Mon Tu	e Wed	Thu	Fri	Sat	Sun	/	/ 20
/alues						Time	Well Spent
						05:00	
						06:00	
rimary Eff	orts	ı	Alignm	ent		07:00	
						08:00	
						09:00	
Го Do						10:00	
						11:00	
						12:00	
						<u>13:00</u>	
						14:00	
Gratitude						15:00	
						16:00	
		_				-	
What am I	avoiding	9?				17:00	
						· · · · · · · · · · · · · · · · · · ·	
)ne achie	vement I	take p	ride	in:		18:00	
						19:00	
In the la	ıst 24 hoı	ırs				$\bar{\neg}$ —	
ciie te	.5C 27 1100	J. J				20:00	
						21:00	

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	10:00
	11:00
	12:00
	13:00
	14:00
	45.00
Gratitude	15:00
	16:00
What would make today feel meaningful?	17:00
One achievement I take pride in:	18:00
	19:00
In the last 24 hours	
	20:00
	21:00