These pages are from Erik's What Matters Journal and Will Help You Reset Anytime You are Feeling Overwhelmed. They Have Been Repurposed for This Podcast and Will Help You To Brain Dump, Clear Your Mental Cache', Focus On Completing Outstanding Tasks That Occupy Space In Your Mind and Then Allow You To Focus All of Your Time On Activities and Tasks That Lead to You Feeling Your Best and See Your Progress On The Way. Use These As A Reset Anytime You Are Feeling Overwhelmed and Take Charge of What Really Matters In Your Life.

We Believe In You. You Got This.

Dave and Erik

Follow This Process Every time

Brain Dump

Clear Your Cache

Eliminate Tasks That Can Be Completed Quickly That Rob You of A Lot of Energy

Build Your Ultimate List of What Makes You Feel Productive and Operating At Your Best.

Clearing Your Mental Desk

Write Down Everything That Comes To Mind in The Next 3-5 Minutes. This Is Not Your To Do List. This Is EVERYTHING That You Can Think Of, Have Going On, Want To Do More Of, People You Want To Reconnect With, Unfinished Projects, Tasks To Accomplish, Relationships to Fix/ Build? Write As Fast As You Can And Let EVERYTHING Get Written Down. That Is The Simple Goal of This Activity.

Burn List

Put Concrete Form To Your What Matters List By Burning Thoughts, Projects, Ideas, Tasks That Are Taking Up Space On Your Mental Whiteboard That You No Longer Will Live Under. Write Them Down Below and Burn Them.

What Matters

Use This List To Separate Your Can Do's From Your Do More's. Focus On Reducing Your Can Do List As Quickly And Often As Possible. Add To Your Do More List and Eventually It Will Transfer To Your What Matters List

Can Do	Do More

What Matters

Week Of_____

THIS Is What Matters In Your Life. THIS Is Your REAL To Do List For Life. Keep This Focus. Keep This Filled. Each Week, Look At Your Previous Weeks List and Circle The Items You Accomplished That Mattered. Add To This Weeks List If Its Still An Active Part of Your Life. Remove It If Its Not.