



# Brain Dump Productivity Printable

**PRINTABLE**

Get those 'to do's' out of your head  
and onto paper in a way that makes  
sense for your business

**SHE OWNS IT**

# Hi! I'm Rach

**I know what it feels like to be pulled in 100 different directions and not know what to focus on next!**

I know after 20 years in business when I do this it's because I need to revisit my vision, my WHY and my (sharp intake of breath!) sales goals and strategy!

For a long, long time I didn't set myself actual financial goals in my business.

But when I realised how strong my purpose was- my vision, and my why- I knew in order to make it happen I needed to start getting strict on making and meeting sales goals in my business.

The results? Once I did, I started seeing my income grow, my business become more successful AND I had more flexibility to actually do the FUN stuff (which ironically then improves results too!)

So my recommendation is this.

**Use the Members' Club resources to revisit your vision and you're WHY.**

Complete the latest 90 day planning session and give yourself a sales kick up the bum!

Use the Brain Dump cheat sheet below to get EVERYTHING out of your head and onto paper- then get ready to grow your TO DON'T list and create a highly focussed, short TO DO list that will help you see results!

HAVE FUN!!



*xx Rach*

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# Brain Dump

**Use this page to get EVERYTHING out of your head. All of the 'To Do's' that are passing through your mind and weighing heavily on your shoulders.**

Then, grab your pen, get ready to highlight your TO DON'Ts! All the things you know you don't actually need to prioritise or think about right now. Finally, circle the To Do's that you know you need to focus on- try to narrow it to just a few that you know will help you get results.

# TO DO LIST

MY WHY:

INCOME GOAL:

<p><b>URGENT/ IMPORTANT</b> <i>Must get done asap to reach my goals</i></p>	<p><b>NOT URGENT</b> <i>It's in my head but not a priority right now</i></p>
<p><b>OUTSOURCE</b> <i>Needs doing, hate doing, can hand over</i></p>	<p><b>WANT TO DO</b> <i>The fun projects! A reward for reaching a goal</i></p>

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