

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					
.....				_____					
To Do				10:00					
_____				11:00					
.....				_____					
_____				12:00					
.....				_____					
_____				13:00					
.....				_____					
_____				14:00					
.....				_____					
Gratitude				15:00					
_____				16:00					
How can I care for myself today?				17:00					
.....				18:00					
A tiny triumph or epic win...				19:00					
.....				_____					
Emotional and values check-in:				20:00					
_____				21:00					
.....				_____					

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