

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

[illegible]