on	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
alues							Time W	ell Spent
							05:00	
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Mon Tue Wed Thu Fri Sat Sun	/	/ 20
Values	Time We	ell Spent
	05:00	
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	07:00	
Primary Efforts Alignment		
	08:00	
	09:00	
To Do	10:00	
	11:00	
	12:00	
	13:00	
	44.00	
	14:00	
	15:00	
Gratitude		
	16:00	
What am I learning about myself?		
5 /	17:00	
	18:00	
A tiny triumph or epic win	10.00	
	19:00	
Emotional and values check-in:		
	20:00	
	21:00	