

Have you ever wondered how using a planner can improve your life? Or perhaps you're one of those folks who gets excited about using a planner, purchases one and then never uses it? Or perhaps you are a true planner lover and just want some new ideas about how to use your planner? If any of these apply to you, I'm confident you will find this list of planner ideas useful.

#1 – Brain Dumping in your Planner

In 2005, the National Science Foundation published an article on how many thoughts you have per day. On average, it's between 12,000 to 60,000. Isn't that amazing? Even more amazing is that of those thoughts, 80% tend to be negative, and 95% are the same repetitive thoughts you had yesterday. Why are we so hard on ourselves? ?

Therefore, using your planner for a daily brain dump to release many of the things that are on your mind, could help you reduce the amount of negative thoughts you have and help you shift to more positive thinking.

#2 – Organizing Your Thoughts

Using your planner for mind mapping is a highly effective way of getting your thoughts down on paper. It's a form of note-taking that literally "maps out" your ideas.

Decide on a topic you need clarity about and allow the ideas to just flow in any order. As soon as an idea pops into your head, you record it on a mind map. You aren't constrained by a structured flow which can limit your ability to effectively brainstorm. You just write down any and all ideas, then reorganize them later.

