

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	
							17:00	
What am I learning about myself?							18:00	
							19:00	
Emotional and values check-in:							20:00	
							21:00	

Values

Time Well Spent

05:00

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

[illegible]

Quote1