JAN FEB MAR APR MAY JUN JUL AUG SEPT OCT NOV DEC

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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2024

WEEKLY BRAIN DUMP

START HERE

INCLUDE

- tasks
- assignments
- ideas
- goals
- concerns
- errands
- need to buy
- people to contact/ catch up with

WHY?

- stress reducer
- focus & clarity
- decluttered mind
- organization
- production
- space for creativity

TO BEGIN

2 or 3 full body breaths

relax shoulders

relax jaw

head goes side to side

BEGIN

I HAVE PERMISSION TO BE COMPLETELY HONEST WITH MYSELF

TASK	I	U	CATEGORY
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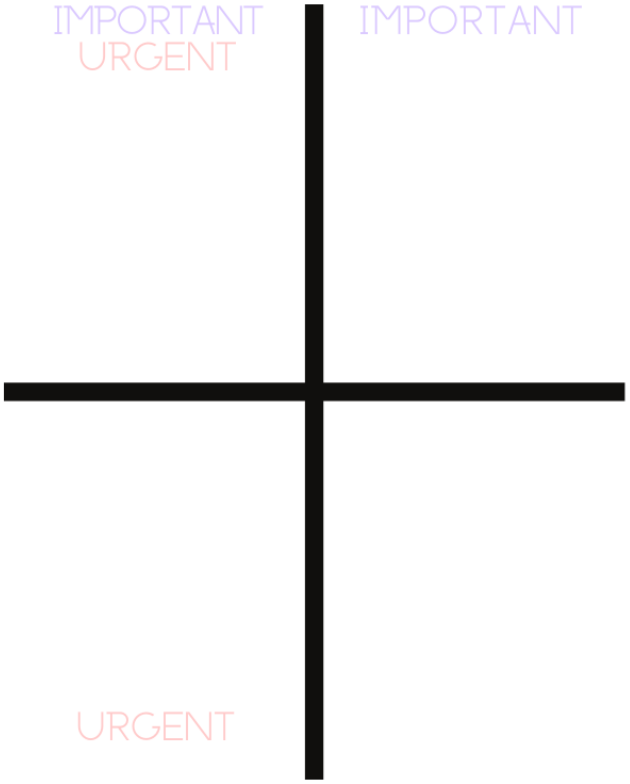
work | home | pesonal | social | other



distribute tasks throughout day, week and/or month