

A ONE-PAGE RESET

GET IT OUT OF YOUR HEAD.

Your brain does not need to be the family filing cabinet.

THIS WEEK I NEED TO REMEMBER:

THE 3 THINGS THAT ACTUALLY MATTER:

SOMETHING I CAN MAKE EASIER:

SOMETHING SOMEONE ELSE CAN DO:

SOMETHING THAT CAN WAIT:

SOMETHING I WANT THIS WEEK:

Put it somewhere. Then let your brain stop holding it.