Brain Dump

Evening Brain Dump Template

Date _____

Unfinished thoughts from today

Anything still running through your head from the day, conversations, tasks, worries

What I don't want to forget for tomorrow

Move anything time-sensitive here so your brain can stop holding onto it overnight

One good thing about today

A single moment, however small, that was worth noting

Letting this go for tonight

Name one worry you're choosing to set down until tomorrow, on purpose