**Morning Page Template** Date:

Morning pages originated with Julia Cameron – but you don’t have to be a creativity guru in the desert to find them helpful too. Look into your favourite screen-writer's methods, and there’s a fair chance they use them too.

**Review of previous day**

*Refection on achievements and carry-over work*

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**Other General topics**

*Stuff that comes up and may be useful*

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**Dreams**

*Was there anything that emerged from sleep, worth noting?*

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**Day-dreams and fleeting thoughts**

*Sometimes the brain can latch onto good ideas Record them*

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**Family & Friends**

*Note how those around you are*

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| *Person 1* – *Person 2* – *Person 3* – *Person 4* –  |

**Personal:**

Stuff that does not fit into other categories

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**Non work things:**

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| *Intellectual –* *Emotional –* *Physical –* *Socialisation –*  |

**PLANS**

**Business –needs timeline (appears to be 2 or 3 week period before one loses interest in a topic…)**

*Longer term look-ahead to identify the foggy elements of planned work, ideation or politics*

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**Goals and Targets – set up how? Pull down and responsive**

**Business Needs**

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**Sales and Marketing**

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**Sundry stuff**

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**Daily Top Task**

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| # | Description | Profile |
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**Dirt Drive – Contingency if top tasks get blocked**

*A rough and ready plan of the day ahead: Feeds into time sheets. Use expert experience or Explain, Model, Scaffold, Practice.*

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**Flow rack – brain brush activities (5 – 15 mins)**

*Put small items here. Ones you can do if you find free durations in your day*

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