Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
Values							Time	Well Spen
							05:00	
							06:00	
Primary	Effort	ts	ı	Alignm	ent		07:00	
							08:00	
							09:00	
							10:00	
To Do							10.00	
							11:00	
							12:00	
							13:00	
							14:00	
							15:00	
Gratitud	de						13.00	
							16:00	
How ca	n I c	are for	mysel	.f tod	ay?			
							17:00	
							10.00	
A tiny	triu	mph or	epic w	vin			18:00	
							19:00	
 Emotio	nal a	nd valu	ies che	eck-in	:			
							20:00	
							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
То Do	10:00
	11:00
	12:00
	13:00
	14:00
	15:00
Gratitude	
	16:00
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
	24.00
	21:00