Mon Tu	ie	Wed	Thu	Fri	Sat	Sun	/	/ 2	0
/alues							Time	Well S	pent
							05:00		
							06:00		
rimary Ef	forts		ı	Alignm	ent		07:00		
							08:00		
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Го Do							10:00		
							11:00		
							12:00		
							13:00_		
							··· <u>14:00</u>		
Gratitude							15:00		
							16:00		
lbat vou	14 m	alca ta	day fo	ol ma		£1 2	$\dashv$ —		
What wou	ויו ט	ake to	oday re	פנ ויופ	anting	ul:	17:00		
ne achie	evem	ent I	take p	oride	in:		18:00		
							19:00		
in the la	ast	24 hou	ırs				$\neg$		
							20:00		
							24.00		
							21:00		

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	
	11:00
	12:00
	13:00
	14:00
	15:00
Gratitude	13.00
	16:00
What am I avoiding?	17:00
One achievement I take pride in:	18:00
	19:00
In the last 24 hours	20:00
	21:00