Non	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
alues/							Time W	ell Spent
							05:00	
							. 06:00	
rimary	Effort	ts	ı	Alignm	ent		07:00	
							08:00	
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o Do							10:00	
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Gratitud	de						15:00	
							16:00	
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lhere	can I	invite	моге	ease?			17:00	
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tiny	triu	mph or	epic w	/in			18:00	
							19:00	
motio	nal a	nd valu	ies che	ck-in	:			
							20:00	
							21.00	
							21:00	

Mon Tue Wed Thu Fri Sat Sun	/	/ 20
Values	Time W	ell 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	
Gratitude	15:00	
	16:00	
Where can I invite more ease?	17:00	
A tiny triumph or epic win	18:00	
	19:00	
Emotional and values check-in:		
EMOCLONAL AND VALUES CHECK-IN:	20:00	
	21:00	