

|                                  |     |     |     |     |     |     |                 |   |    |
|----------------------------------|-----|-----|-----|-----|-----|-----|-----------------|---|----|
| Mon                              | Tue | Wed | Thu | Fri | Sat | Sun | /               | / | 20 |
| Values                           |     |     |     |     |     |     | Time Well Spent |   |    |
| <div></div>                      |     |     |     |     |     |     | 05:00           |   |    |
| <div></div>                      |     |     |     |     |     |     |                 |   |    |
| <div></div>                      |     |     |     |     |     |     | 06:00           |   |    |
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| Primary Efforts                  |     |     |     |     |     |     | Alignment       |   |    |
| <div></div>                      |     |     |     |     |     |     | 07:00           |   |    |
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| <div></div>                      |     |     |     |     |     |     | 08:00           |   |    |
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| <div></div>                      |     |     |     |     |     |     | 09:00           |   |    |
| <div></div>                      |     |     |     |     |     |     |                 |   |    |
| To Do                            |     |     |     |     |     |     | 10:00           |   |    |
| <div></div>                      |     |     |     |     |     |     |                 |   |    |
| <div></div>                      |     |     |     |     |     |     | 11:00           |   |    |
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| <div></div>                      |     |     |     |     |     |     | 12:00           |   |    |
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| <div></div>                      |     |     |     |     |     |     | 14:00           |   |    |
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| Gratitude                        |     |     |     |     |     |     | 15:00           |   |    |
| <div></div>                      |     |     |     |     |     |     |                 |   |    |
| What am I learning about myself? |     |     |     |     |     |     | 16:00           |   |    |
| <div></div>                      |     |     |     |     |     |     |                 |   |    |
| A tiny triumph or epic win...    |     |     |     |     |     |     | 17:00           |   |    |
| <div></div>                      |     |     |     |     |     |     |                 |   |    |
| Emotional and values check-in:   |     |     |     |     |     |     | 18:00           |   |    |
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| <div></div>                      |     |     |     |     |     |     | 19:00           |   |    |
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| <div></div>                      |     |     |     |     |     |     | 20:00           |   |    |
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| <div></div>                      |     |     |     |     |     |     | 21:00           |   |    |
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|----------------------------------|-----|-----|-----|-----|-----|-----|-----------------|---|----|
| Mon                              | Tue | Wed | Thu | Fri | Sat | Sun | /               | / | 20 |
| Values                           |     |     |     |     |     |     | Time Well Spent |   |    |
| <div></div>                      |     |     |     |     |     |     | 05:00           |   |    |
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| <div></div>                      |     |     |     |     |     |     | 06:00           |   |    |
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| Primary Efforts                  |     |     |     |     |     |     | Alignment       |   |    |
| <div></div>                      |     |     |     |     |     |     | 07:00           |   |    |
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| To Do                            |     |     |     |     |     |     | 10:00           |   |    |
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| Gratitude                        |     |     |     |     |     |     | 15:00           |   |    |
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| What am I learning about myself? |     |     |     |     |     |     | 16:00           |   |    |
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| A tiny triumph or epic win...    |     |     |     |     |     |     | 17:00           |   |    |
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