

| 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           |   |    |
| How can I embrace discomfort and grow today? |     |     |     |     |     |     | 17:00           |   |    |
|  |     |     |     |     |     |     |                 |   |    |
| One achievement I take pride in:             |     |     |     |     |     |     | 18:00           |   |    |
|  |     |     |     |     |     |     | 19:00           |   |    |
| In the last 24 hours...                      |     |     |     |     |     |     | 20:00           |   |    |
|  |     |     |     |     |     |     |                 |   |    |
|  |     |     |     |     |     |     | 21:00           |   |    |

| 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           |   |    |
| How can I embrace discomfort and grow today? |     |     |     |     |     |     | 17:00           |   |    |
|  |     |     |     |     |     |     |                 |   |    |
| One achievement I take pride in:             |     |     |     |     |     |     | 18:00           |   |    |
|  |     |     |     |     |     |     | 19:00           |   |    |
| In the last 24 hours...                      |     |     |     |     |     |     | 20:00           |   |    |
|  |     |     |     |     |     |     |                 |   |    |
|  |     |     |     |     |     |     | 21:00           |   |    |