Mon Tue Wed Thu Fri	Sat	Sun	/	/ 20
Values			Time W	ell Spent
			05:00	
			06:00	
			07.00	
Primary Efforts Alignmen	t		07:00	
			- 08:00	
			09:00	
			10:00	
To Do			10.00	
			11:00	
			12:00	
			13:00	
			14:00	
			. 45.00	
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	

Mon	Tue	Wed	Thu	Fri	Sat	Sun		/	/ 20
Value	s							Time	Well Spent
								05:00	
								06:00	
Primar	y Effort	:S	A	lignme	ent			07:00	
								08:00	
								09:00	
To Do								10:00	
								11.00	
								11:00	
								12:00	
								13:00	
								14:00	
Gratit	ude							15:00	
								16:00	
11-		6	7	c	3		_		
How C	an I c	are for	mysel	f tod	ay?			17:00	
A tin	y triu	mph or	epic w	in				18:00	
· · · · · ·			· · · · · ·		· · · · · ·			19:00	
Fmoti	onal a	nd valu	es che	ck-in	:				
2000		70.0	-5 -	-1. (11	•			20:00	
								21:00	