Mon Tue Wed Thu Fri Sat S	Sun / / 20
Values	Time Well Spent
	05:00
	06:00
Primary Efforts Alignment	07:00
	08:00
	<u>09:00</u>
	10:00
To Do	10:00
	11.00
	11:00
	12.00
	12:00
	13:00
	13:00
	14:00
	15:00
Gratitude	23100
	16:00
Where can I invite more ease?	17:00
	18:00
A tiny triumph or epic win	
	19:00
Emotional and values check-in:	20:00
	21:00

Mon	Tue	Wed	Thu	Fri	Sat	Sun	/		/	20
Value	S						Time	Well	Sp	ent
							 05:00			
							 06:00			
							 07:00			
Primai	ry Effort	:S	А	lignme	ent		07:00			
							08:00			
							 09:00			
							 10:00			
To Do							20.00			
							 11:00			
							 12:00			
							 13:00			
							 14:00			
Gratit	ude						15:00			
							16:00			
Where	can I	invite	тоге	ease?			17:00			
A tin	y triu	mph or	epic w	in			18:00			
							 19:00			
Emoti	onal a	nd valu	es che	ck-in	:		20:00			
							21:00			