						Time W	ell Spent
						05:00	
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Effort	:s	ı	Alignm	ent		07:00	
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	triu	Efforts Efforts de triumph or	Efforts /	Efforts Alignm de I embrace discomfort?	Efforts Alignment	Efforts Alignment de I embrace discomfort? triumph or epic win	### Description of the image of

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
Gratitude	15:00
	16:00
How can I embrace discomfort?	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	
	20:00
	21:00