Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
	05:00
	06:00
	07.00
Primary Efforts Alignment	07:00
	08:00
	09:00
	10.00
To Do	10:00
	11:00
	12:00
	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
	21:00

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