

Brain Dump Sheet

Empty your head onto paper, then sort it into actions, ideas and worries.

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Dump everything here (don't edit)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Actions

☐	
☐	
☐	
☐	
☐	

Ideas to keep

Worries (any I can act on?)
