

MIND TRIGGERING TOPICS

Upcoming events

- Scheduled meetings
- Who has a birthday?
- Anniversaries or weddings?
- Purchased tickets for
- Kids' school events
- Dinners & Parties

Family

- Book a photoset
- Visit parents & kids
- Go to cinema & theater
- Schedule a romantic dinner
- Buy a gift & flowers
- Promise to spouse & kids
- Pet food & training & health

Work

- Started projects to work on
- Promises to boss & colleagues & clients
- Next steps after the meeting
- Make a report & presentation
- Meetings need to be scheduled
- Emails need to be written
- Calls need to be made
- Offers need to be reviewed
- Documents need to be signed

Health

- Visit a doctor
- Book a checkup
- Dentist
- Healthy diet
- Buy Medicine
- Workout / Exercise
- Go to Gym
- Meditation

Relationships

- Spouse & kids
- Parents
- Friends
- Neighbors
- Colleagues
- Partners
- Clients
- Make a call
- Invite for a dinner
- Plan a party

Purchases

- Grocery store
- Clothes & Shoes
- Cosmetics & Hygiene
- Stuff for home
- Something for kids
- Hobby & Sport
- Gifts
- Make returns
- Car & Real estate

Education

- Books to buy & read
- Seminars to attend
- Courses to take & finish
- School & University
- Articles & Magazines to read
- Videos to watch
- Homework to do

Trip & Travel

- Where to go?
- Book tickets
- Choose hotel & airbnb
- List of places to visit
- Travel & Health insurance
- Visa & Travel documents

Finance

- Financial goals
- Review financial balance
- Check bank accounts
- Lease payments
- Mortgage & Rental payments
- Make Investments
- Utilities expense
- Review service subscriptions
- Personal savings
- Pay taxes

Home

- Need to be cleaned
- Need to be fixed
- Need to be bought
- Next step for renovation
- Household duties
- Storage organization
- Revision of wardrobe
- Home insurance
- Submit a meter reading