

Mon Tue Wed Thu Fri Sat Sun / / 20

Primary Efforts

Alignment

Time Well Spent

05:00

06:00

07:00

☐ Vision ☐ Goals ☐ Calendar ☐ Habit

Today I will pay most attention to:

08:00

To Do

09:00

☐

10:00

☐

11:00

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12:00

☐

Gratitude

13:00

Where can I invite more ease into my life?

14:00

15:00

16:00

One achievement I take pride in:

17:00

18:00

In the last 24 hours...

19:00

20:00

21:00

It's not always that we need to do more, but rather that we need to focus on less. - Nathan W. Morris