THE MIND DUMP

PERSONAL TASKS			
Item/Goal	Time Frame	Priority Level	

PERSONAL TASKS

Item/Goal	Time Frame	Priority Level	
Today, in this category, I feel:			
These factors or beliefs are holding me back in this category:			

PERSONAL TASKS

These are the boundaries and/or routines I need to implement and enforce:		
Today, I am grateful for:		
These are the most beneficial affirmations for me in this category:		

PHYSICAL FITNESS & MENTAL WELLNESS			
Item/Goal	Time Frame	Priority Level	

PHYSICAL FITNESS & MENTAL WELLNESS

Item/Goal	Time Frame	Priority Level	
Today, in this category, I feel:			
These factors or beliefs are holding me back in this category:			

PHYSICAL FITNESS & MENTAL WELLNESS

These are the boundaries and/or routines I need to implement and enforce:		
Today, I am grateful for:		
These are the most beneficial affirmations for me in this category:		

HOBBIES, PASSIONS, & INTERESTS			
Item/Goal	Time Frame	Priority Level	

HOBBIES, PASSIONS, & INTERESTS

Item/Goal	Time Frame	Priority Level	
Today, in this category, I feel:			
These factors or beliefs are holding me back in this category:			

HOBBIES, PASSIONS, & INTERESTS

These are the boundaries and/or routines I need to implement and enforce:		
Today, I am grateful for:		
These are the most beneficial affirmations for me in this category:		

FAMILY & FRIEND RELATIONSHIPS			
Item/Goal	Time Frame	Priority Level	

FAMILY & FRIEND RELATIONSHIPS

Item/Goal	Time Frame	Priority Level
Today, in this category, I feel:		
These factors or beliefs are holding me back in this category:		

FAMILY & FRIEND RELATIONSHIPS

These are the boundaries and/or routines I need to implement and enforce:		
Today, I am grateful for:		
These are the most beneficial affirmations for me in this category:		

ROMANTIC RELATIONSHIPS			
Item/Goal	Time Frame	Priority Level	

ROMANTIC RELATIONSHIPS

Item/Goal	Time Frame	Priority Level	
Today, in this category, I feel:			
These factors or beliefs are holding me back in this category:			

ROMANTIC RELATIONSHIPS

These are the boundaries and/or routines I need to implement and enforce:		
Today, I am grateful for:		
These are the most beneficial affirmations for me in this category:		

SPIRITUALITY			
Item/Goal	Time Frame	Priority Level	

SPIRITUALITY

Item/Goal	Time Frame	Priority Level	
Today, in this category, I feel:			
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These factors or beliefs are holding me back in this category:			

SPIRITUALITY

Today, I am grateful for: These are the most beneficial affirmations for me in this category:	These are the boundaries and/or routines I need to implement and enforce:			
These are the most beneficial affirmations for me in this category:	Today, I am grateful for:			
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	These are the most beneficial affirmations for me in this category:			

CHARITABLE GIVING			
Item/Goal	Time Frame	Priority Level	

CHARITABLE GIVING

Item/Goal	Time Frame	Priority Level	
Today, in this category, I feel:			
	roday, iir tilis category, r reei.		
These factors or beliefs are holding me back in this category:			

CHARITABLE GIVING

These are the boundaries and/or routines I need to implement and enforce:			
Today, I am grateful for:			
These are the most beneficial affirmations for me in this category:			

FINANCIAL RESPONSIBILITIES			
Item/Goal	Time Frame	Priority Level	

FINANCIAL RESPONSIBILITIES

Item/Goal	Time Frame	Priority Level	
Today, in this category, I feel:			
These factors or beliefs are holding me back in this category:			

FINANCIAL RESPONSIBILITIES

These are the boundaries and/or routines I need to implement and enforce:		
Today, I am grateful for:		
These are the most beneficial affirmations for me in this category:		

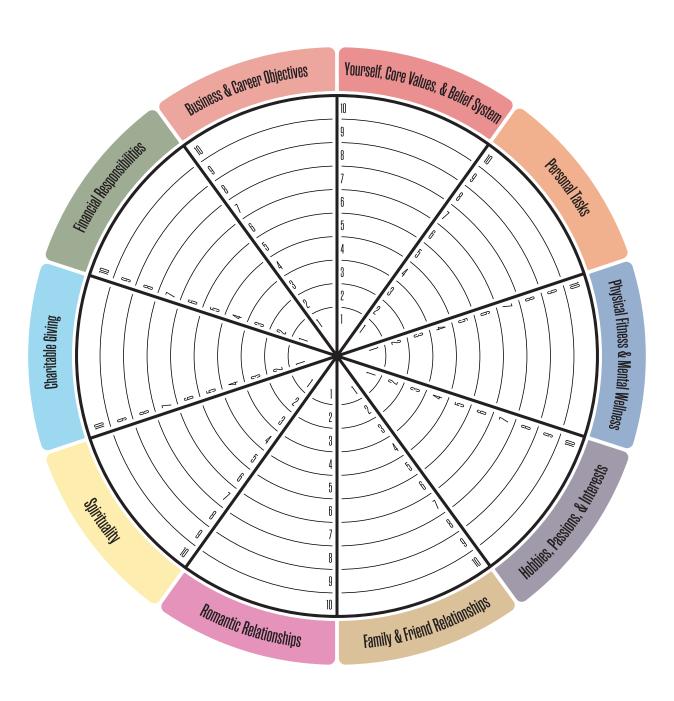
BUSINESS & CAREER OBJECTIVES			
Time Frame	Priority Level		

BUSINESS & CAREER OBJECTIVES

Item/Goal	Time Frame	Priority Level	
Today, in this category, I feel:			
These factors or beliefs are holding me back in this category:			

BUSINESS & CAREER OBJECTIVES

Today, I am grateful for: These are the most beneficial affirmations for me in this category:	These are the boundaries and/or routines I need to implement and enforce:		
These are the most beneficial affirmations for me in this category:	Today, I am grateful for:		
These are the most beneficial affirmations for me in this category:			
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	These are the most beneficial affirmations for me in this category:		



	S.M.A.R.T. GOALS		
Done	Item/Goal	Set Date	By Date
		(/)	(/)
		(/)	(/)
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		(/)	(/)

"THE 3-4-30 CHALLENGESM"			
Done	Item/Goal	Goal Type	
	Week1(//)		

"THE 3-4-30 CHALLENGESM"			
Done	Item/Goal	Goal Type	
	Week 2 (///)		
	Week 3 (///)		

"THE 3-4-30 CHALLENGESM"			
Done	Item/Goal	Goal Type	
	Week 4 (///)		
	Week 5 (///)		

"THE 3-4-30 CHALLENGESM" Notes:

YOURSELF, CORE VALUES, & BELIEF SYSTEMS
TOOKSELI, COKE VALUES, & BELIEF STSTEMS
PERSONAL TASKS
PHYSICAL FITNESS & MENTAL WELLNESS

HOBBIES, PASSIONS, & INTERESTS
FAMILY & FRIEND RELATIONSHIPS
TAMEL OF RELATIONSHIPS
ROMANTIC RELATIONSHIPS

SPIRITUALITY
CHARITABLE GIVING
FINANCIAL RESPONSIBILITIES
THOUSE RESIGNATION

BUSINESS & CAREER OBJECTIVES		