Mon Tu	ie	Wed	Thu	Fri	Sat	Sun	/	/ 20)
/alues							Time	Well Sp	ent
							05:00		
							· · ·		
							06:00		
rimary Ef	forts		ı	Alignm	ent		07:00		
							08:00		
							09:00		
o Do							10:00		
							11:00		
							12:00		
							13:00_		
							···· <u>14:00</u>		
Gratitude							15:00		
							16:00		
What emo	tion	ic mo	st pro	cont	ci abt	20113			
illac el·lo	CCOII	LS PIC	ist pre	Sent	rtgiit	now:	17:00		
ne achi	eveme	ent I	take p	ride	in:		18:00		
							19:00		
In the l	ast 2	24 hou	ırs				\neg		
							20:00		
							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
To Do	10:00
	44.00
	11:00
	12:00
	13:00
	14:00
Gratitude	15:00
	16:00
What emotion is most present right now?	
	17:00
	18:00
One achievement I take pride in:	20.00
	19:00
In the last 24 hours	
	20:00
	21:00
	£1.00