

| Mon | Tue | Wed | Thu | Fri | Sat | Sun | / | / | 20 |
|--------------------------------|-----|-----|-----|-----|-----|-----|-----------------|---|----|
| Values | | | | | | | Time Well Spent | | |
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| <div></div> | | | | | | | 06:00 | | |
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| <div></div> | | | | | | | 07:00 | | |
| Primary Efforts | | | | | | | Alignment | | |
| <div></div> | | | | | | | 08:00 | | |
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| <div></div> | | | | | | | 09:00 | | |
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| <div></div> | | | | | | | 10:00 | | |
| To Do | | | | | | | | | |
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| <div></div> | | | | | | | 14:00 | | |
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| <div></div> | | | | | | | 15:00 | | |
| Gratitude | | | | | | | | | |
| <div></div> | | | | | | | 16:00 | | |
| <div></div> | | | | | | | | | |
| How can I embrace discomfort? | | | | | | | 17:00 | | |
| <div></div> | | | | | | | | | |
| A tiny triumph or epic win... | | | | | | | 18:00 | | |
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| <div></div> | | | | | | | 19:00 | | |
| <div></div> | | | | | | | | | |
| Emotional and values check-in: | | | | | | | 20:00 | | |
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| Primary Efforts | | | | | | | Alignment | | |
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| To Do | | | | | | | | | |
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