

The background of the image is a soft, pinkish-orange gradient. The upper portion features a pattern of white, fluffy clouds, while the lower portion is a solid, lighter shade of the gradient color.

Day Time Notes

Morning Meeting



Step 1: It's a new day

If you woke up from a nightmare, a bad dream, or a lingering loop of anxiety - this is the place to leave it behind. Type a few words detailing the vibe, the fear or the dream in the notes section. Once it is on the screen, visually acknowledge that it lives here now. It stays on the glass. It does not enter your physical day

Step 2: The Brain Dump

Your mind is an antenna, not a storage unit. Spill out every mess, chaotic thought, task and random worry bouncing around your head. Don't organise it yet. Just get it out until your brain feels lighter.

Step 3: The 10% Battery Rule

Look at your messy list. If your energy is low today, you cannot do it all - and you aren't supposed to. Pick three critical things for today. Move everything else to tomorrow. Protecting your energy is the priority.

Deposit

Dream's & Feelings below:



BRAIN DUMP



SCHEDULE PLANNER

SCHEDULE

5 AM	
6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	
10 PM	
11 PM	
12 AM	

TODAY'S FOCUS

WORK TASKS

PERSONAL TASKS

NOTES