on Tue Wed Thu Fri Sat Sun	/ / 20
alues	Time Well Spent
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imary Efforts Alignment	07:00
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DO DO	10:00
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ratitude	15:00
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nat roadblock do I need to address?	17:00
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tiny triumph or epic win	18:00
	10.00
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motional and values check-in:	20:00
	21:00

Mon Tue Wed Thu Fri Sat Sun	/	/ 20
Values		Well Spent
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Primary Efforts Alignment	07:00	
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To Do	10:00	
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Gratitude	15:00	
	16:00	
What roadblock do I need to address?	17:00	
A tiny triumph or epic win	18:00	
	19:00	
Emotional and values check-in:	20:00	
	21:00	