Christmas Brain Dump

01 / DUMP EVERYTHING

Set a timer for 15 minutes. Big tasks, tiny tasks, random thoughts... write it all!

MY TOP 3 HOLIDAY PRIORITIES / Fill these in after Step 3.

1. _____ **2.** _____ **3.** _____

THE DUMP ZONE

No sorting. No judging. Just get it out of your head.

Stuck? Try these memory joggers...

Gifts + shopping: gifts, stockings, wrapping, returns
Travel + hosting: bookings, guests, meals, pet care
Budget + home: spending, bills, cleaning, toy clutter
Events + school: parties, concerts, spirit days
Traditions + fun: cards, lights, baking, Santa
Loose ends: orders, shipping dates, errands, calls

If it is taking up brain space, it belongs here. Yes, even "buy tape."

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02 / GIVE EVERYTHING A HOME

Group similar tasks. Cross off duplicates, break up big projects, and batch errands.
Highlight by category if you like. Mark each task: M = must / W = want / L = let go.

Gifts to Buy

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○

Events and Parties

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○

School Dates

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○

Travel and Hosting

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○

Holiday Traditions

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○

Errands and Calls

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○

Budget and Home

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○

Ideas and Notes

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○

A little less chaos, a lot more Christmas.

Christmas Brain Dump

03 / CHOOSE WHAT MATTERS

You do NOT have to do it all. Keep what matters to YOUR family.

MY TOP 3 FOR THE SEASON

1. _____
2. _____
3. _____

MUST DO

Hard deadline or real consequence.

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

WANT TO DO

Makes our season special.

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

CAN LET GO

Delegate, simplify, or skip it.

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

SHARE THE LOAD

Task to hand off or simplify	Who / simpler plan

"Will my kids remember this in 10 years?"
The memories matter more than perfect cookies.

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04 / MAKE A LITTLE PLAN

Give each MUST DO and WANT TO DO a date. Put the fun on the calendar, too!

Fixed dates first. Work backward from deadlines. Spread out the big projects.

✓	TASK / EVENT	DUE BY WHEN	WHO

THINKING IN WEEKS? SKETCH YOUR SEASON HERE

Early November _____

Late November _____

Early December _____

Mid December _____

Christmas Week _____

Save some white space...

An evening I am leaving open for rest: