Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20	
/alues							Ti	me Well Spe	ent
							05:0	90	
							06:0	00	
							07:0	20	
Primary	Effort	ts	,	Alignm	ent		07.0	90	
							08:0	90	
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								20	
To Do							10:0	90	
							11:0	00	
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							13:0	20	
							· · · · <u>14:</u> 0	90	
								20	
Gratitud	de						15:0	90	
							16:0	90	
Where	can T	invite	more	ease?	,		<u> </u>		
MICI C	CUII 1		. 1101 C	case.			17:0	90	
							18:0	90	
A tiny	triu	mph or	epic w	vin				-	
							19:0	00	
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							20:0	90	
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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	15:00
	16:00
Where can I invite more ease?	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	21:00