CUN	VIPACT CAL	ENDAR			2025	▼ INBUX CAPTURE	
#	Month	Mo Tu V	Ve Th	Fr	Sa Su	Having thoughts or actions during your day? Write them down and kee	ep going!
18	May	28 29 3	80 01	02	03 04		
19		05 06 0	97 08	09	10 11	Task Description P	Project
20		12 13 1	14 15	16	17 18		
21		19 20 2	21 22	23	24 25		
22	June	26 27 2	28 29	30	31 01		
23		02 03 0	94 05	06	07 08		
24		09 10 1	11 12	13	14 15		
25		16 17 1	18 19	20	21 22		
26		23 24 2	25 26	27	28 29		
27	July	30 01 0	92 03	04	05 06	<u> </u>	
28		07 08 0	99 10	11	12 13		
29		14 15 1	16 17	18	19 20		
30		21 22 2	23 24	25	26 27		
31	August	28 29 3	30 31	01	02 03		
32		04 05 0	96 07	80	09 10		
33		11 12 1	13 14	15	16 17		
34		18 19 2	20 21	22	23 24		
35		25 26 2	27 28	29	30 31		
36	September	01 02 0	93 04	05	06 07		
37		08 09 1	10 11	12	13 14		
38		15 16 1	17 18	19	20 21		
39		22 23 2	24 25	26	27 28		
40	October	29 30 0	91 02	03	04 05		
41		06 07 0	98 09	10	11 12		
42		13 14 1			18 19		
43					25 26		
44	November	27 28 2	29 30	31	01 02		
45					08 09		
46		10 11 1					
47			19 20				
48	D 1				29 30		
49	December	01 02 0					
50		08 09 1					
51			17 18				
52	Tanana an	22 23 2					
1	January	29 30 3					
2		05 06 0 12 13 1					
					24 25		
4 5	February	26 27 2					
6	rebluary	02 03 0				▼ SHOPPING LIST INBOX	
7					14 15	Thinking about something you need to buy? Capture it here and push	on!
8		16 17 1				Timining about comouning you need to bay. Captain it note and pass	
9	March	23 24 2					
10	Maion	02 03 0					
11					14 15		
12					21 22		
13					28 29		
14	April	_			04 05		
15	- de sa		98 09				
16		13 14 1					
17		20 21 2				REMEMBER: "Your brain is for having ideas, not for holding them." - Da	ve Allen

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				