

Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/	20
Values							Time Well Spent		
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Primary Efforts							Alignment		
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To Do							10:00		
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Gratitude							15:00		
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What am I avoiding?							16:00		
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One achievement I take pride in:							17:00		
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In the last 24 hours...							18:00		
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