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July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	01	02	03	04
Sun 05	06	07	08	09	10	11

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 28 Jun

6	8	☐	
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Tue 30 Jun

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Notes:

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What Went Well

Grateful 4

I Learnt

What can improve

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2026

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

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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

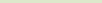
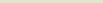
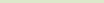
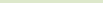
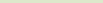
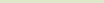
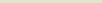
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Tue 7 Jul       

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13	14	☐	
15	16	☐	
18	20	☐	

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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

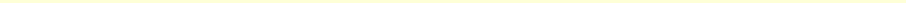
(3) Grow:
Creative, Intellectual, Skills, Spiritual

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

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

Sun 12 Jul

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Mon 13 Jul 

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Tue 14 Jul

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Notes:

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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

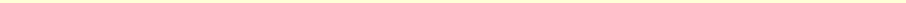
(3) Grow:
Creative, Intellectual, Skills, Spiritual

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

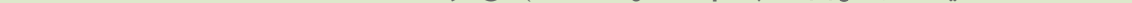
(5) Quality Of Life:
Contribution, Environments, Experiences

Sun 19 Jul

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Mon 20 Jul 

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Tue 21 Jul 

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13	14	☐	 
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18	20	☐	

Notes:

Notes:

2026

July

27

28

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31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21 Start of 3rd term	22	23	24	25
26	27	28	29	30	31	01

2026

August

32

33

34

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
02	03	04	05	06	07	08
09 National Women's Day	10 Public Holiday	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

2026

September

36

37

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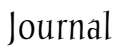
39

40

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23 End of 3rd term	24 Heritage Day	25	26
27	28	29	30	01	02	03

	2026	Jul					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	01	02	03	04
28	05	06	07	08	09	10	11
29	12	13	14	15	16	17	18
30	19	20	21	22	23	24	25
31	26	27	28	29	30	31	01
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Journal template with horizontal lines for writing.

[illegible]This image shows a full page of a worksheet designed for handwriting practice. It features approximately 20 horizontal dashed lines spaced evenly across the page, providing a guide for letter height and placement. The background is plain white, and there are no other markings or text present.

Q3 week 32

2026

August 32

August 33

Sun	Mon	Tue	Wed	Thu	Fri	Sat
02	03	04	05	06	07	08
Sun 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

The diagram illustrates five domains of life, each represented by a colored oval pointing towards a central point. Each domain is linked to a vertical column of checkboxes:

- (1) Care:** Sleep, Hydrate, Eat, Move (Orange oval, top-left column)
- (2) Share:** Love, Parenting, Family, Friends (Pink oval, top-right column)
- (3) Grow:** Creative, Intellectual, Skills, Spiritual (Green oval, middle-left column)
- (4) Steward:** Career, Owner, Entrepreneur, Money (Blue oval, middle-right column)
- (5) Quality Of Life:** Contribution, Environments, Experiences (Yellow oval, bottom-left column)

Each column contains four checkboxes, totaling 20 checkboxes across the entire page.

Sun 02 Aug

Sun 02 Aug		 4	 5	 6	 7	 8	 1	 2	 3	 4	 5	 6	 																
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18	20	☐	

What Went Well

Grateful 4

I Learnt

What can improve >

August

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

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(1) Care:
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Love, Parenting, Family, Friends

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

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

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

Sun 09 Aug

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Mon 10 Aug 

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18	20	☐	

Tue 11 Aug

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11	12	☐	
13	14	☐	 
15	16	☐	
18	20	☐	

Notes:

August

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

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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

Sun 16 Aug

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Mon 17 Aug 4 5 6 7 8 1 2 3 4 5 6 Q [m] H

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Tue 18 Aug

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18	20	☐	

Notes:

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18	20	☐	

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

What Went Well

Grateful 4

I Learnt

What can improve >

2026

August

32

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
02	03	04	05	06	07	08
09 National Women's Day	10 Public Holiday	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

2026

September

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23 End of 3rd term	24 Heritage Day	25	26
27	28	29	30	01	02	03

2026

October

41

42

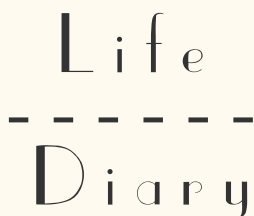
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44

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
04	05	06 Start of 4th term	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

	2026	Aug					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	26	27	28	29	30	31	01
32	02	03	04	05	06	07	08
33	09	10	11	12	13	14	15
34	16	17	18	19	20	21	22
35	23	24	25	26	27	28	29
	30	31					

Journal template with horizontal lines for writing.



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 36

week 37

week 38

week 39

week 40

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September 37

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	01	02	03	04	05
Sun 06	07	08	09	10	11	12

1	2	3	4	5	6	7	8	9	10	11	12	13
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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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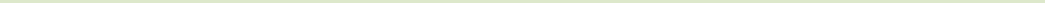
(5) Quality Of Life:
Contribution, Environments, Experiences

Sun 30 Aug

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Mon 31 Aug

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18	20	☐	

Tue 1 Sep 

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13	14	☐	 
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18	20	☐	

Notes:

Notes:

September 39

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

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

Sun 13 Sep

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Tue 15 Sep

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Notes:

September 40

Sun	Mon	Tue	Wed	Thu	Fri	Sat
20	21	22	23	24	25	26
Sun 27	28	29	30	01	02	03

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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Creative, Intellectual, Skills, Spiritual

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

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

Sun 20 Sep

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Mon 21 Sep 

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Tue 22 Sep 

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[illegible]

Grateful 4



I Learnt



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October 41

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	01	02	03
Sun 04	05	06	07	08	09	10

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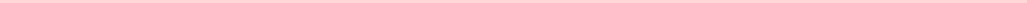
(1) Care:
Sleep, Hydrate, Eat, Move

(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 27 Sep 

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

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7	8	☐	
9	10	☐	
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13	14	☐	
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18	20	☐	

Tue 29 Sep

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

Notes:

2026

September

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23 End of 3rd term	24 Heritage Day	25	26
27	28	29	30	01	02	03

2026

October

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
04	05	06 Start of 4th term	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

2026

November

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	26	27	28

	2026	Sep					
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
36	30	31	01	02	03	04	05
37	06	07	08	09	10	11	12
38	13	14	15	16	17	18	19
39	20	21	22	23	24	25	26
40	27	28	29	30	01	02	03
	04	05					

Journal template with horizontal lines for writing.