Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
	05:00
	06:00
Primary Efforts Alignment	07:00
	- 08:00
	_
	09:00
	10:00
To Do	10:00
	11:00
	12:00
	. 14:00
	- ·
Gratitude	15:00
	16:00
How can I embrace discomfort?	- 
now can I embrace discortori:	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	] ———
	20:00
	21.00
	21:00

Mon	Tue	Wed	Thu	Fri	Sat	Sun	/		/ 2	20
Value	S						Time	Well	Sper	nt
							 05:00			
							 06:00			
							 07.00			
Primar	y Effort	:S	А	lignme	ent		07:00			
							 08:00			
							 09:00			
							 10:00			
To Do										
							 11:00			
							 12:00			
							 13:00			
							 14:00			
							 45.00			
Gratiti	ude						15:00			
							16:00			
How c	an I e	mbrace	discom	fort?			17:00			
A tin	y triu	mph or	epic w	in			18:00			
							 19:00			
Emoti	onal a	nd valu	es che	ck-in	•		20:00			
							 21:00			