

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		
.....							_____		
_____							10:00		
To Do							_____		
_____							11:00		
.....							_____		
_____							12:00		
.....							_____		
_____							13:00		
.....							_____		
_____							14:00		
.....							_____		
_____							15:00		
Gratitude							_____		
_____							16:00		
.....							_____		
What emotion is most present right now?							17:00		
.....							_____		
One achievement I take pride in:							18:00		
_____							19:00		
.....							_____		
In the last 24 hours...							20:00		
_____							_____		
.....							21:00		
_____							_____		

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