Mon Tue Wed Thu Fri Sat Sun	/ / 20
Values	Time Well Spent
	05:00
	06:00
	07.00
Primary Efforts Alignment	07:00
	08:00
	09:00
To Do	10:00
	11.00
	11:00
	12:00
	12.00
	13:00
	14:00
Gratitude	15:00
	<u>16:00</u>
How can I embrace discomfort?	
	17:00
A tiny triumph or epic win	18:00
	19:00
	12.00
Emotional and values check-in:	20:00
	21:00

Done is better than perfect. —	Sheryl Sandberg