

COMPACT CALENDAR

2025

▼ INBOX CAPTURE

Having thoughts or actions during your day? **Write them down and keep going!**

#	Month	Mo	Tu	We	Th	Fr	Sa	Su
18	May	28	29	30	01	02	03	04
19		05	06	07	08	09	10	11
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	July	23	24	25	26	27	28	29
27		30	01	02	03	04	05	06
28		07	08	09	10	11	12	13
29		14	15	16	17	18	19	20
30	August	21	22	23	24	25	26	27
31		28	29	30	31	01	02	03
32		04	05	06	07	08	09	10
33		11	12	13	14	15	16	17
34	September	18	19	20	21	22	23	24
35		25	26	27	28	29	30	31
36		01	02	03	04	05	06	07
37		08	09	10	11	12	13	14
38	October	15	16	17	18	19	20	21
39		22	23	24	25	26	27	28
40		29	30	01	02	03	04	05
41		06	07	08	09	10	11	12
42	November	13	14	15	16	17	18	19
43		20	21	22	23	24	25	26
44		27	28	29	30	31	01	02
45		03	04	05	06	07	08	09
46	December	10	11	12	13	14	15	16
47		17	18	19	20	21	22	23
48		24	25	26	27	28	29	30
49		01	02	03	04	05	06	07
50	January	08	09	10	11	12	13	14
51		15	16	17	18	19	20	21
52		22	23	24	25	26	27	28
1		29	30	31	01	02	03	04
2	February	05	06	07	08	09	10	11
3		12	13	14	15	16	17	18
4		19	20	21	22	23	24	25
5		26	27	28	29	30	31	01
6	March	02	03	04	05	06	07	08
7		09	10	11	12	13	14	15
8		16	17	18	19	20	21	22
9		23	24	25	26	27	28	01
10	April	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		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

▼ SHOPPING LIST INBOX

Thinking about something you need to buy? **Capture it here and push on!**

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

REMEMBER: *"Your brain is for having ideas, not for holding them."* - Dave Allen

RESOURCE: <https://pomofocus.io>