DATE	QUICK START: Enter the date and today's scheduled events on left. List three major tasks. Keep notes. Capture thoughts to inboxes on back. Be awesome. Review at the end of day!	EMERGENT TASK PLANNER v2.3 instructions available at davidseah.com/pceo/etp
pre-game	▼ THREE MAJOR TASKS FOR TODA Realistic expectations equals consistent 01	
15 start	Task Description. Indent for subtasks.	Time Estimate
	Toolding more than three tooks? Clear w	
	Tackling more than three tasks? Clear you	our minu and go for it:
	05	
	More than six significant tasks? Make a	list, but reserve some energy for tomorrow.
break	08	
	REMEMBER: "Eat a live frog first thing in a you the rest of the day." Mark Twain	the morning, and nothing worse will happen to
	▼ WHAT ELSE IS GOING ON TODAY Life just happens. Use this area to keep	
	11 12	
	. 13	
break	. 16	
	. 18	
	22 23 23	
	25 26	
review	27 . 28 . 29	
evening	. 30	
RESOURCE: https://pomofocus.io	33 34 34	

CON	IPACT CAL	ENDAR	2025	▼ INBOX CAPTURE
#	Month	Mo Tu We Th	Fr Sa Su	Having thoughts or actions during your day? Write them down and keep going!
18	May	28 29 30 01	02 03 04	
19		05 06 07 08	09 10 11	Task Description Project
20		12 13 14 15	16 17 18	
21		19 20 21 22	23 24 25	
22	June	26 27 28 29	30 31 01	
23		02 03 04 05	06 07 08	
24		09 10 11 12	13 14 15	
25		16 17 18 19	20 21 22	
26		23 24 25 26	27 28 29	
27	July	30 01 02 03	04 05 06	
28		07 08 09 10	11 12 13	
29		14 15 16 17	18 19 20	
30		21 22 23 24	25 26 27	
31	August	28 29 30 31	01 02 03	
32		04 05 06 07	08 09 10	
33		11 12 13 14	15 16 17	
34		18 19 20 21	22 23 24	
35		25 26 27 28	29 30 31	
36	September	01 02 03 04	05 06 07	
37		08 09 10 11	12 13 14	
38		15 16 17 18	19 20 21	
39		22 23 24 25	26 27 28	
40	October	29 30 01 02	03 04 05	
41		06 07 08 09	10 11 12	
42		13 14 15 16	17 18 19	
43		20 21 22 23	24 25 26	
44	November	27 28 29 30	31 01 02	
45		03 04 05 06	07 08 09	
46		10 11 12 13	14 15 16	
47		17 18 19 20	21 22 23	
48		24 25 26 27	28 29 30	
49	December	01 02 03 04	05 06 07	
50		08 09 10 11	12 13 14	
51		15 16 17 18	19 20 21	
52		22 23 24 25	26 27 28	
1	January	29 30 31 01	02 03 04	
2		05 06 07 08	09 10 11	
3		12 13 14 15	16 17 18	
4		19 20 21 22	23 24 25	
5	February	26 27 28 29	30 31 01	
6		02 03 04 05	06 07 08	▼ SHOPPING LIST INBOX
7		09 10 11 12	13 14 15	Thinking about something you need to buy? Capture it here and push on!
8		16 17 18 19	20 21 22	
9	March	23 24 25 26	27 28 01	
10		02 03 04 05	06 07 08	
11		09 10 11 12	13 14 15	
12		16 17 18 19	20 21 22	
13		23 24 25 26	27 28 29	
14	April	30 31 01 02	03 04 05	
15		06 07 08 09	10 11 12	
16		13 14 15 16	17 18 19	
17		20 21 22 23	24 25 26	REMEMBER: "Your brain is for having ideas, not for holding them." - Dave Allen