

DAILY BRAIN DUMP



A SIMPLE 5-10 MINUTE MENTAL DECLUTTERING PRACTICE TO START YOUR DAY WITH CLARITY AND INTENTION.

GRAB A NOTEBOOK, OR PRINT OUT MY DAILY BRAIN DUMP GRAPHIC.
FIND YOUR FAVORITE PEN, AND A FEW UNINTERRUPTED MINS.
TO START, LABEL YOUR COLUMNS IN THIS ORDER:

#1. ME

JOT DOWN ANYTHING
RELATED TO YOUR
PERSONAL THOUGHTS,
FEELINGS, GOALS,
SELF-CARE, MENTAL
LOAD, OR EMOTIONAL
WELLNESS.

#2. HOME

LIST OUT ANYTHING
ON YOUR MIND ABOUT
YOUR HOUSEHOLD,
KIDS, FAMILY, CHORES,
ERRANDS, MEALS, OR
HOME PROJECTS.

#3 WORK

DUMP ALL YOUR JOB-
RELATED THOUGHTS:
DEADLINES, LESSON
PLANS, GRADING,
EMAILS, MEETINGS, OR
CREATIVE IDEAS.

RULES:

1. LET IT FLOW—DON'T
WORRY ABOUT
NEATNESS OR SPELLING.
JUST GET IT ALL OUT.
2. LOOK THROUGH YOUR
LISTS AND CROSS OUT
ANYTHING THAT'S DOESN'T
PERTAIN TO THAT DAY.

NOTES:

THEN PICK ONE THING IN EACH
CATEGORY THAT FEELS MOST
IMPORTANT, HELPFUL, OR
MANAGEABLE TODAY.

*Use a highlighter or circle it in a
fun color to spark joy & fun!*

THESE THREE THINGS BECOME
YOUR ANCHOR POINTS FOR THE
DAY, HELPING YOU STAY
GROUNDED AND INTENTIONAL.

BONUS POINTS

MAKE A MEANINGFUL CONNECTION

SELECT ONE PERSON YOU COULD REACH OUT TO TODAY. MAYBE IT'S A FRIEND WHO'S BEEN ON YOUR MIND. A COWORKER TO CHECK IN WITH. A THANK-YOU TEXT OR A QUICK HAND WRITTEN NOTE OF ENCOURAGEMENT YOU COULD WRITE.

*THESE LITTLE MOMENTS OF CONNECTION MATTER—
TO YOU AND TO THE PEOPLE RECEIVING THEM.*

