lon	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
alues	;						Time V	Well Spent
							05:00	
							06:00	
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rimary	/ Effort	S	ı	Alignm	ent		07.00	
							08:00	
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o Do							10:00	
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hat c	an T	let go	of?					
	.uii I	tet go	JI.				17:00	
							10.00	
tiny	triu	mph or	epic v	vin			18:00	
							19:00	
motic	nal a	nd valu	ies che	eck-in	:		<u> </u>	
							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
T- D	10:00
To Do	
	11:00
	12:00
	- 13:00
	14:00
	15.00
Gratitude	15:00
	16:00
What can I let go of?	<u>17:00</u>
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	
	20:00
	21:00
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