

Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/	20
Values							Time Well Spent		
							05:00		
							06:00		
Primary Efforts							Alignment		
							07:00		
							08:00		
							09:00		
To Do							10:00		
							11:00		
							12:00		
							13:00		
							14:00		
Gratitude							15:00		
							16:00		
What emotion is most present right now?							17:00		
One achievement I take pride in:							18:00		
							19:00		
In the last 24 hours...							20:00		
							21:00		

Goals for Week #		/	/	20	→	/	/	20
Goal 1				Goal 2				
Goal 3				Goal 4				
Visualize Your Week								
Sketch a visual of your expectations for the week.								
How can I find the most fulfillment in these areas?								
Health				Connections				
Enjoyment				Job				
In the coming week, I'm eager to experience:								