

Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/	20
Values							Time Well Spent		
							05:00		
							06:00		
Primary Efforts							07:00		
Alignment									
							08:00		
							09:00		
To Do							10:00		
							11:00		
							12:00		
							13:00		
							14:00		
							15:00		
Gratitude									
							16:00		
How can I embrace discomfort and grow today?							17:00		
							18:00		
One achievement I take pride in:							19:00		
							20:00		
In the last 24 hours...									
							21:00		

[illegible]