Mon Tue Wed Thu Fri Sat Sur	n / / 20
Primary Efforts Alignment	Time Well Spent
	96:00
[] Vision [] Goals [] Calendar] Habit 07:00
Today I will pay most attention to:	98:00
To Do []	09:00
D D	10:00
[] []	11:00
	12:00
Gratitude	13:00
How can I embrace discomfort and grow t	14:00
now can I embrace discommont and grow i	15:00
	16:00
One achievement I take pride in:	17:00
	18:00
How can I move towards my ideal self?	19:00
	20:00
	21:00

Mon	Tue	Wed	Thu	Fri	Sat	Sun	/		/	20
Primar	y Effor	ts		Aligr	nment			Time \	Well	Spent
								06:00		
[] Vi	sion	[] Go	als	[] (Calenda	ar []	Habit	07:00		
Today	l will p	ay most	attenti	on to:				08:00		
To Do								09:00		
[]								10:00		
								11:00		
[]								12:00		
Gratit	ude							13:00		
How c	an I e	embrace	disco	mfort	and gr	ow tod	ay?	14:00		
								15:00		
								16:00		
One a	chieve	ement I	take	pride	in:			17:00		
								18:00		
How c	an I m	nove to	wards	my ide	al sel	f?		19:00		
								20:00		
								21:00		