| Mon Tue Wed Thu Fri Sat Sun    | / / 20          |
|--------------------------------|-----------------|
| /alues                         | Time Well Spent |
|                                | 05:00           |
|                                |                 |
|                                | 06:00           |
|                                | 07:00           |
| Primary Efforts Alignment      | l               |
|                                | 08:00           |
|                                | _               |
|                                | 09:00           |
|                                | 10:00           |
| o Do                           | 10.00           |
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|                                |                 |
|                                | 12:00           |
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|                                | _ 13:00         |
|                                | 14:00           |
|                                | -               |
| Gratitude                      | 15:00           |
|                                | <del> </del>    |
|                                | 16:00           |
| How can I embrace discomfort?  | 17:00           |
|                                |                 |
| tion triumph of opin via       | 18:00           |
| A tiny triumph or epic win     |                 |
|                                | 19:00           |
| Emotional and values check-in: | 30.00           |
|                                | 20:00           |
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| Mon Tue Wed Thu Fri Sat Sun    | / / 20          |
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| Values                         | Time Well Spent |
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| Gratitude                      | +               |
|                                | 16:00           |
| How can I embrace discomfort?  | 17:00           |
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| A tiny triumph or epic win     | 18:00           |
|                                | 19:00           |
| Emotional and values check-in: | 20:00           |
|                                | 21:00           |
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