Non	Tue	Wed	Thu	Fri	Sat	Sun	/	/ 20
alues							Time W	ell Spent
							05:00	
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rimary	Effort	ts	ı	Alignm	ent		07:00	
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o Do							10:00	
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lhat ai	n I a	voiding]?				17:00	
tiny	triu	mph or	epic w	vin			18:00	
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Mon Tue Wed Thu Fri Sat Sun	/	/ 20
Values	Time W	ell Spent
	05:00	
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	07:00	
Primary Efforts Alignment		
	08:00	
	09:00	
To Do	10:00	
	11:00	
	12:00	
	13:00	
	13.00	
	14:00	
Gratitude	15:00	
	16:00	
What am I avoiding?	17:00	
	17.00	
A tiny triumph or epic win	18:00	
	19:00	
Emotional and values check-in:	20:00	
	21:00	