Mon T	ue	Wed	Thu	Fri	Sat	Sun	/	/ 2	20
Values							Ti	ime Wel	l Spent
							<u>05:</u>	00	
							06:	00	
								00	
Primary E	ffort	:S	ı	Alignm	ent		<u>07:</u>	00	
							08:	00	
							<u>09:</u>	00	
Го Do							10:	00	
								00	
							12:	00	
								00	
							<u>13:</u>	00	
							· · · · <u>14:</u>	00	
							· · · · ·		
Gratitude	è						15:	99	
							16:	00	
What am	Ιl	earning	about	. myse	lt?		<u>17:</u>	00	
A tiny	triu	mph or	epic v	vin			18:	00	
							<u>19:</u>	00	
Emotion	al a	nd valı	ies che	eck-in	:				
	_						20:	00	
								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	
	10.00	
To Do	10:00	
	11:00	
	12:00	
	13:00	
	14:00	
	15.00	
Gratitude	15:00	
	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	