Mon Tu	ıe	Wed	Thu	Fri	Sat	Sun	/	/ 20	
/alues							Time	Well Sp	ent
							05:00		
							06:00		
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rimary Ef	forts		ı	Alignm	ent		07:00		
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To Do							10:00		
							11:00		
							12:00		
							<u>13:00</u>		
							14:00		
Gratitude							15:00		
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tiny t	rium	ph or	epic w	vin			18:00		
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motiona	l an	d valu	ies che	eck-in	:				
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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
To Do	10:00
	11:00
	12:00
	12.00
	13:00
	14:00
Gratitude	15:00
	16:00
How can I care for myself today?	17:00
	11.00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	21:00