Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
	05:00
	06:00
	07:00
Primary Efforts Alignment	07.00
	08:00
	09:00
	10:00
To Do	10.00
	11:00
	12:00
	13:00
	14:00
Gratitude	15:00
	16:00
What am I avoiding?	<u> </u>
	17:00
	18:00
A tiny triumph or epic win	10.00
	19:00
Emotional and values check-in:	20:00
	21:00

Mon	Tue	Wed	Thu	Fri	Sat	Sun		/		/	20
Value	s							Time	Well	Spe	ent
								05:00			
							• •	06:00			
Primar	y Effort	S	А	lignme	ent			07:00			
								08:00			
								09:00			
To Do								10:00			
								11:00			
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Gratit	ude							15:00			
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A tin	y triu	mph or	epic w	in				18:00			
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		1 7									
Emoti	onal a	nd valu	es che	ck-in	:			20:00			
								21.00			
								21:00			