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	20.00
	11:00
	11.00
	12:00
	13:00
	14:00
Gratitude	15:00
	16:00
What am I avoiding?	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	
Electorist and values check-til.	20:00
	21:00

Every morning we are born again. What we do today is what matters m Buddha	nos
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Mon Tue Wed Thu Fri Sat Sun	/ / 20
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Gratitude	15:00
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What can I let go of?	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	
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	24.00
	21:00

Although the world is full of suffering, it is also full of the overcoming of it. — Helen Keller $$

Mon Tue Wed Thu Fri Sat Sun	/ / 20
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Gratitude	15:00
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Herrican Transport discretization	
How can I embrace discomfort?	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	21:00

You cannot escape the responsibility of tomorrow by evading it today. Abraham Lincoln

Mon Tue Wed Thu Fri Sat Sun	/ / 20
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To Do	10:00
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Gratitude	15:00
	16:00
What am I learning about myself?	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	21:00

Be yourself; everyone else is already taken. — Oscar Wilde

Mon Tue Wed Thu Fri Sat Sun	/ / 20
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Gratitude	15:00
	16:00
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What roadblock do I need to address?	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:]
The state of the s	20:00
	21:00
	21.00

The most important thing in life is to learn how to give out love, and to let it come in. — Morrie Schwartz	

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Gratitude	15:00
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How can I care for myself today?	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	21.00
	21:00

It always seems impossible until it's done. — Nelson Mandela
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Gratitude	
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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
	21:00

Your body hears everything your mind says. — Naomi Judd

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Week # Reflections and Insights
Last week I built momentum: disagree -2 -1 0 +1 +2 agree
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	I	Start:	/	/ 20
Goal 1			Goal 2		
Goal 3			Goal 4		
Visualize Your	Week				
How can I find	the most ful	fillment i	in these areas?		
Health			Connec	tions	
Enjoyment			Job		
In the coming week, I'm eager to experience:					