Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
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Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
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Primary Efforts Alignment	
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To Do	10:00
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	14:00
Gratitude	15:00
	16:00
How can I embrace discomfort?	
22 2 2 322 3233 31 2.	17:00
	10.00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	
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