



MY IDEA

JOURNAL

PRESENTED TO YOU BY

carolbrusegar.com

Please visit my website
for information and resources
that will help you transform your life
at ANY age!

***A Free Year-End Review Journal
Is available here:***

**[http://carolbrusegar.com/looking-
back-and-moving-forward/](http://carolbrusegar.com/looking-back-and-moving-forward/)**

This is a helpful tool any time
we want to get unstuck or
recalibrate.

YOU HAVE MANY IDEAS EVERY DAY!

Included in the journal are these pages:

- 1) Weekly Brain Dump where you write down all of your ideas as they come to you, 1 page or more per week
- 2) Notes Page
- 3) Projects/Goals/Ideas Page.

Make as many copies of the pages as you want and get started!

Keep this journal with you as much as possible so you capture your ideas. Just write them down; don't prejudge or censor anything.

At the end of each week, go through what you have collected and check one of the 3 boxes in the right margin.

For the items you mark as "Start", transfer the idea or first steps related to it to a Projects/Goals Idea Page, a TO DO list or calendar.

These can be first steps to tapping into your creativity and doing amazing things!




**THIS JOURNAL
BELONGS TO:**

WEEKLY BRAIN DUMP

A grid for a weekly brain dump. It consists of 20 horizontal rows. The right side of the grid is divided into three vertical columns. The first column is light green, the second is yellow, and the third is blue. The rest of the grid is white with blue horizontal lines.

 Start




 Save for Later

 Dump

WEEKLY BRAIN DUMP

A grid for a weekly brain dump. The grid consists of 20 rows and 3 columns. The columns are labeled 'Start', 'Save for Later', and 'Dump'. The grid is currently empty.

	Start	Save for Later	Dump

 Start  Save for Later  Dump

PROJECTS/GOALS/IDEAS FOR THE FUTURE



Home/Family

Work/Career

Spiritual

Personal
