Mon	Tue	Wed	Thu	Fri	Sat	Sun	1		/	/20
Primar	y Effor	ts		Alig	gnment			Time	Well Sp	ent
								05:00		
								06:00		
[] Vi	sion	[] (Goals	[]	Caler	ıdar	[] Habit	07:00		
Today I will pay most attention to:								08:00		
To Do								09:00		
								10:00		
								11:00		
								12:00		
Gratit	ude							13:00		
								14:00		
How can I embrace discomfort and grow today?								15:00		
								16:00		
One acheivement I take pride in:								17:00		
								18:00		
How can I move towards my ideal self?								19:00		
								20:00		
								21:00		

Mon	Tue	Wed	Thu	Fri	Sat	Sun	l		/	/20
Primar	y Effor	ts		Alig	gnment			Time	Well Sp	ent
								05:00		
								06:00		
					Caler	dar	[] Habit	07:00		
Today	I will p	ay most	attenti	on to:				08:00		
To Do								09:00		
								10:00		
								11:00		
								12:00		
Gratit	ude							13:00		
								14:00		
How c	an I e	embrace	disco	mfort	and gr	ow to	oday?	15:00		
								16:00		
One a	cheive	ment I	take	pride	in:			17:00		
								18:00		
How c	an I m	nove to	wards	my ide	eal sel	f?		19:00		
								20:00		
								21:00		