| 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           |
|                                  | 11:00           |
|                                  | 11.00           |
|                                  | 12:00           |
|                                  | 13:00           |
|                                  |                 |
|                                  | 14:00           |
| Gratitude                        | 15:00           |
|                                  | 16:00           |
| What can I let go of?            | 17:00           |
|                                  |                 |
| One achievement I take pride in: | 18:00           |
|                                  | 19:00           |
| In the last 24 hours             | 20:00           |
|                                  | 21:00           |