Mon	Tue	Wed	Thu	Fri	Sat	Sun	/		1 2	20	
Value	S							Well :	Spe	ent	
							 05:00				
							 06:00				
							 07:00				
Primar	y Effort	S	A	Alignm	ent						
							 08:00				
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To Do											
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							 12:00				
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Gratit							 15:00				
Gracic	ude						16:00		_		
			-								
What	am I a	voiding	] ?				17:00		_		
							18:00				
A tin	y triu	mph or	epic w								
F=-+*	1						19:00				
EMOTI	onal a	nd valu	ies che	CK-lN	:		20:00		_		
							 21:00				

Discipline is the bridge between goals and accomplishment. — Jim Rohn

Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
	06:00
	07:00
Primary Efforts Alignment	08:00
	0.00
	09:00
То Do	10:00
	11:00
	12:00
	13:00
<del></del>	14:00
	15.00
Gratitude	15:00
	16:00
What can I let go of?	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	21:00

Kiyosaki			

Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
	05:00
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Primary Efforts Alignment	
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T. D.	10:00
To Do	
	11:00
	12:00
	13:00
	14:00
Gratitude	15:00
	16:00
How can I embrace discomfort?	17-00
	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	21:00

Done is better than perfect. — Sheryl Sandberg
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Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
Values	5						Time W	ell Spent
							 05:00	
							 06:00	
							 07:00	
Primary	/ Effort	S	ı	Alignm	ent			
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To Do								
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							 42.00	
							 13:00	
							 14:00	
							 15:00	
Gratitu	de						13.00	
							16:00	
What a	am I l	earning	about	. myse	lf?		17:00	
A tiny	/ triu	mph or	epic w	in			18:00	
							 19:00	
Emotic	onal a	nd valu	ies che	ck-in	:			
							20:00	
							 21:00	

It's not always that we need to do more, but rather that we need to focus on less. $-\mbox{\sc Nathan W. Morris}$
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Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
	05:00
	06:00
	07:00
Primary Efforts Alignment	
	08:00
	09:00
	10:00
To Do	
	11:00
	12:00
	13:00
	14:00
Gratitude	15:00
	16:00
What roadblock do I need to address?	<u>17:00</u>
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	21:00
	£1.00

Don't watch the clock; do what it does. Keep goin	ng. — Sam Levenson

Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
	05:00
<del></del>	06:00
	07:00
Primary Efforts Alignment	<u> </u>
	08:00
	09:00
To Do	10:00
	11:00
	12:00
	13:00
	14:00
Gratitude	15:00
	16:00
How can I care for myself today?	17:00
	19.00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	21:00

Start where you are. Use what you have. Do what you can. $- \ensuremath{Arthur}$ Ashe

Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
·····	05:00
	06:00
<del></del>	07:00
Primary Efforts Alignment	
	08:00
	09:00
	10:00
To Do	
	11:00
	12:00
	13:00
	14:00
Gratitude	15:00
	16:00
Where can I invite more ease?	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	24.00
	21:00

You don't have to see the whole staircase, just take the first step. — Martin Luther King Jr.				
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Week # Reflections and Insights	
Last week I built momentum: disagree -2 -1 0 +1 +2 ag	гее
Notable achievements from last week:	
Lessons Learned From Last Week	
Unfinished Business	
What do I need to prioritize for growth?	
Thoughts and Reflections	
I appreciate	

Week # Prep		Start:	/	/ 20	
Goal 1		Goal 2			
Goal 3		Goal 4			
Visualize Your Week					
How can I find the most	fulfillment	in these areas?	•		
Health		Connec	tions		
Enjoyment		Job			
In the coming week,	I'm eager	to experie	nce:		