Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
/alues							Ti	me Well Spent
							<u>05:0</u>	00
							06:0	00
Primary	Effort	ts	ı	Alignm	ent		07:0	00
							08:0	00
							09:0	00
							<del></del> —	
Го Do							10:0	00
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							12:0	00
								_
							13:0	00
							<u>14:6</u>	00
Gratitud	le						15:0	00
							<u>16:0</u>	00
What am	n I a	voiding	)?				17:0	00
							· · · · · <u> </u>	
A tiny	triu	mph or	epic v	vin			18:0	00
							19:0	00
Emotior	nal a	nd valu	ies che	eck-in	:		20:0	00
							21:0	00

Mon Tue Wed Thu Fri Sat Sun	/	/ 20
Values	Time	Well Spent
	05:00	
	06:00	
	07:00	
Primary Efforts Alignment		
	08:00	
	09:00	
	10:00	
To Do	10.00	
	11:00	
	12:00	
	13:00	
	13.00	
	14:00	
Gratitude	15:00	
	16:00	
What am I avoiding?	17:00	
	11:00	
A tiny triumph or epic win	18:00	
	19:00	
Emotional and values check-in:	20:00	
	21:00	