

Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/20
Primary Efforts		Alignment		Time Well Spent				
				05:00				
				06:00				
[ ] Vision				[ ] Goals		[ ] Calendar		[ ] Habit
Today I will pay most attention to:				07:00				
				08:00				
To Do				09:00				
				10:00				
				11:00				
				12:00				
				13:00				
Gratitude				14:00				
				15:00				
How can I embrace discomfort and grow today?				16:00				
				17:00				
One acheivement I take pride in:				18:00				
				19:00				
How can I move towards my ideal self?				20:00				
				21:00				

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