

THRIVE & CO'S
BRAIN DUMP
WORKSHEET



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Why Do a Brain Dump?

A brain dump is the act of transferring all thoughts onto paper and it offers numerous benefits for mental well-being and productivity. By externalizing your thoughts, you can reduce stress, gain mental clarity, and improve focus. Regular brain dumps can prevent mental overload, reduce anxiety, and contribute to more effective time management. Ultimately, this simple yet powerful activity allows for a clearer mind, better organization, and a more relaxed state of being.

Instructions: Find a quiet and comfortable space. Set aside ~10 minutes and allow your thoughts to flow freely, no need to filter or organize them, just see what comes up.

Current Worries

Write down any worries or concerns that are currently occupying your mind.

To-Do List

List any tasks or responsibilities that you need to address.

Unfinished Business

Note any unresolved issues or situations that are lingering in your thoughts.

Curiosity

Close your eyes and just see what comes up for you to write down. What insights can you glean.

Positive Thoughts

Review what is going well and what you're grateful for.

Reflection: Take a moment to review your Brain Dump. Acknowledge that you've released these thoughts onto paper, allowing your mind some temporary relief. You can revisit or address these items later, but for now, embrace the mental clarity you've created in this moment. Feel free to use this whenever you need to clear mental clutter. The act of transferring thoughts from your mind to paper can be a powerful tool in releasing stress and finding peace.

STAY CONNECTED



I'd love to support you on your wellness journey. If you feel stuck in life, I'd love to meet and see how I can help. Also, be sure to stay in the loop and follow along for uplifting and encouraging content!



Thank you!

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