

| | | | | | | | | | |
|----------------------------------|-----|-----|-----|-----|-----|-----|-----------------|---|----|
| Mon | Tue | Wed | Thu | Fri | Sat | Sun | / | / | 20 |
| Values | | | | | | | Time Well Spent | | |
| <div></div> | | | | | | | 05:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 06:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 07:00 | | |
| Primary Efforts | | | | | | | Alignment | | |
| <div></div> | | | | | | | 08:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 09:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 10:00 | | |
| To Do | | | | | | | | | |
| <div></div> | | | | | | | 11:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 12:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 13:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 14:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 15:00 | | |
| Gratitude | | | | | | | | | |
| <div></div> | | | | | | | 16:00 | | |
| <div></div> | | | | | | | | | |
| What am I avoiding? | | | | | | | 17:00 | | |
| <div></div> | | | | | | | | | |
| One achievement I take pride in: | | | | | | | 18:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 19:00 | | |
| <div></div> | | | | | | | | | |
| In the last 24 hours... | | | | | | | 20:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 21:00 | | |
| <div></div> | | | | | | | | | |

| | | | | | | | | | |
|--|-----|-----|-----|-----|-----|-----|-----------------|---|----|
| Mon | Tue | Wed | Thu | Fri | Sat | Sun | / | / | 20 |
| Values | | | | | | | Time Well Spent | | |
| <div></div> | | | | | | | 05:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 06:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 07:00 | | |
| Primary Efforts | | | | | | | Alignment | | |
| <div></div> | | | | | | | 08:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 09:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 10:00 | | |
| To Do | | | | | | | | | |
| <div></div> | | | | | | | 11:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 12:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 13:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 14:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 15:00 | | |
| Gratitude | | | | | | | | | |
| <div></div> | | | | | | | 16:00 | | |
| <div></div> | | | | | | | | | |
| What would make today feel meaningful? | | | | | | | 17:00 | | |
| <div></div> | | | | | | | | | |
| One achievement I take pride in: | | | | | | | 18:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 19:00 | | |
| <div></div> | | | | | | | | | |
| In the last 24 hours... | | | | | | | 20:00 | | |
| <div></div> | | | | | | | | | |
| <div></div> | | | | | | | 21:00 | | |
| <div></div> | | | | | | | | | |