

Mon Tue Wed Thu Fri Sat Sun / / 20

Primary Efforts

Alignment

Time Well Spent

05:00

06:00

☐ Vision ☐ Goals ☐ Calendar ☐ Habit

07:00

Today I will pay most attention to:

08:00

To Do

09:00

☐

☐

10:00

☐

☐

11:00

☐

☐

12:00

☐

☐

Gratitude

13:00

How can I embrace discomfort and grow today?

15:00

16:00

One achievement I take pride in:

17:00

18:00

How can I move towards my ideal self?

19:00

20:00

21:00

Mon Tue Wed Thu Fri Sat Sun / / 20

Primary Efforts

Alignment

Time Well Spent

05:00

06:00

☐ Vision ☐ Goals ☐ Calendar ☐ Habit

07:00

Today I will pay most attention to:

08:00

To Do

09:00

☐

☐

10:00

☐

☐

11:00

☐

☐

12:00

☐

☐

Gratitude

13:00

How can I embrace discomfort and grow today?

15:00

16:00

One achievement I take pride in:

17:00

18:00

How can I move towards my ideal self?

19:00

20:00

21:00