

BRAIN DUMP → ACTION MAP

Date: _____



BRAIN DUMP – GET IT ALL OUT

DO FIRST

⚡ Urgent + Important

☐	_____
☐	_____
☐	_____
☐	_____

SCHEDULE

17 Not Urgent + Important

☐	_____
☐	_____
☐	_____
☐	_____

DELEGATE

🤝 Urgent + Not Important

ELIMINATE

 Not Urgent + Not Important

☐	_____
☐	_____
☐	_____
☐	_____

ONE BRAVE ACTION I'LL START THIS WEEK:

ENERGY LEVEL TODAY: ☐ Low ☐ Medium ☐ High