

Brain Dump



Get everything out of your head and onto the page. No organizing, judging, or solving yet.

1

Circle what's taking up space

Choose as many as you need.

- | | |
|--|--|
| ☐ Work or career | ☐ Social life |
| ☐ Money or finances | ☐ Health, body, or energy |
| ☐ My time and focus | ☐ Sleep or rest |
| ☐ Home or chores | ☐ Creativity or projects |
| ☐ Something I'm avoiding | ☐ My future or direction |
| ☐ An unfinished task | ☐ How I see myself |
| ☐ Family or caregiving | ☐ A decision I need to make |
| ☐ A specific relationship | ☐ The state of the world |

2

Empty whatever is left

Write freely. Fragments, reminders, worries, and half-formed thoughts all count.

3

Which one is loudest?

Circle it above, or write the one thought you want to understand next.

The thought I want to come back to...