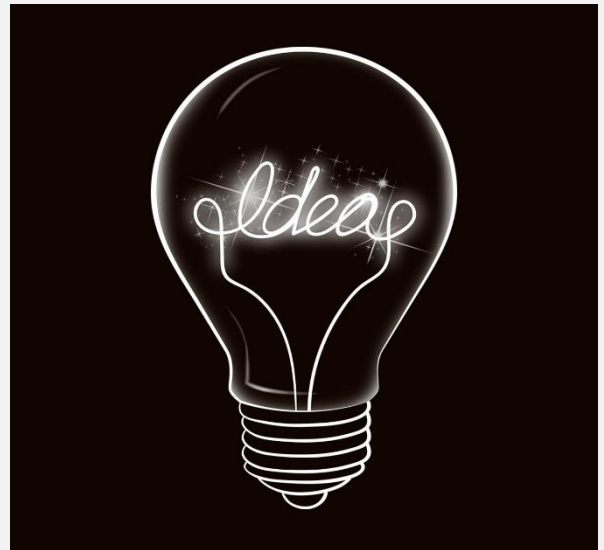


MY IDEA



JOURNAL &
PLANNER

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/Year-
End-Review-2019](http://carolbrusegar.com/Year-End-Review-2019)**

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

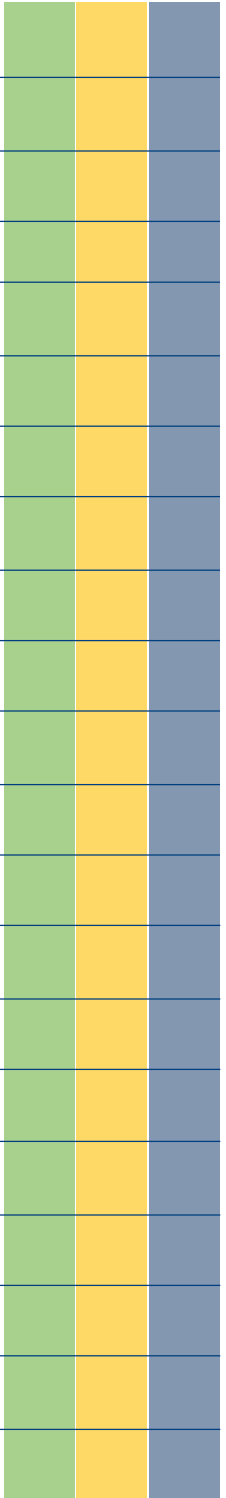
USING THIS JOURNAL/PLANNER

We all have lots of ideas that we never record or act on. These pages can help you capture your ideas and act on them.

- 1) Print out the number of copies of each page you want to use and punch holes in them. Put them in a 3-ring binder using the section dividers provided.
- 2) Use the *Idea pages* regularly, ideally each day. Keep the pages accessible and start writing your ideas down as they come to you. Don't prejudge or censor anything.
- 3) At the end of each week, go through what you have collected and check one of the 3 boxes in the right margin.
- 4) For the items you mark as "Start" or "Later," transfer them to a goal planning sheet (*Ideas to Reality*), a *Projects/Goals/Ideas for the Future* sheet, or one of the monthly calendar pages.
- 5) Use *Notes* pages as you wish.

**THIS JOURNAL
BELONGS TO:**

IDEAS



Start



Save for Later



Dump

A decorative frame with a double-line border and a scalloped, wavy shape, enclosing the text.

GOAL SETTING SECTION

IDEAS TO REALITY



My Goal:

Start Date:

Finish Date:

Tasks to Complete

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

Tasks to Delegate

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes



SAVING FOR
LATER
SECTION

PROJECTS/GOALS/IDEAS FOR THE FUTURE



Home/Family

Work/Career

Spiritual

Personal



NOTES
SECTION



CALENDAR
SECTION

A large, irregular thought bubble with a thick black outline and a light gray drop shadow. Inside the bubble, the word "JANUARY" is written in a black, serif, all-caps font. Below the main bubble are two smaller circles, also with thick black outlines and light gray drop shadows, arranged in a descending staircase pattern from the bottom right of the main bubble.

JANUARY

A large, irregular thought bubble with a thick black outline and a light gray drop shadow. Inside the bubble, the word "FEBRUARY" is written in a black, serif, all-caps font. Below the main bubble are two smaller circles, also with thick black outlines and light gray drop shadows, arranged in a descending staircase pattern from the bottom right of the main bubble.

FEBRUARY

A large, irregular thought bubble with a thick black outline and a light gray drop shadow. Inside the bubble, the word "MARCH" is written in a black, serif, all-caps font. Below the main bubble are two smaller circles, also with thick black outlines and light gray drop shadows, arranged in a descending staircase pattern from the bottom right of the main bubble.

MARCH

A large, irregular thought bubble with a thick black outline and a light gray drop shadow. Inside the bubble, the word "APRIL" is written in a black, serif, all-caps font. Below the main bubble are two smaller circles, also with thick black outlines and light gray drop shadows, arranged in a descending staircase pattern from the bottom right of the main bubble.

APRIL

A large, irregular thought bubble with a thick black outline and a light gray drop shadow. Inside the bubble, the word "MAY" is written in a black, serif, all-caps font. Below the main bubble are two smaller circles, also with thick black outlines and light gray drop shadows, arranged in a descending staircase pattern from the bottom right of the main bubble.

MAY

A large, irregular thought bubble with a thick black outline and a light gray drop shadow. Inside the bubble, the word "JUNE" is written in a black, serif, all-caps font. Below the main bubble are two smaller circles, also with thick black outlines and light gray drop shadows, arranged in a descending staircase pattern from the bottom right of the main bubble.

JUNE

JUNE

Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

A large, irregular thought bubble with a thick black outline and a light gray drop shadow. Inside the bubble, the word "JULY" is written in a black, serif, all-caps font. Below the main bubble are two smaller circles, also with thick black outlines and light gray drop shadows, arranged in a descending staircase pattern from the bottom right of the main bubble.

JULY

A large, irregular thought bubble with a thick black outline and a light gray drop shadow. Inside the bubble, the word "AUGUST" is written in a black, serif, all-caps font. Below the main bubble are two smaller circles, also with thick black outlines and light gray drop shadows, arranged in a descending staircase pattern from the bottom right of the main bubble.

AUGUST

A large, irregular thought bubble with a thick black outline and a light gray drop shadow. Inside the bubble, the word "SEPTEMBER" is written in a bold, black, serif font. Below the main bubble are two smaller circles, also with thick black outlines and light gray drop shadows, arranged in a descending staircase pattern.

SEPTEMBER

SEPTEMBER

Sunday

Monday

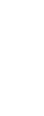
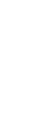
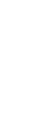
Tuesday

Wednesday

Thursday

Friday

Saturday



A large, irregular thought bubble with a thick black outline and a light gray drop shadow. Inside the bubble, the word "OCTOBER" is written in a black, serif, all-caps font. Below the main bubble are two smaller circles, also with thick black outlines and light gray drop shadows, arranged in a descending staircase pattern.

OCTOBER

A large, irregular thought bubble with a thick black outline and a light gray drop shadow. Inside the bubble, the word "NOVEMBER" is written in a black, serif, all-caps font. Below the main bubble are two smaller circles, also with thick black outlines and light gray drop shadows, arranged in a descending staircase pattern from the bottom right of the main bubble.

NOVEMBER

A large, irregular thought bubble with a thick black outline and a light gray drop shadow. Inside the bubble, the word "DECEMBER" is written in a black, serif, all-caps font. Below the main bubble are two smaller circles, also with thick black outlines and light gray drop shadows, arranged in a descending staircase pattern from the bottom right of the main bubble.

DECEMBER

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div data-bbox="1273 230 1304 349"></div> <div data-bbox="1057 230 1088 349"></div> <div data-bbox="842 230 873 349"></div> <div data-bbox="626 230 657 349"></div> <div data-bbox="411 230 441 349"></div> <div data-bbox="195 230 226 349"></div> <div data-bbox="72 230 103 349"></div>						
<div data-bbox="1273 496 1304 615"></div> <div data-bbox="1057 496 1088 615"></div> <div data-bbox="842 496 873 615"></div> <div data-bbox="626 496 657 615"></div> <div data-bbox="411 496 441 615"></div> <div data-bbox="195 496 226 615"></div> <div data-bbox="72 496 103 615"></div>						
<div data-bbox="1273 762 1304 880"></div> <div data-bbox="1057 762 1088 880"></div> <div data-bbox="842 762 873 880"></div> <div data-bbox="626 762 657 880"></div> <div data-bbox="411 762 441 880"></div> <div data-bbox="195 762 226 880"></div> <div data-bbox="72 762 103 880"></div>						
<div data-bbox="1273 1028 1304 1146"></div> <div data-bbox="1057 1028 1088 1146"></div> <div data-bbox="842 1028 873 1146"></div> <div data-bbox="626 1028 657 1146"></div> <div data-bbox="411 1028 441 1146"></div> <div data-bbox="195 1028 226 1146"></div> <div data-bbox="72 1028 103 1146"></div>						
<div data-bbox="1273 1293 1304 1412"></div> <div data-bbox="1057 1293 1088 1412"></div> <div data-bbox="842 1293 873 1412"></div> <div data-bbox="626 1293 657 1412"></div> <div data-bbox="411 1293 441 1412"></div> <div data-bbox="195 1293 226 1412"></div> <div data-bbox="72 1293 103 1412"></div>						
<div data-bbox="1273 1559 1304 1678"></div> <div data-bbox="1057 1559 1088 1678"></div> <div data-bbox="842 1559 873 1678"></div> <div data-bbox="626 1559 657 1678"></div> <div data-bbox="411 1559 441 1678"></div> <div data-bbox="195 1559 226 1678"></div> <div data-bbox="72 1559 103 1678"></div>						
<div data-bbox="1273 1825 1304 1937"></div> <div data-bbox="1057 1825 1088 1937"></div> <div data-bbox="842 1825 873 1937"></div> <div data-bbox="626 1825 657 1937"></div> <div data-bbox="411 1825 441 1937"></div> <div data-bbox="195 1825 226 1937"></div> <div data-bbox="72 1825 103 1937"></div>						