Brain Dump

ADHD Brain Dump Template (Free): Short, Messy, Done

Date _____

Set a timer

Pick 5 minutes. Short enough to start, long enough to empty the top layer

One line per thought

Tasks, worries, ideas, things you forgot, all mixed. Half sentences are fine

If your mind jumps, jump with it. Don't go back and fix anything

Today (max 3)

Circle up to three lines that really have to happen today

Parking lot

Everything else goes here. It isn't forgotten, it's parked

First tiny step

For one of today's items, the first move that takes under two minutes (open the email, find the form, text the person)

When I'll look at the parking lot

A day and time, like Friday after lunch, so the parked stuff stops nagging you