# 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

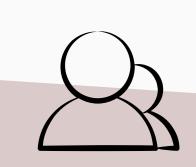
Healthy diet

**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

Grocey 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

Household duties

Next step for renovation

Storage organization

Revision of wardrobe

Home insurance

Submit a meter reading

