Time Well Spent 95:00	Mon Tue Wed Thu Fri Sat Sun	/ / 20
Primary Efforts Alignment	Values	
Primary Efforts Alignment		
Primary Efforts Alignment		06:00
08:00 09:00		07:00
### 19:00 10:00	Primary Efforts Alignment	
To Do 10:00 11:00 12:00 13:00 Gratitude 15:00 How can I embrace discomfort and grow today?		08:00
11:00		09:00
11:00 12:00 13:00 14:00 Gratitude 16:00 How can I embrace discomfort and grow today?	To Do	10:00
12:00 13:00 14:00 Gratitude 15:00 16:00	10 00	
		11:00
14:00 15:00		12:00
14:00 15:00		13:00
Gratitude 15:00 16:00 How can I embrace discomfort and grow today?		
Gratitude 15:00 16:00 How can I embrace discomfort and grow today?		14:00
How can I embrace discomfort and grow today?		15:00
How can I embrace discomfort and grow today? 17:00	Gratitude	16:00
17:00	How can I embrace discomfort and grow today?	
	non can't charact descartion t and grow today:	17:00
One achievement I take pride in:	One achievement I take pride in:	18:00
		19:00
In the last 24 hours	In the last 24 hours	
20:00	In the tust 24 hours	20:00
21:00		21:00