[illegible]

week 1

week 2

week 3

week 4

week 5

Q4 week 1

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
2025							
December	28	29	30	31	01	02	03
January	Sun 04	05	06	07	08	09	10

Life Diary

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Checklist icons: ☐ ☐ ☐ ☑ > ^ x

(1) Care:
Sleep, Hydrate, Eat, Move

(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

Category	Item	Status
Heart / Love	☐	.
	☐	.
	☐	.
Plant / Growth	☐	.
	☐	.
	☐	.
Graduation / Achievement	☐	.
	☐	.
	☐	.
Gears / Work	☐	.
	☐	.
	☐	.
Home / Environment	☐	.
	☐	.
	☐	.

Sun 28 Dec

6	8	☐	
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Mon 29 Dec 4 5 6 7 8 1 2 3 4 5 6 H

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Tue 30 Dec 4 5 6 7 8 1 2 3 4 5 6 Q [m] H i

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11	12	☐	
13	14	☐	
15	16	☐	
18	20	☐	

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
04	05	06	07	08	09	10
Sun 11	12	13	14	15	16	17

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

The screenshot displays the LifeDiary.co.za app interface. On the left, a hand-drawn diagram of a hand with five fingers represents the '5 Domains of Life'. Each finger is labeled with a domain and its associated activities:

- (1) Care:** Sleep, Hydrate, Eat, Move
- (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

On the right, a checklist is organized into five color-coded sections, each corresponding to a domain. Each section contains three rows, each with an icon, a checkbox, and a space for a note:

- Orange Section (Care):** Icons include a person, a heart, and a heart. The first row has a person icon, the second and third have heart icons.
- Pink Section (Share):** Icons include a heart, a heart, and a heart. All three rows have heart icons.
- Green Section (Grow):** Icons include a plant, a plant, and a graduation cap. The first two rows have plant icons, and the third has a graduation cap icon.
- Blue Section (Steward):** Icons include a gear, a gear, and a gear. All three rows have gear icons.
- Light Blue Section (Quality Of Life):** Icons include a house, a house, and a house. All three rows have house icons.

At the bottom left, there is a copyright notice: © LifeDiary.co.za. Below the hand diagram, there are icons for a magnifying glass, a photo, and a calendar, each followed by a checkbox.

Sun 04 Jan 4 5 6 7 8 1 2 3 4 5 6

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18	20	☐	

Tue 6 Jan

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Notes:

[illegible]

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Wed 14 Jan

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What Went Well

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I Learnt

>What can improve

Grateful 4

© LifeDiary.co.za

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14	16	☐	
18	20	☐	
		☐	

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February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	31
Sun 01	02	03	04	05	06	07

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

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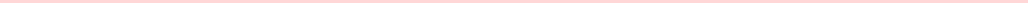
(1) Care:
Sleep, Hydrate, Eat, Move

(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 25 Jan 

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14	16	☐	
18	20	☐	
		☐	

Mon 26 Jan 

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9	10	☐	
11	12	☐	
13	14	☐	
15	16	☐	
18	20	☐	

Tue 27 Jan

7	8	☐	
9	10	☐	
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18	20	☐	

Notes:

7	8	☐	
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i

7	8	☐	
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i

6	8	☐	
10	12	☐	
14	16	☐	
18	20	☐	
		☐	

What Went Well	What can improve
• • • • • • •	• • • • • • •

[illegible]

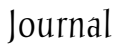
Projects

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.

	2026	Jan					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	28	29	30	31	01	02	03 10 17 24 31
2	04	05	06	07	08	09	
3	11	12	13	14	15	16	
4	18	19	20	21	22	23	
5	25	26	27	28	29	30	
	01	02					

Journal template with horizontal lines for writing.



[illegible]

Q1 week 6

2026

February 6

February 7

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01	02	03	04	05	06	07
Sun 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

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(1) Care:
Sleep, Hydrate, Eat, Move

(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 01 Feb

6	8	☐	
10	12	☐	
14	16	☐	
18	20	☐	
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Mon 02 Feb 4 5 6 7 8 1 2 3 4 5 6 Q [m] H

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11	12	☐	
13	14	☐	
15	16	☐	
18	20	☐	

Tue 3 Feb

7	8	☐	
9	10	☐	
11	12	☐	
13	14	☐	 
15	16	☐	
18	20	☐	

Notes:

What Went Well

[illegible]

What can improve >

Grateful 4

I Learnt

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
08	09	10	11	12	13	14
Sun 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

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On the right, a checklist is organized into five color-coded sections, each corresponding to a domain. Each section contains three rows, each with an icon, a checkbox, and a dotted line for notes:

- Orange section (Care):** Icons include a person, a person with a heart, and a person with a heart.
- Pink section (Share):** Icons include a heart, a heart, and a heart.
- Green section (Grow):** Icons include a leaf, a leaf, and a leaf.
- Blue section (Steward):** Icons include a gear, a gear, and a gear.
- Light blue section (Quality Of Life):** Icons include a house, a house, and a house.

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Sun 08 Feb

6	8	☐	
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Mon 09 Feb 4 5 6 7 8 1 2 3 4 5 6 Q [m] H

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13	14	☐	
15	16	☐	
18	20	☐	

Tue 10 Feb

7	8	☐	
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11	12	☐	
13	14	☐	
15	16	☐	
18	20	☐	

Notes:

Q1 week 8

2026

February 8

February 9

Sun	Mon	Tue	Wed	Thu	Fri	Sat
15	16	17	18	19	20	21
Sun 22	23	24	25	26	27	28

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

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(1) Care:
Sleep, Hydrate, Eat, Move

(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

Journal Template Icons: Heart, Heart, Heart, Leaf, Graduation Cap, Gears, House, Credit Card

Sun 15 Feb

Sun 15 Feb			4	5	6	7	8		1	2	3	4	5	6										[m]				H				
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Notes:

Q1 week 9

2026

February

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	23	24	25	26	27	28
Sun 01	02	03	04	05	06	07

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

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(1) Care:
Sleep, Hydrate, Eat, Move

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

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Creative, Intellectual, Skills, Spiritual

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

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

CC BY SA

Sun 22 Feb

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Mon 23 Feb

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Notes:

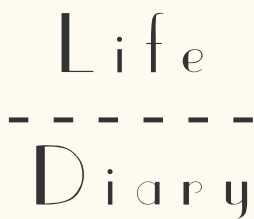
Projects

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 20 columns and 30 rows of squares, creating a total area of 600 small squares. The margins are consistent on all sides, providing ample space for drawing or calculation.

	2026	Feb					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	01	02	03	04	05	06	07
7	08	09	10	11	12	13	14
8	15	16	17	18	19	20	21
9	22	23	24	25	26	27	28
10	01	02	03	04	05	06	07
	08	09					

Journal template with horizontal lines.



This image shows a full page of a handwriting practice worksheet. It consists of multiple rows of horizontal dashed lines spaced evenly apart, providing a guide for letter height and placement. The background is plain white, and there are no margins or additional markings.

week 10

week 11

week 12

week 13

week 14

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14	16	☐	
18	20	☐	
		☐	

[illegible]

Grateful 4  I Learnt  © LifeDiary.co.za

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

March 12

Sun	Mon	Tue	Wed	Thu	Fri	Sat
08	09	10	11	12	13	14
Sun 15	16	17	18	19	20	21

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

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Tue 10 Mar

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Grateful 4

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I Learnt

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

April 14

Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	23	24	25	26	27	28
Sun 29	30	31	01	02	03	04

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:
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Creative, Intellectual, Skills, Spiritual

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

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

Sun 22 Mar 🛏 4 5 6 7 8 ☕ 1 2 3 4 5 6 ✍ P 🍃 📢 👁 Q ☁ 🌧 ⚙ [m] 🎵 ❤ 🧑 H ▶ 🏠 👤 🗄

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Mon 23 Mar 

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18	20	☐	

Tue 24 Mar

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13	14	☐	
15	16	☐	
18	20	☐	

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14	16	☐	
18	20	☐	

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Grateful 4



I Learnt



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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.

	2026	Mar					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
10	01	02	03	04	05	06	07
11	08	09	10	11	12	13	14
12	15	16	17	18	19	20	21
13	22	23	24	25	26	27	28
14	29	30	31	01	02	03	04
	05	06					

Journal page with horizontal lines for writing.