

Brain Dump Session

Set a timer for 5, 10, or 15 minutes. Write down everything that comes to mind, things to do, thoughts, reminders, wants, etc. Add select items to Reclaim Your Time and the rest to your Let Go.. Let God Worksheet. There's more room out then in!



My List...



God's List.

List things that are within your control that you can take care of

List things that are beyond your control that you will give to God



Reclaim Your Time

What needs to get done this week?

Does it need to be done right now?
 Yes No

Does it need to be done by me?
 Yes No

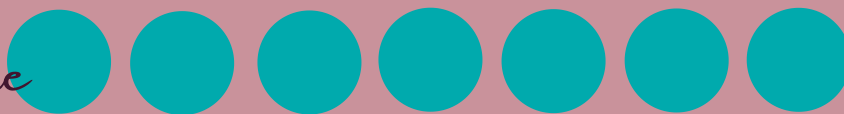
If no, who can I delegate to?

How is my energy this week?

What is going on in my family this week that may affect my productivity?

What 3 projects will make me the most money?

1. _____
2. _____
3. _____



Use special boxes for reminders, tracking progress, etc. Make your content actionable!