Mon Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
/alues						Time	Well Spent
						05:00	
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Primary Effort	5	Å	Alignm	ent		07:00	
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Gratitude						15:00	
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What am I le	ear ii tiig	about	. iiyse	ll:		17:00	
A tiny trium	nph or	epic w	/in			18:00	
						19:00	
Emotional ar	nd valu	es che	ck-in	:			
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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
To Do	10:00
	11:00
	12:00
	12.00
	13:00
	14:00
Gratitude	15:00
	16:00
What am I learning about myself?	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	21:00