## De-Clutter Your Mind Worksheet

Alright, let's start with a brain dump with all of those to-do items for...

1. Today	
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2. This Week	
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2. This Month	
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LauraSueShaw.com	

## De-Clutter Your Mind Journal

Time to vent. Besides the to-do's we already covered, what's on your mind? What are you excited, anxious, worried about? Write it all down, get it out so it's not taking up valuable space in that beautiful mind of yours.

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## De-Clutter Your Mind Motes

1. Where do you need to cre	
tasks easier and more orga	nizea?
2. What things do you enjoy	to relax and de-stress?
3. Notes	
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