



#### **TO-DO BRAIN DUMP**

These are all the things I'd like to accomplish.

#### PERSONAL

## DAILY TOP 3

Pick three goals for today.

# 1

2(

3 (

### SCHEDULE

Write out your daily schedule.

7:00	
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	
10:30	
11:00	
11:30	
12:00	
12:30	
1:00	
1:30	
2:00	
2:30	
3:00	
3:30	
4:00	
4:30	
5:00	

### PROFESSIONAL