

WEEK OF:

WEEKLY BRAIN DUMP



WELL-BEING - Strive to hit multiple areas on a short-term basis to enhance your well-being

- NOURISHMENT
- MOVEMENT
- MINDSET
- COMMUNITY + CONNECTION
- RESTORATION
- SURROUNDINGS
- PURPOSE + PASSION
- PROFESSIONAL GROWTH

PRIORITY ACTION ITEMS - No more than 5 per week	DAY(S)	TIME ESTIMATE	SUPPORTS GOALS?
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ALL OTHER ACTION ITEMS	URGENT	EVERYTHING ELSE	DELEGATE	DAY(S)	TIME ESTIMATE	SUPPORTS GOALS?
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QUICK TASKS (<10 MINUTE TASKS YOU CAN COMPLETE AS YOU HAVE A FEW MINUTES AT A TIME.)

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