



BRAIN DUMP EXERCISE

STEP 1

Write down everything
on your mind that you
are worried about.
Those things you need
to do, phone calls you
need to make and
things that are just on
your mind. DO NOT
categorize them! Just
write them down.



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STEP 2

Organize the items on
the first list into
"work items to do,"
This can become your
To Do list with target
dates and tasks..

WORK RELATED TO-DO'S



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STEP 3

Organize the items on
the first list into
"personal to do's,"
This can become your
To Do list with target
dates and tasks..

PERSONAL TO-DO'S



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STEP 4

Organize the items on the first list into "stuff I'm just worried about." These are the things that you cannot really do anything about, but they are on your mind and taking up space..

THINGS I'M WORRIED ABOUT...



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STEP 5

Take your "worry list"
and create prayers or
wishes to release them
to the universe and off
of your shoulders. The
universe can do more
than you can!

PRAYERS / WISHES TO RELEASE
TO THE UNIVERSE