Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
/alues							Time	Well Spent
							05:00	
							06:00	
rimary	Effort	ts	ı	Alignm	ent		07:00	
							08:00	
							09:00	
o Do							10:00	
							11:00	
							12:00	
							13:00	
							14:00	
Gratitu	de						15:00	
							16:00	
What a	m T 1	earning	ı ahout	. W//CO	1f2		-	
WIIGC G		carning	, about	. Hyse			17:00	
							10.00	
ne ac	hieve	ment I	take p	ride	in:		18:00	
							19:00	
in the	last	24 hou	IFS				\neg —	
							20:00	
							21:00	
							21:00	

Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
	05:00
	06:00
	07:00
Primary Efforts Alignment	
	08:00
	09:00
To Do	10:00
To Do	
	11:00
	12:00
	13:00
	14:00
Gratitude	15:00
	16:00
What am I learning about myself?	17:00
One achievement I take pride in:	18:00
	19:00
In the last 24 hours	20:00
	21:00
	l .