

MY BRAIN HAS 47 TABS OPEN

Let us get it out of your head
and onto the page.

IT'S OK
TO HAVE
A BUSY BRAIN
YOU'RE NOT
TOO MUCH

Different
Brains
Brighter
Futures

Same
Big Feelings
Bright Ideas
Different
Paths



1. WHAT IS ON MY MIND?

Brain dump no filtering.



2. WHAT ACTUALLY NEEDS DOING?



3. WHAT CAN WAIT?



4. WHAT CAN I DELETE, DELEGATE, OR LET GO?



ONE THING I CAN DO FIRST:

A calmer mind
is a happier you.



Want to know more?
Visit leanneatkinson.ca



LEANNE ATKINSON
COUNSELLING • COACHING • CONSULTATION
• MC, RCC •

REAL SUPPORT
PRACTICAL TOOLS
A BRIGHTER TOMORROW