

MonTueWedThuFriSatSun / / 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

15:00

Gratitude

16:00

What am I learning about myself?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

Goals for Week # / / 20 → / / 20

Goal 1

Goal 2

Goal 3

Goal 4

Visualize Your Week

Sketch a visual of your expectations for the week.

How can I find the most fulfillment in these areas?

Health

Connections

Enjoyment

Job

In the coming week, I'm eager to experience: