Brain Dump

Morning Brain Dump Template

Date _____

What's already on my mind

Everything that showed up the second you woke up: worries, half-finished thoughts, things you don't want to forget

What matters today

The 1-3 things that would make today feel like a win if they got done

What I'm avoiding

The task or conversation you've been putting off, named directly

One small next step toward it, even if it's just "open the document"

How I want to feel by tonight

One word or phrase for the mood you're aiming for