

| 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           |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     | 10:00           |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
| To Do           |     |     |     |     |     |     | 11:00           |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     | 12:00           |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     | 13:00           |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     | 14:00           |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     | 15:00           |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
| Gratitude       |     |     |     |     |     |     | 16:00           |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     | 17:00           |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     | 18:00           |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     | 19:00           |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     | 20:00           |   |    |
|                 |     |     |     |     |     |     |                 |   |    |
|                 |     |     |     |     |     |     | 21:00           |   |    |
|                 |     |     |     |     |     |     |                 |   |    |

[illegible]