ion	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
alues							Time	Well Spent
							05:00	
							06:00	
							07:00	
rimary	Effort	S	ı	Alignm	ent		07.00	
							08:00	
							09:00	
							10.00	
o Do							10:00	
							11:00	
							12:00	
							<u>13:00</u>	
							14:00	
							 —	
ratituc	le						<u>15:00</u>	
							16:00	
טא כאי	n I c	are for	- mvsel	f tod	lav?		<u> </u>	
cui			,50		-,•		17:00	
							18:00	
tiny	triu	mph or	epic v	vin				
							19:00	
notio	nal a	nd valu	ies che	eck-in	1:			
							20:00	

Mon	Tue	Wed	Thu	Fri	Sat	Sun		/		/	20
Value	S							Time	Well	Sp	ent
								05:00			
								06:00		_	
								07:00			
Primar	y Effort	ts	ı	Alignm	ent						
								08:00			
								09:00		_	
								10:00			
To Do											
								11:00		_	
								12:00			
								13:00			
								14:00			
Gratit	ıde							15:00			
								16:00			
How c	an I c	are for	mysel	.f tod	ay?			17:00			
							<u>.</u>				
A tin	y triu	mph or	epic w	in				18:00		_	
								19:00			
Emo+:	0021 2	nd valı	ios cha	ck is							
בויוטננ	onat a	nu Vall	ies cije	ck- th	•			20:00			
								21:00			