

5-Minute Brain Dump



Best for:



Racing Thoughts, Overwhelm, Decision Fatigue, Emotional Clutter, Decision Clutter



Quick Steps:



- 1** Grab paper or open a note.
- 2** Write everything taking space in in your head.
- 3** No organizing, no grammar fixing.

Moves the noise out of your head onto paper.

YOUR BRAIN DUMP:

Handwriting practice lines for the brain dump section.

