

BRAIN DUMP

HOME

Cleaning
Decluttering
Organizing
Plants
To buy

DIY

Repairs
Decorating
Hiring Professionals

FINANCES

Credit Score
Pension
Bank Accounts
Investments

BILLS

Sign up for paperless
Updating addresses
Upgrades
Finding better deals

HEALTH

Doctors Appointment
Dentist Appointment
Medications
Diet
Workout Routine

RELATIONSHIPS

Birthdays
Special Events
Gifts to buy
Phone calls

TRANSPORT

Car maintenance
Bike maintenance
Public Transport Pass
Cleaning Vehicle
Tax/MOT/service

PERSONAL CARE

Skin Care
Appointments
Supplements
To buy

ORGANIZATION

Cleaning routines
Meal planning
Updating Calendar
Emails
Planner/journal

PERSONAL DEVELOPMENT

Education
Courses
Spirituality/religion
Therapy

GOALS

Leisure/hobbies
Family
Health
Career
Finances

OTHER

Pets
Anything to sell?
Places to go
Phone calls