Brain Dump

Get it out of your head and onto the page. No order. No full sentences.

Set a 5-minute timer. Write until it rings. Timer started: _____

Everything in my head

Tasks, worries, ideas, things I keep forgetting...

Stuck? Try these prompts

Work. Home. Money. People I owe a reply. Health. Things I keep putting off. Things I'm worried I'll forget.

Sort It

Copy items from your dump into one box. Be ruthless with Let go.

Do now

Today or this week

Do later

Give it a date and move on

Ask for help

Who could take this off my plate?

Let go

Not doing it. That's allowed.

My top 3

- [ ]
- [ ]
- [ ]

My first tiny step (under 5 minutes)