

WHAT'S KEEPING YOU UP AT NIGHT?  
WRITE IT DOWN.

**Research shows that writing things down helps you empty your brain, reclaiming mental power for problem solving.**

**/ WHAT ARE YOUR TOP CHALLENGES? OPPORTUNITIES?** Write them down, large and small.

## // Examples:

I'm exploring an acquisition with a local competitor

I've got to replace my assistant

[illegible]

NAME: \_\_\_\_\_