Brain Dump

# Daily Brain Dump Template

Date _____

## Date

Today's date, so you can scan back through old entries later

## Everything on my mind

List every task, worry, idea, and reminder without stopping to sort them

## Today's non-negotiables

1-3 things that must happen today, pulled from the list above

## Everything else

Anything left over goes here, untouched, to revisit tomorrow if it still matters

## One line about today

A single sentence on how today actually went (only fill this in at night)