Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
	06:00
	07:00
Primary Efforts Alignment	
	08:00
	09:00
To Do	10:00
	11:00
	12:00
	13:00
	14:00
Cushikuda	15:00
Gratitude	16:00
What am I avoiding?	17-00
	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	21:00

Quote3	