THE 47-TAB *Brain Dump*

GET IT OUT OF YOUR HEAD.
THEN FIGURE OUT WHAT THE HELL ACTUALLY NEEDS YOUR ATTENTION.

Your brain is currently trying to hold all the things.
It doesn't need to.

Put everything here. Tasks. Worries. People. Ideas. Shit you forgot.
Shit you're afraid you'll forget. The thing you keep replaying. All of it.

No organizing yet. Just unload.

I need to...

I keep thinking about...

I don't want to forget...

I'm worried about...

I'm avoiding...

I wish I could...

NOW WHAT?

SORT WHAT MATTERS. RELEASE THE REST.

Look back at everything you dumped on the last page and sort only what matters right now.
You don't have to solve everything — just get it out of the chaos and into some clarity.

DO

WHAT ACTUALLY NEEDS ACTION?

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DECIDE

WHAT AM I AVOIDING MAKING A DECISION ABOUT?

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RELEASE

WHAT AM I CARRYING THAT ISN'T MINE TO SOLVE RIGHT NOW?

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NOTICE

WHAT KEEPS SHOWING UP HERE?

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ONE THING.

If I did only one thing after closing this page, what would make the biggest difference?

You don't have to solve everything your brain can think about.