

THE BRAIN DUMP

Date: _____

1. UNFILTERED THOUGHTS / TO-DOS / CLUTTER

HOUSE / LIFE ADMIN

WORK / PROJECTS

PERSONAL / HEALTH

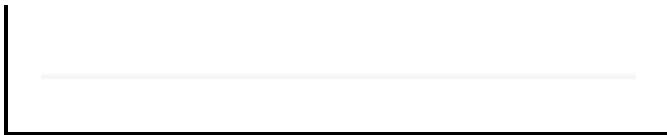
"MAYBE SOMEDAY"

2. THE "MUST DO" (ONLY 3 THINGS)

ENERGY LEVEL TODAY



NOTES ON FOCUS



journaling.guide