Raising Mom (c) I For Personal Use Only

Brain Dump

Write out below **everything** that you need to, want to, and wish to do. Mental notes, real notes, anything you need to respond to, all the tasks and appointments for your kids, anything that needs to done around the house, include what's necessary too like sleep, work, eating, and anything that you want to or wish to add to your life to reach your goals.

This will be one very large and comprehensive list but it will free your mind to do the planning to actually accomplish these things.

Health + Wellness	Family	Friends	Work/ Career	House Work	Self-Care	Spirit-uality	Fun + Play	Other	Extra