on 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	
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Gratitude	15:00
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What am I learning about myself?	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	21:00