

Brain Dump

Take everything circling in your head and put it down here. No structure, no judging, no doing it right. Once it's out, leave it.

1. Circle what's buzzing in your head:

- ☐ Work or career
- ☐ Money or finances
- ☐ Family or caregiving
- ☐ A specific relationship
- ☐ Social life
- ☐ Health, body, or energy
- ☐ My time and focus
- ☐ Creativity or projects
- ☐ My future or direction
- ☐ How I see myself
- ☐ The state of the world

2. Empty whatever's left, exactly as it comes:

3. Look at the pile. Which one is loudest?

Circle it above. If you want to understand it better, explore it in a free 2-minute check-in at habit.am/brain-dump - no signup needed.