

Brain Dump

Freewrite

A large gray rectangular area with horizontal white lines, intended for freewriting. The lines are evenly spaced and run across the width of the gray area.

Brain Dump

Clean up your list

Cross off:

- **anything that's out of your control**
- **anything you feel needs no further attention**
- **"two-minute tasks" as you complete them**

Brain Dump

Organize by Category/ Color



= 2-Minute Tasks



= Procrastination
Station



= _____



= _____



= _____



= _____



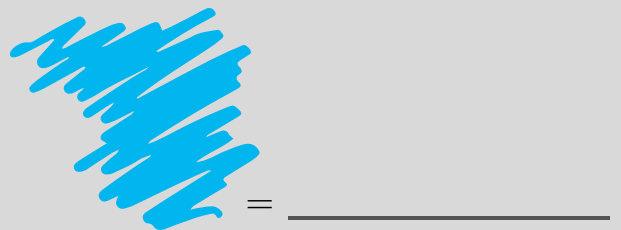
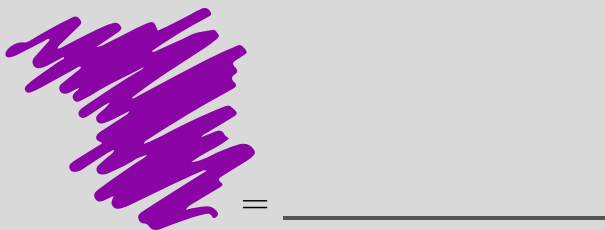
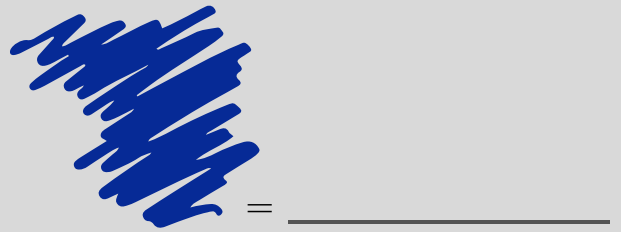
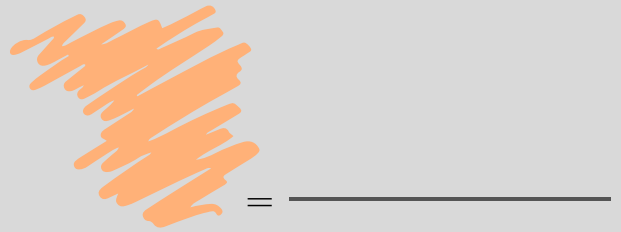
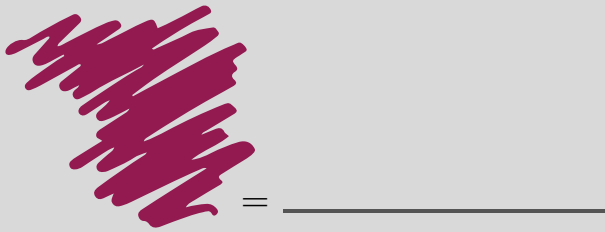
= _____



= _____

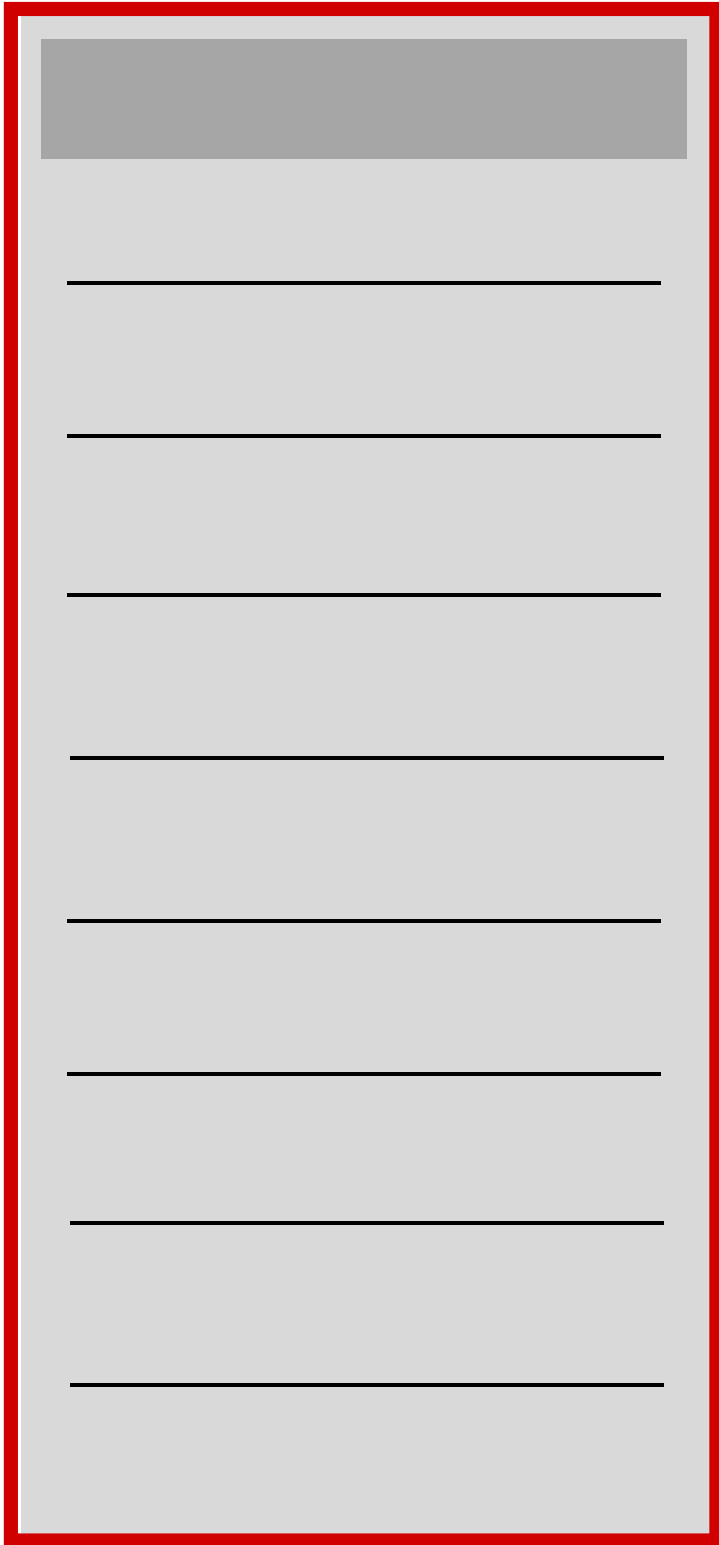
Brain Dump

Organize by Category/ Color

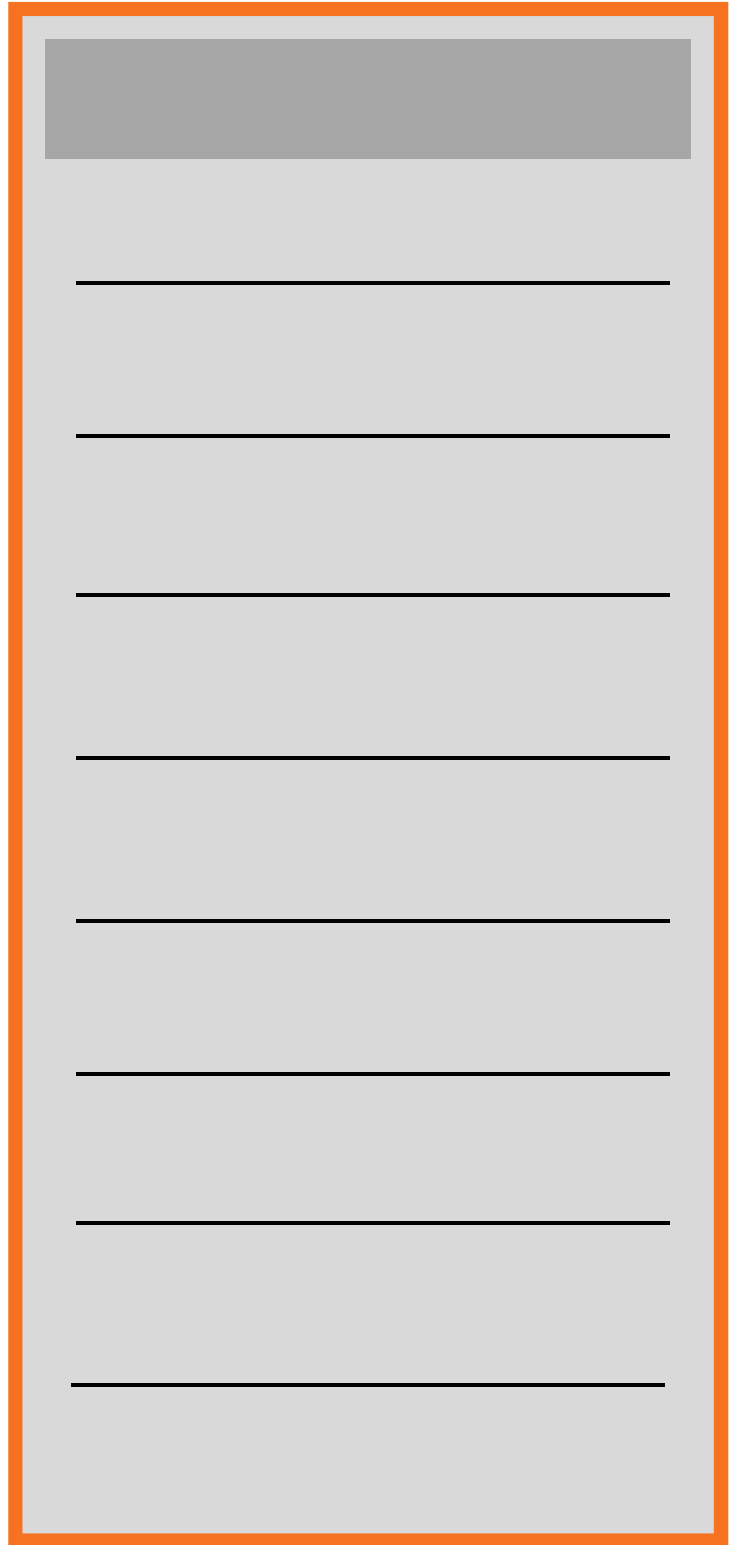


Brain Dump

List each item under its appropriate category/color



A vertical rectangular box with a thick red border. At the top is a solid gray header bar. Below the header are ten horizontal black lines spaced evenly down the page, providing a template for listing items.



A vertical rectangular box with a thick orange border. At the top is a solid gray header bar. Below the header are ten horizontal black lines spaced evenly down the page, providing a template for listing items.

Brain Dump

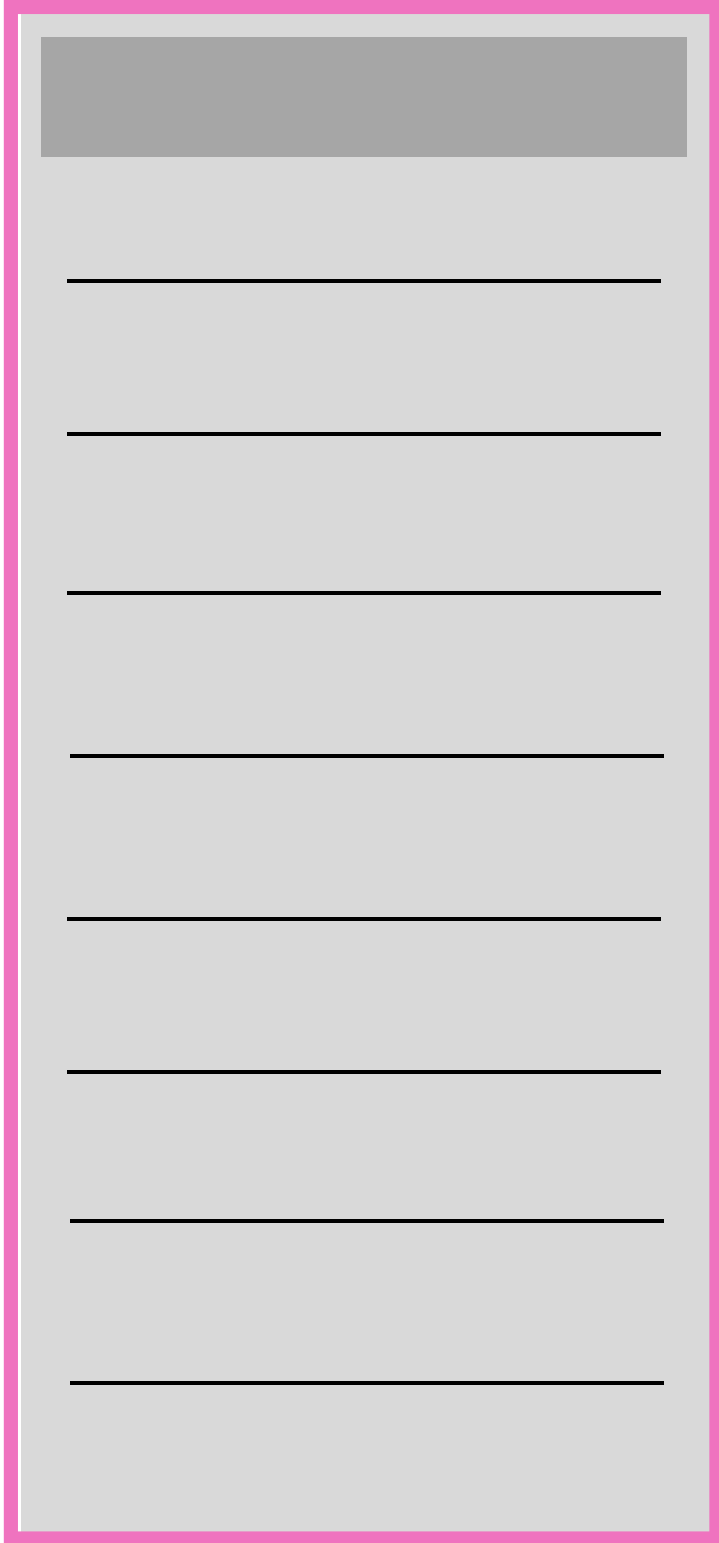
List each item under its appropriate category/color

A vertical rectangular box with a green border. At the top is a grey header area. Below it are ten horizontal lines for writing.

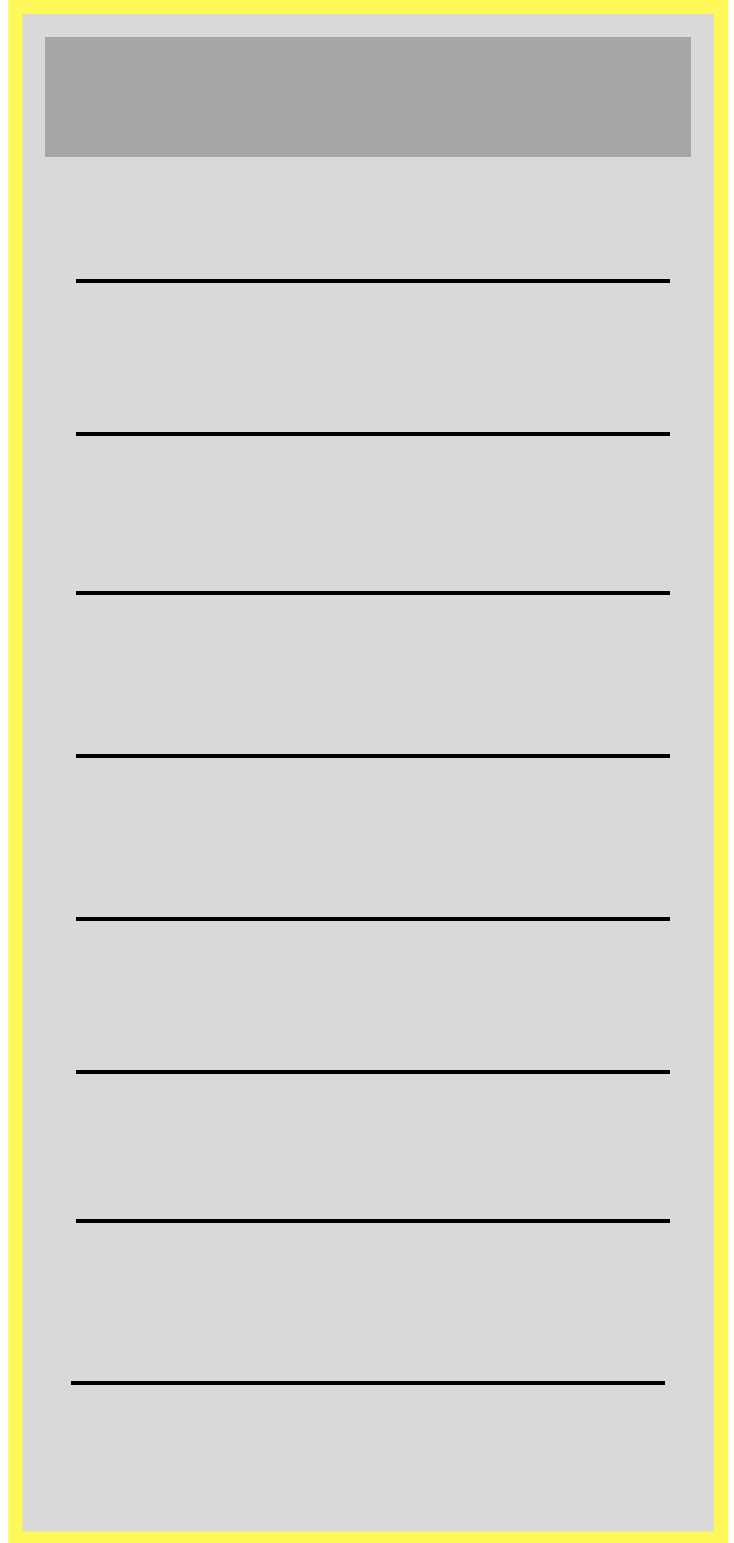
A vertical rectangular box with a blue border. At the top is a grey header area. Below it are ten horizontal lines for writing.

Brain Dump

List each item under its appropriate category/color



A rectangular box with a thick pink border. At the top is a solid grey header bar. Below the header are ten horizontal black lines spaced evenly down the page, providing a template for writing.



A rectangular box with a thick yellow border. At the top is a solid grey header bar. Below the header are ten horizontal black lines spaced evenly down the page, providing a template for writing.

Brain Dump

List each item under its appropriate category/color

A vertical rectangular box with a purple border. At the top is a grey header bar. Below it are ten horizontal lines for writing.

A vertical rectangular box with a teal border. At the top is a grey header bar. Below it are ten horizontal lines for writing.

Brain Dump

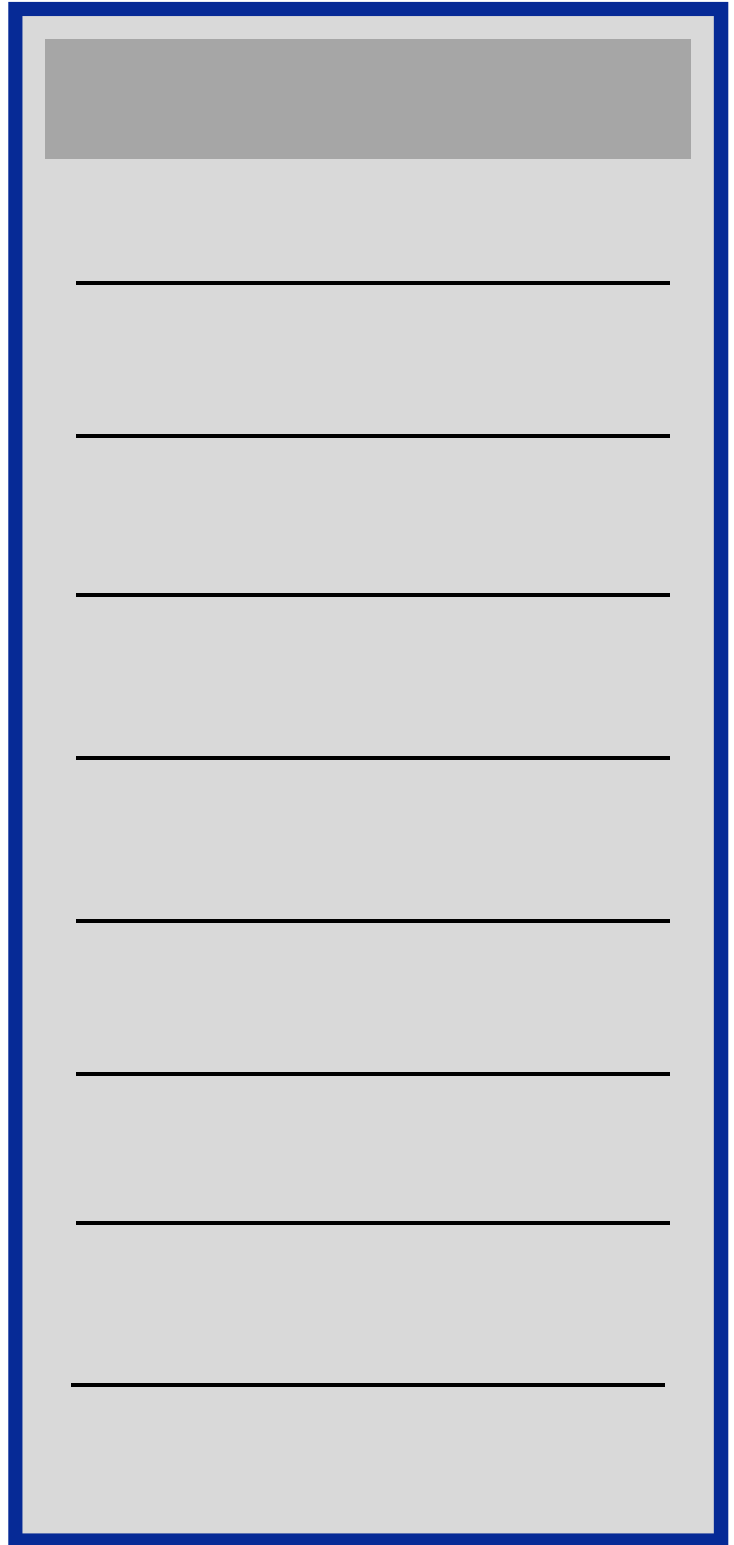
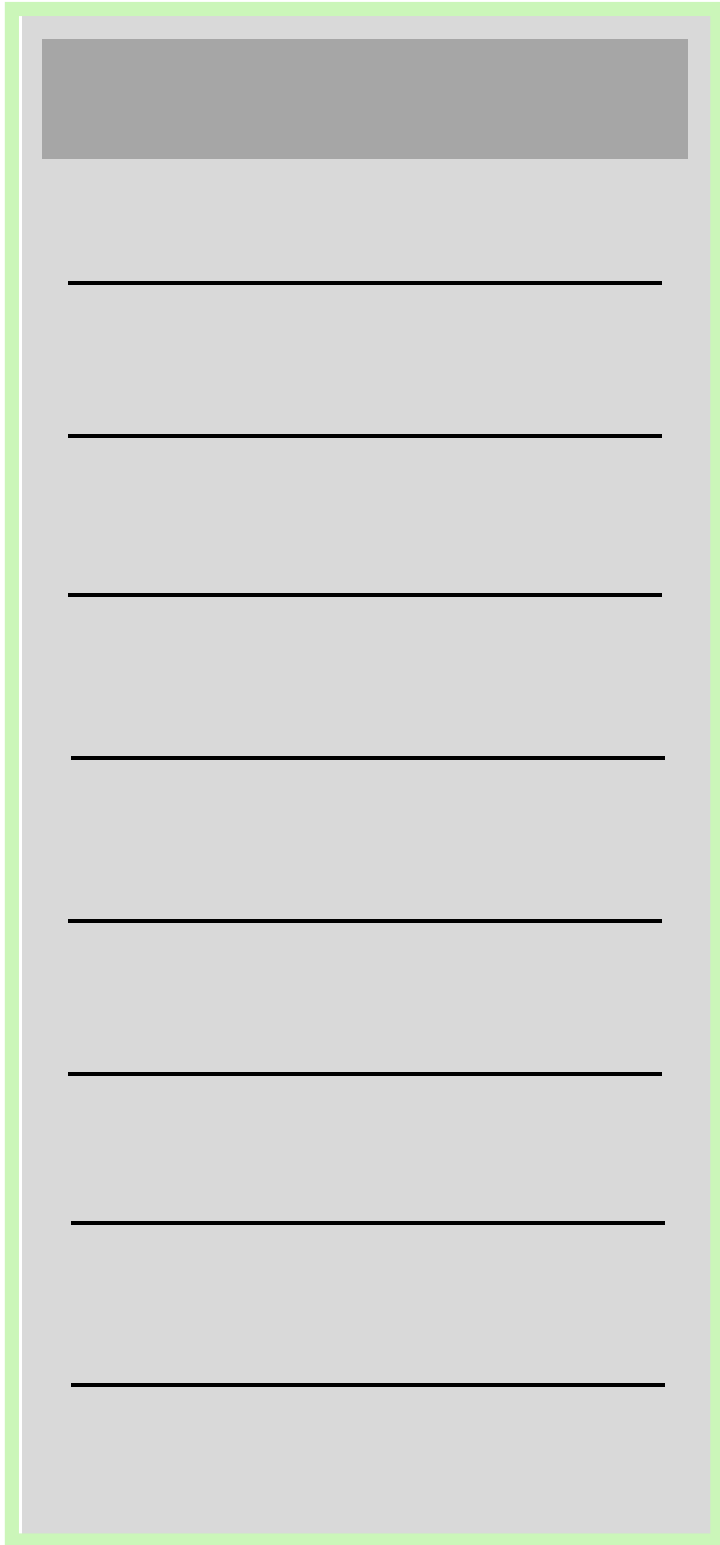
List each item under its appropriate category/color

A vertical rectangular box with a maroon border. At the top is a grey header bar. Below it are ten horizontal lines for writing.

A vertical rectangular box with an orange border. At the top is a grey header bar. Below it are ten horizontal lines for writing.

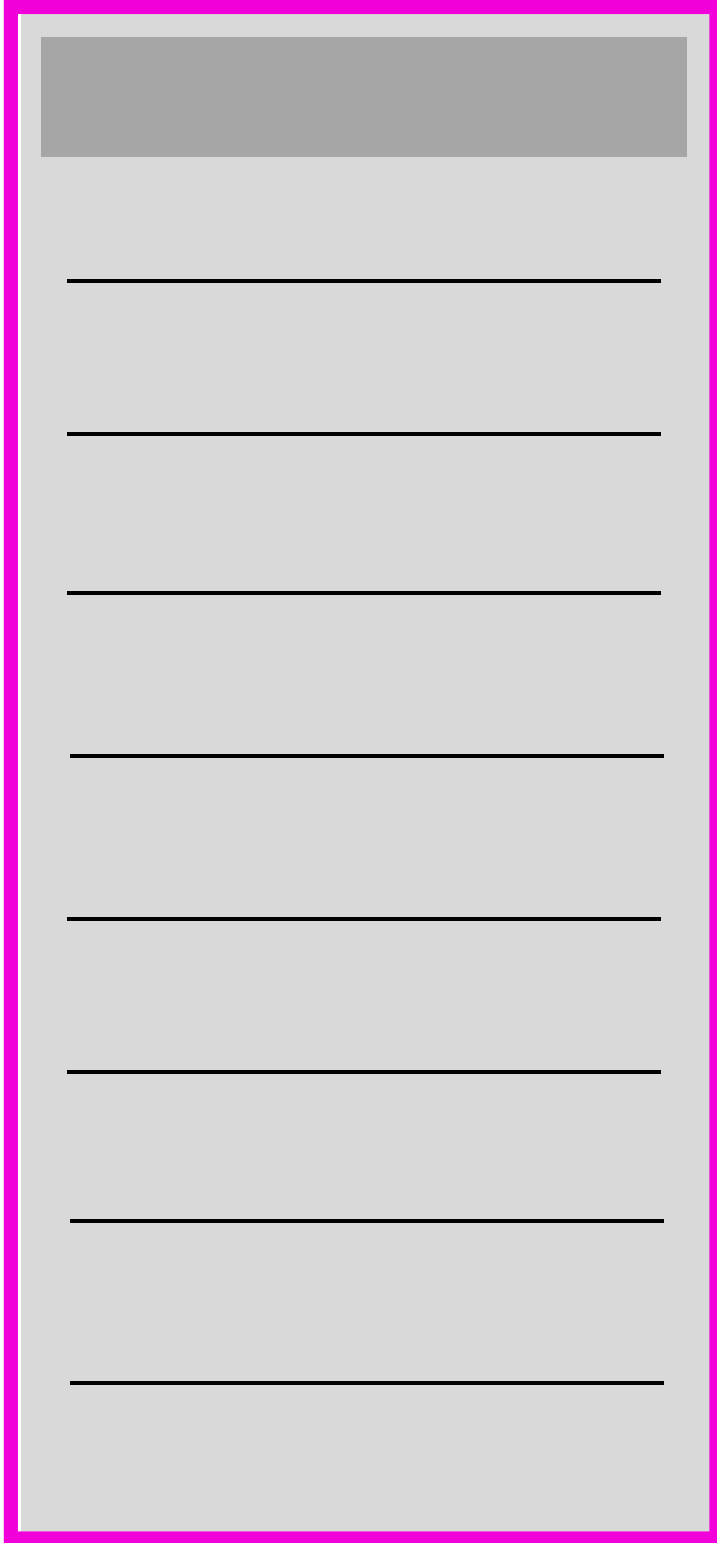
Brain Dump

List each item under its appropriate category/color

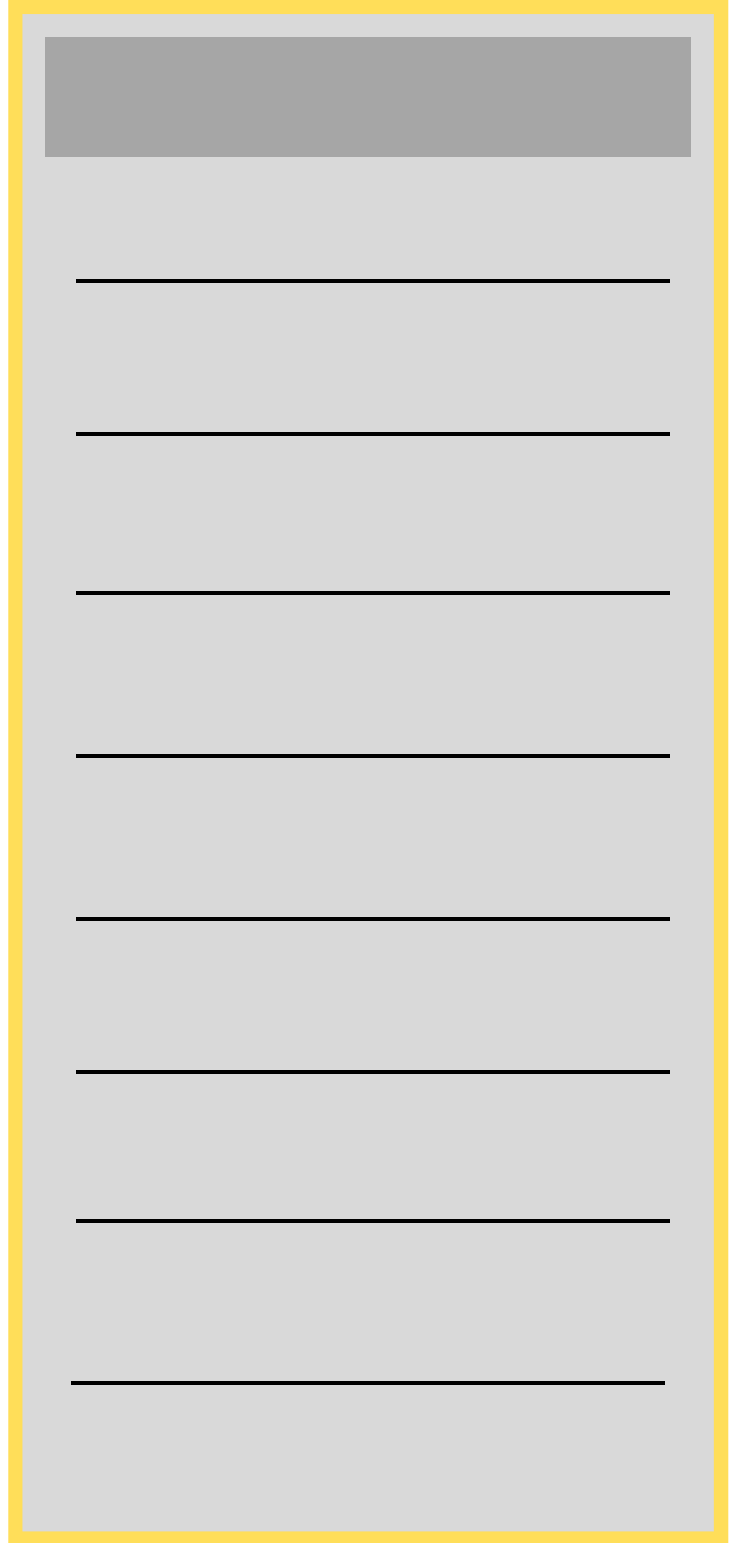


Brain Dump

List each item under its appropriate category/color



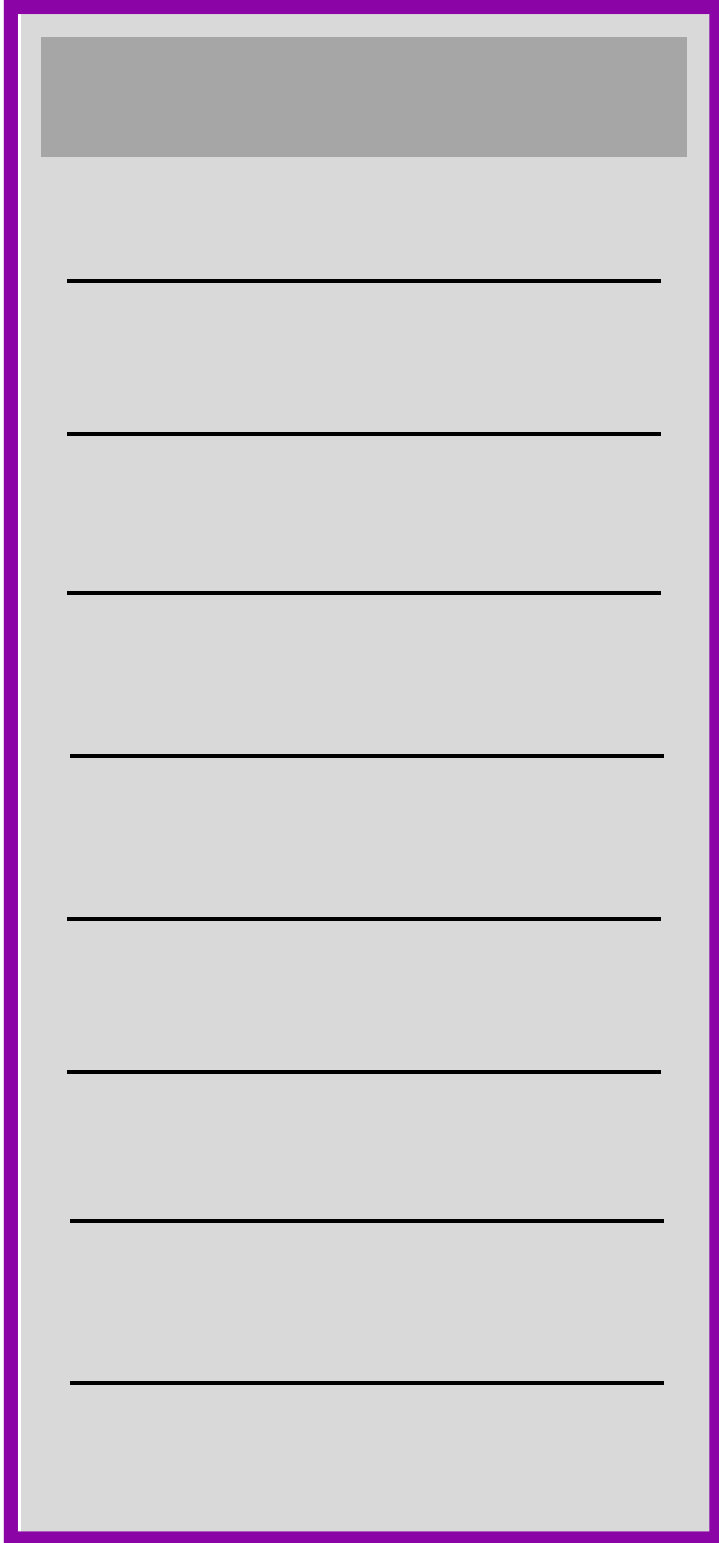
A vertical rectangular box with a thick pink border. At the top is a solid grey rectangular header. Below the header are ten horizontal black lines spaced evenly down the page, providing a template for writing.



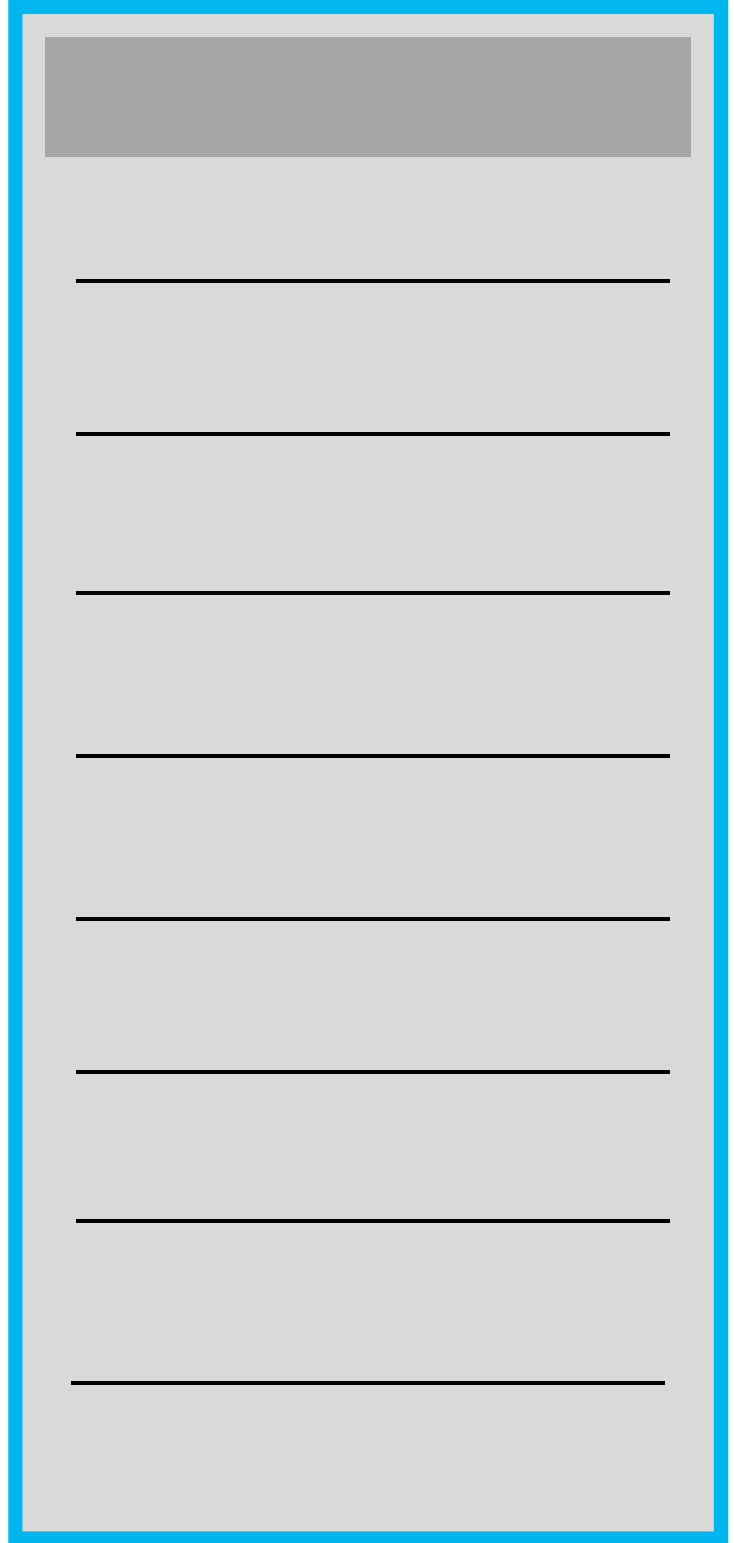
A vertical rectangular box with a thick yellow border. At the top is a solid grey rectangular header. Below the header are ten horizontal black lines spaced evenly down the page, providing a template for writing.

Brain Dump

List each item under its appropriate category/color



A vertical rectangular box with a purple border. At the top is a grey rectangular header. Below the header are ten horizontal black lines for writing.



A vertical rectangular box with a blue border. At the top is a grey rectangular header. Below the header are ten horizontal black lines for writing.