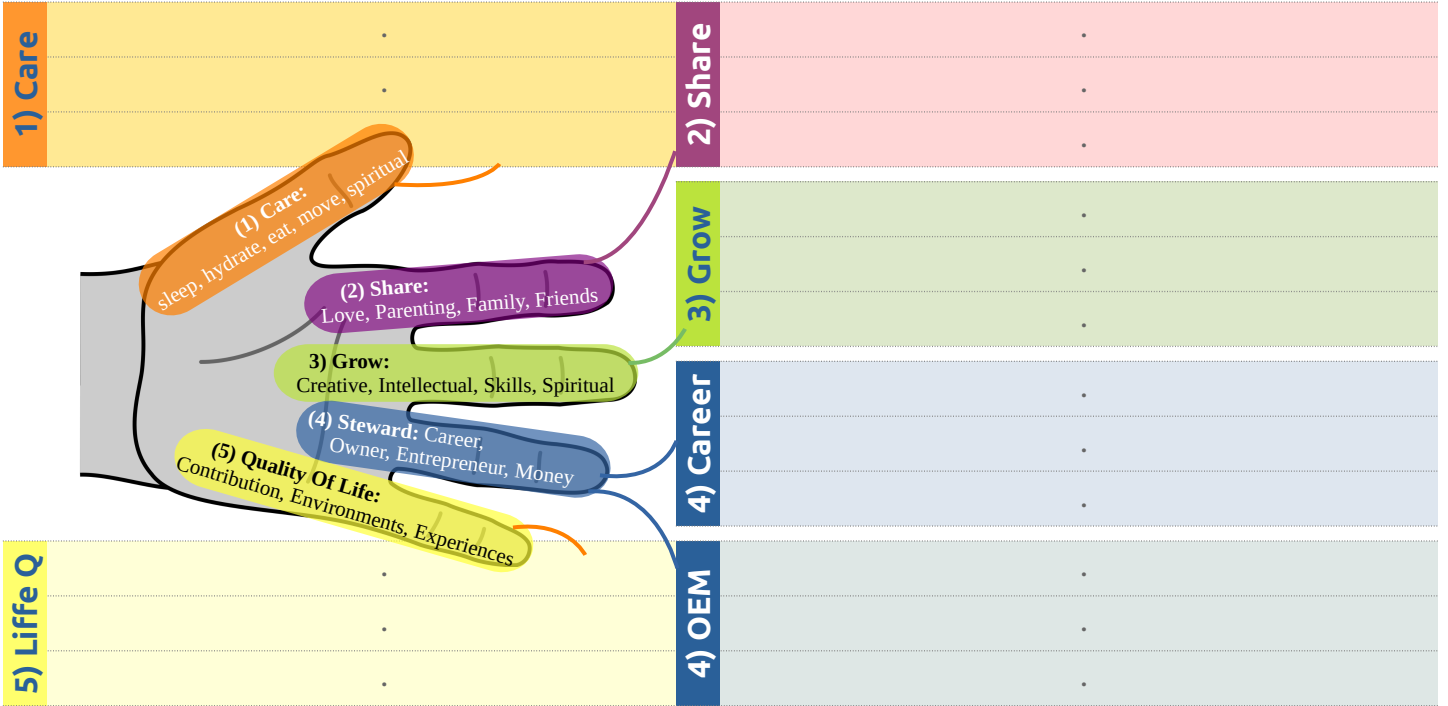
1 2 3 4 5 6 7 8 9 10 11 12 13

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	Mon	Tue	Wed	Thu	Fri	Sat
Jul	30	21	22	23	24	25	26	27
Jul	31	28	29	30	31	01	02	03

[illegible]

What Went Well		.
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I Learnt		

Grateful 4

What can improve

2024

week 31

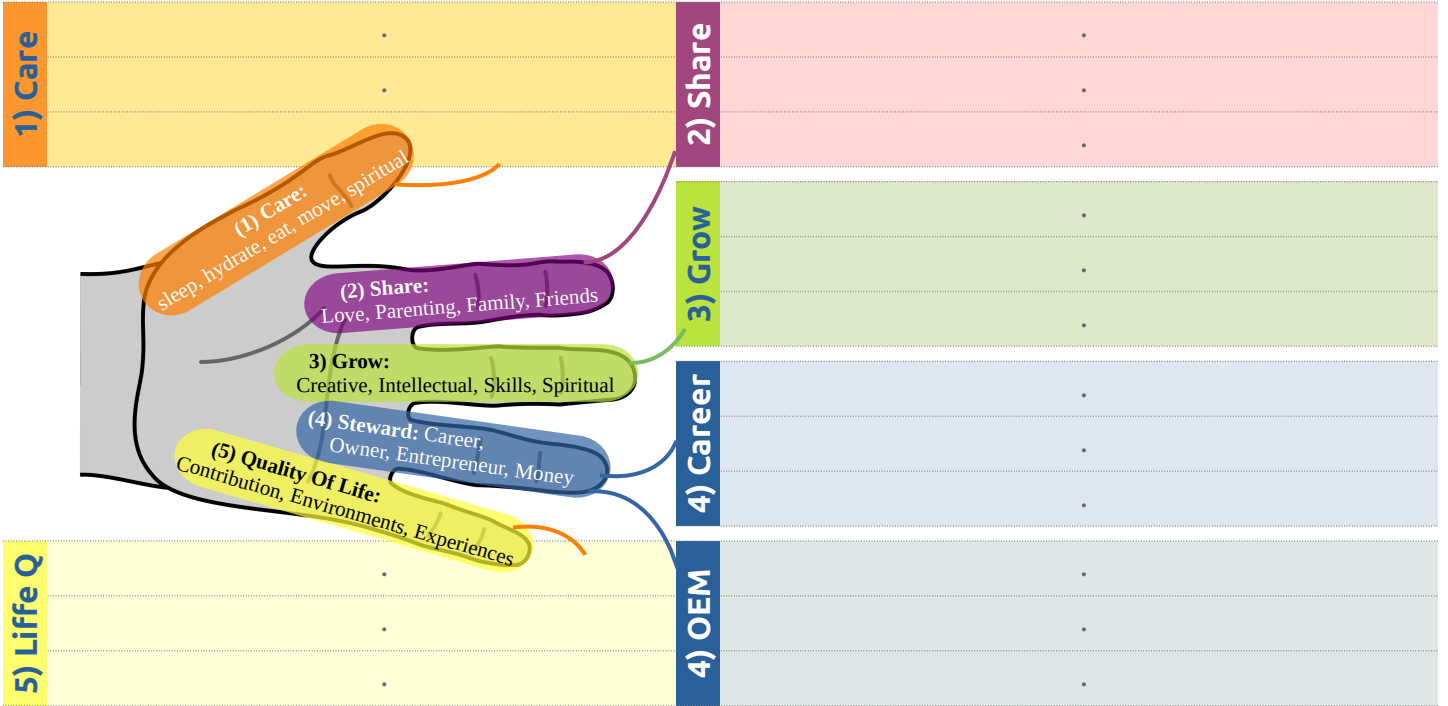
1 2 3 4 5 6 7 8 9 10 11 12 13

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	Mon	Tue	Wed	Thu	Fri	Sat
Jul	31	28	29	30	31	01	02	03
Aug	32	04	05	06	07	08	09	10



Sun 28 Jul 🛏️ 4 5 6 7 8 💧 1 2 3 4 5 6 ✍️ p v 🔊 🔬 v ☁️ ❄️ ⚙️ 🌀 ❤️ 🎵 ▶️ 👤 ⬆️ ⓘ 🗑️

Mon 29 Jul 🛏️ 4 5 6 7 8 💧 1 2 3 4 5 6 ✍️ p v 🔊 🔬 v ☁️ ❄️ ⚙️ 🌀 ❤️ 🎵 ▶️ 👤 ⬆️ ⓘ 🗑️

Tue 30 Jul 🛏️ 4 5 6 7 8 💧 1 2 3 4 5 6 ✍️ p v 🔊 🔬 v ☁️ ❄️ ⚙️ 🌀 ❤️ 🎵 ▶️ 👤 ⬆️ ⓘ 🗑️

What Went Well		.
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I Learnt		

Grateful 4

What can improve

Journal template with horizontal lines.

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

Journal page with horizontal lines for writing.