

Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/	20
Values				Time Well Spent					
				05:00					
				06:00					
Primary Efforts				Alignment					
				07:00					
				08:00					
				09:00					
To Do				10:00					
				11:00					
				12:00					
				13:00					
				14:00					
Gratitude				15:00					
				16:00					
What can I let go of?				17:00					
A tiny triumph or epic win...				18:00					
				19:00					
Emotional and values check-in:				20:00					
				21:00					

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