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capture every thought.



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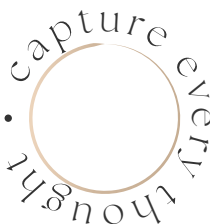
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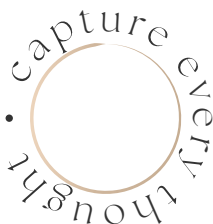
note-taking templates



checklists

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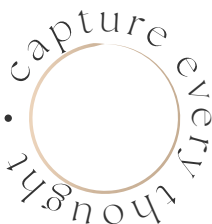


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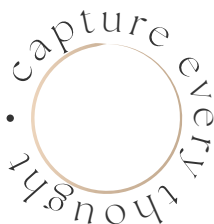


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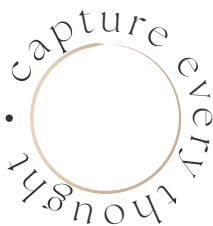


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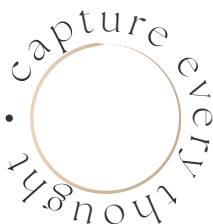


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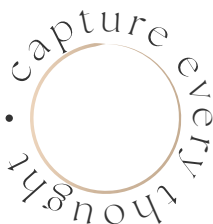


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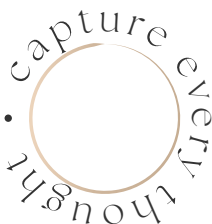


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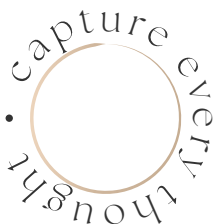


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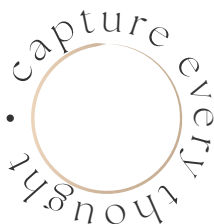


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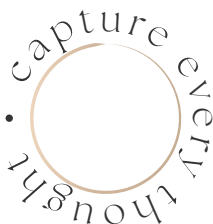


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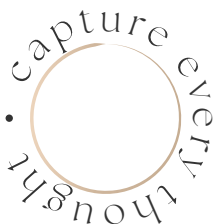


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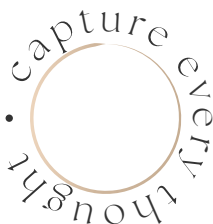


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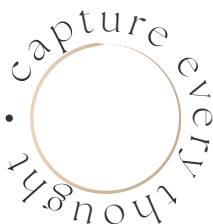


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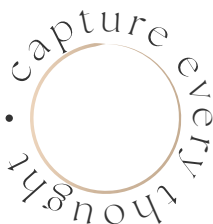


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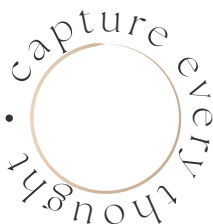


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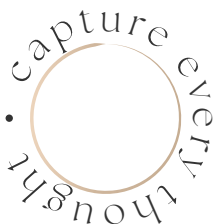


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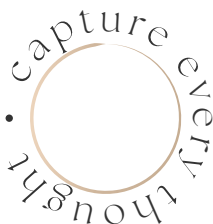


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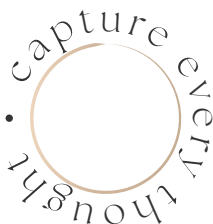


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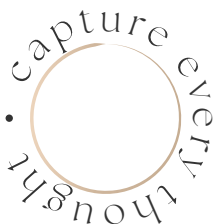


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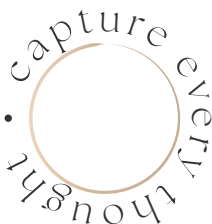


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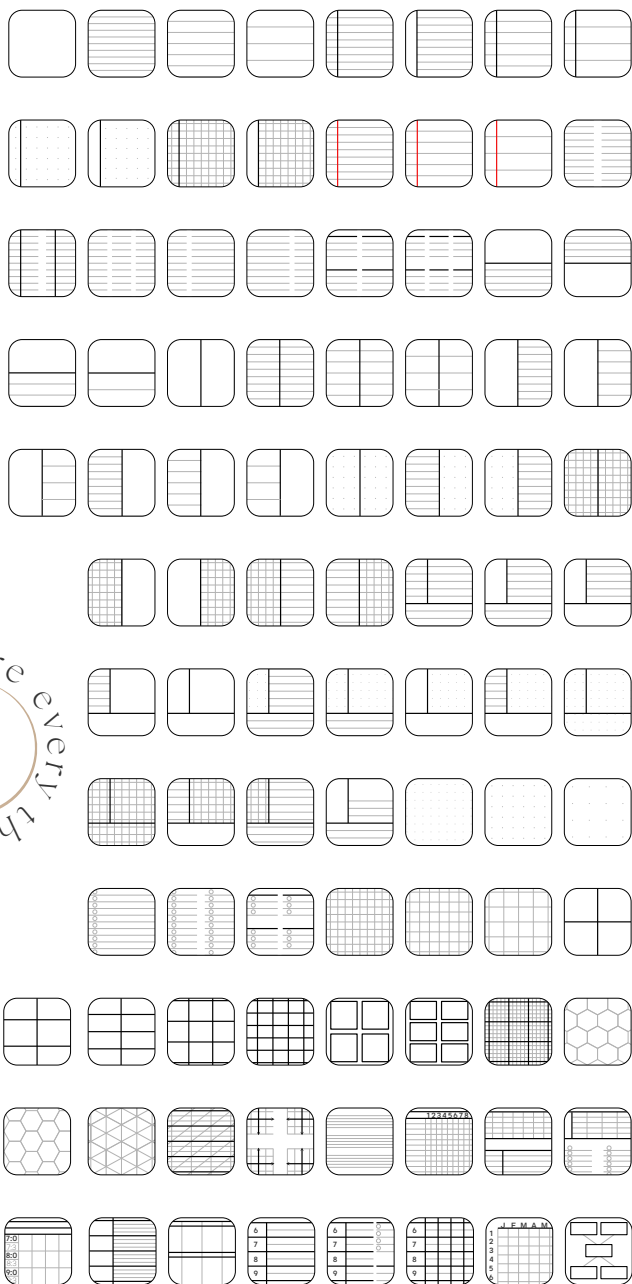


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templates





Lined area for writing notes, consisting of 20 horizontal lines.

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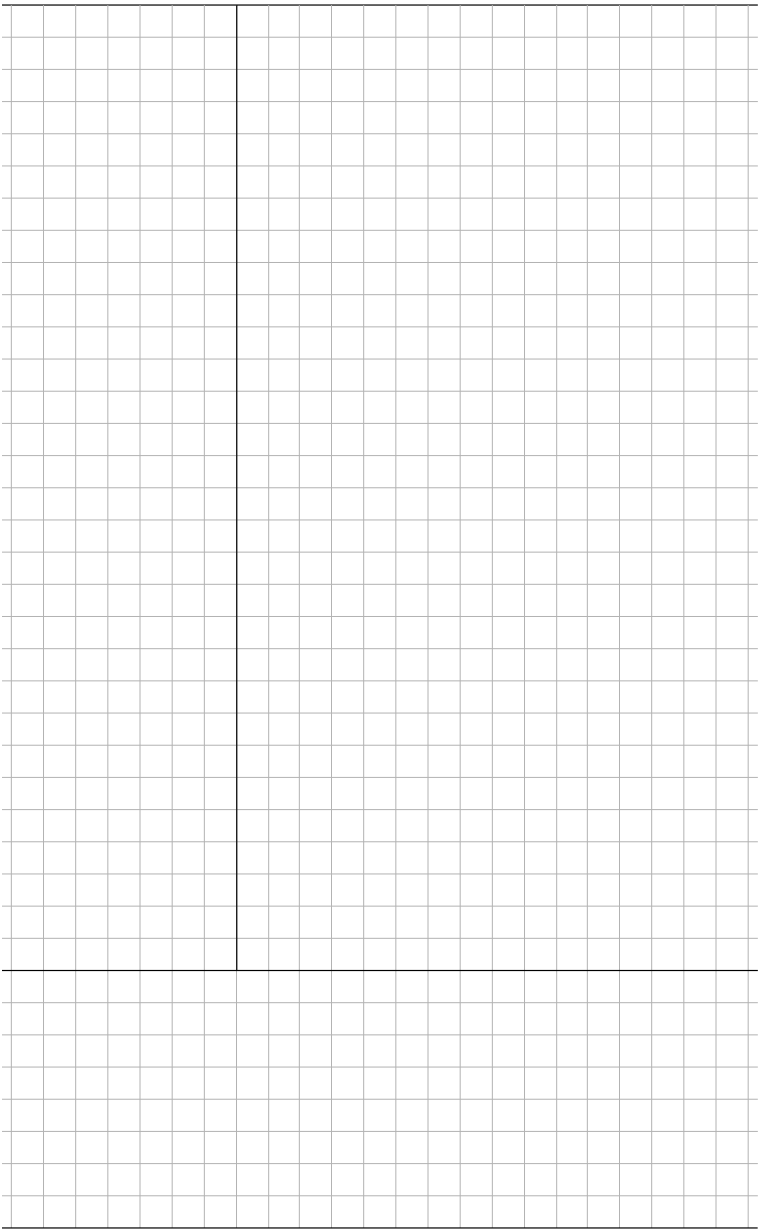
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This image shows a full page of dot grid paper. It features a vertical line on the left side, creating a narrow margin. A horizontal line near the top creates a header space. The rest of the page is covered by a uniform grid of small dots.

This image shows a full page of dot grid paper. It features a light gray background with a uniform grid of small dots. A solid dark gray vertical line runs down the left side, creating a margin. A solid dark gray horizontal line runs across the top, creating a header space. The rest of the page is covered by the dot grid pattern.

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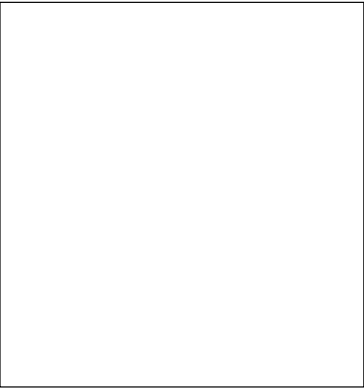
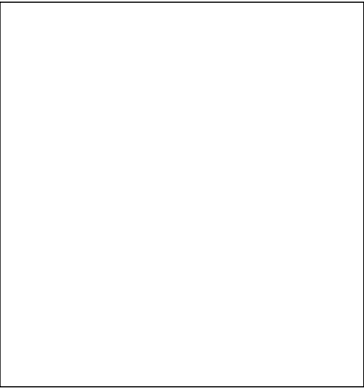
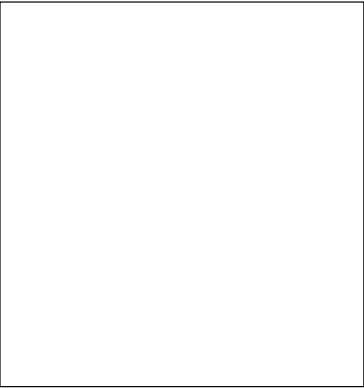
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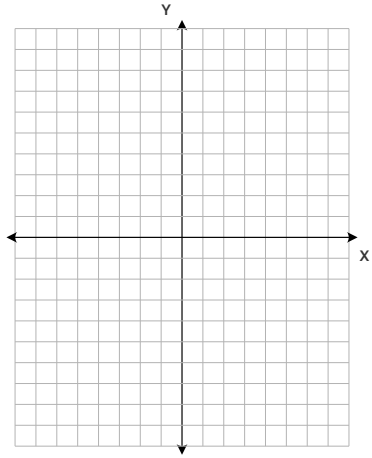
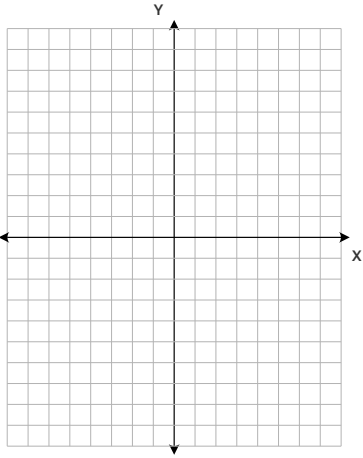
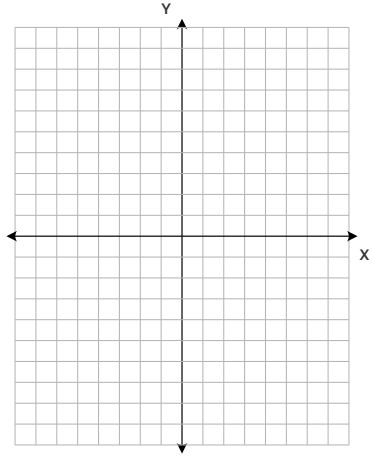
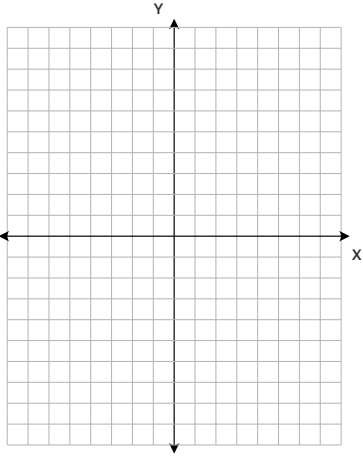


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Handwriting practice area with 20 sets of horizontal lines.

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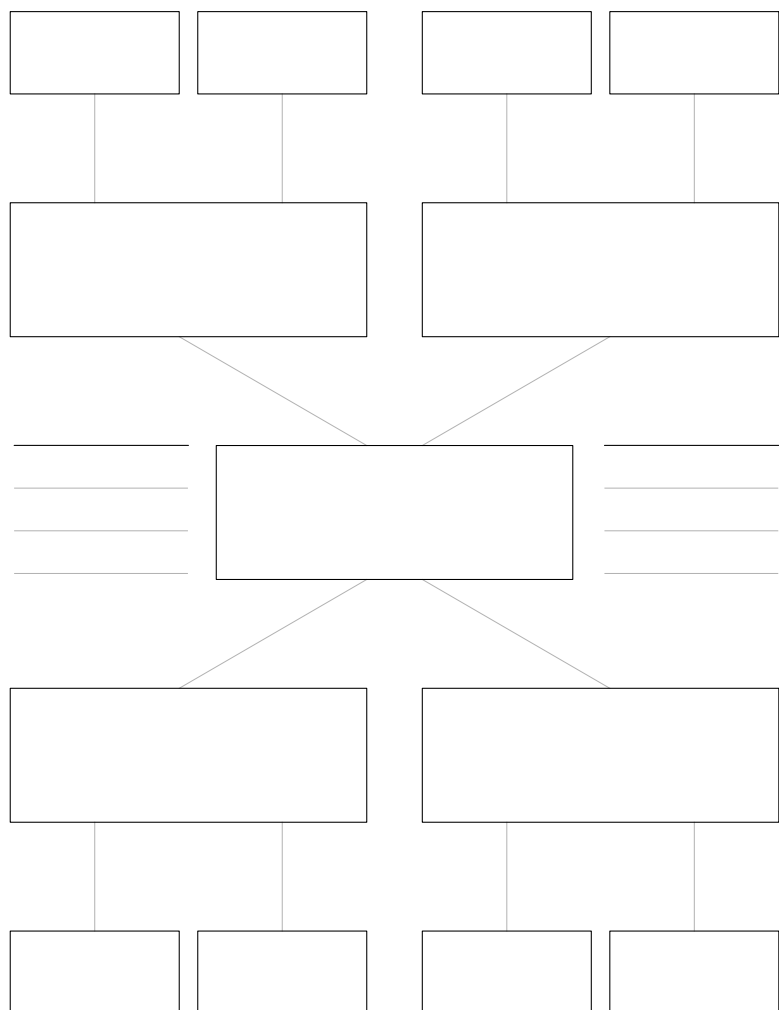
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checklists



daily checklist

daily to do list

priority to do list

master checklist

packing list

brain dump



Daily:

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

Monday:

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

Tuesday:

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

Wednesday:

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

Thursday:

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

Friday:

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

Weekend:

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

daily to do list

Date:

Top 3:

<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

To do:

<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

Scheduled

Time:

Activity:

Scheduled Time:	Activity:

For tomorrow:

<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

Notes:



priority to do list

Date: _____

Must do:

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Should do:

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Could do:

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If I have time:

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Notes:

Documents:

[illegible][illegible][illegible]

Health:

[illegible][illegible]

Electronics & gadgets:

[illegible][illegible]

Miscellaneous:

[illegible]

Date:

To do:

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Random thoughts:

To call:

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To email:

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To text:

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To research:

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To decide:

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To buy:

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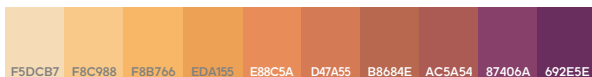
☐

☐

☐

reference

HEX CODES



VIDEOS



I add videos with tutorials & tips as often as I can to my [YouTube](#) channel. I'll be happy to see you there! Here's a [playlist](#) for this notebook.

capture
thoughts
energy

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your
thoughts!

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xoxo Tereza