Mon	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
/alues							Ti	me Well Spent
							05:6	00
							06:0	00
								20
Primary	Effort	ts	ı	Alignm	ent		07:0	00
							08:0	00
							09:0	00
							 –	
Го Do							10:6	00
)A
							12:6	00
							13:6	00
							14:0	00
Gratitud	le						15:0	00
							16:0	00
What ca	an I	let go	of?				17:6	00
							···· —	
A tiny	triu	mph or	epic v	vin			18:6	00
							19:0	00
Emotior	nal a	nd valu	ies che	eck-in	:		20:0	00
							···· —	
							21:0	00

Values	Time Well Spent
	05:00
	06:00
	07:00
Primary Efforts Alignment	
	- 08:00
	09:00
	10:00
To Do	
	11:00
	12:00
	- 13:00
	14:00
	7 15.00
Gratitude	15:00
	16:00
What can I let go of?	17:00
A tiny triumph or epic win	18:00
	19:00
Emotional and values check-in:	20:00
	-
	21:00