Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
/alues	5						Time	Well Spent
							05:00	
							. 06:00	
Primary	/ Effort	:s	ı	Alignm	ent		07:00	
							08:00	
							09:00	
To Do							10:00	
							11:00	
							12:00	
							13:00	
							14:00	
							15.00	
Gratitu	de						15:00	
							16:00	
How ca	n I e	mbrace	discor	nfort?			$\neg$ —	
							17:00	
A tiny	/ triu	mph or	epic w	vin			18:00	
							19:00	
Emotic	nal a	nd valu	ies che	eck-in	:		<b>—</b>	
							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
	10.00
To Do	10:00
	11.00
	11:00
	12:00
	13:00
Cratituda	15:00
Gratitude	
	16:00
How can I embrace discomfort?	47.00
	17:00
	18.00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	21:00