






Brain Dump Worksheet


WORK	HOME	FAMILY


FRIENDS	MONEY	FUTURE PROJECTS

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My Not To-Do List

I CAN'T CONTROL ... 

 TIME WASTERS ...

I AM DELEGATING ... 

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My Brain Dump and Not To-Do List



Hey there!



Elle here!

Because I suffer from anxiety and am a perfectionist, I often feel overwhelmed with all these thoughts bouncing around in my head.

I created these 2 printables, **BRAIN DUMP WORKSHEET & MY NOT TO-DO LIST** for myself, but I just know they are going to be super useful for yourself too!

If you are the type of person who has millions of thoughts rushing through your head and you are having a hard time focusing on the essentials, these printables are going to be perfect for you.

Take a moment in your day or week and jot down **ALL** the things that are going through your mind. Use the categories in the printables to organize your thoughts and start feeling the stress leave your mind, to make way for a clutter-free mindset!

Let's do this!

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Brain Dump Worksheet

WORK

HOME

FAMILY

FRIENDS

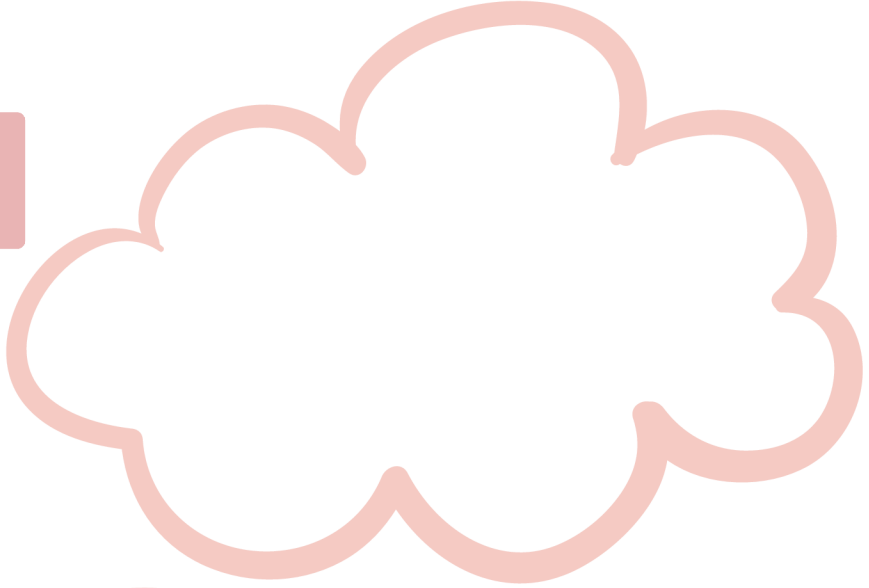
MONEY

FUTURE PROJECTS

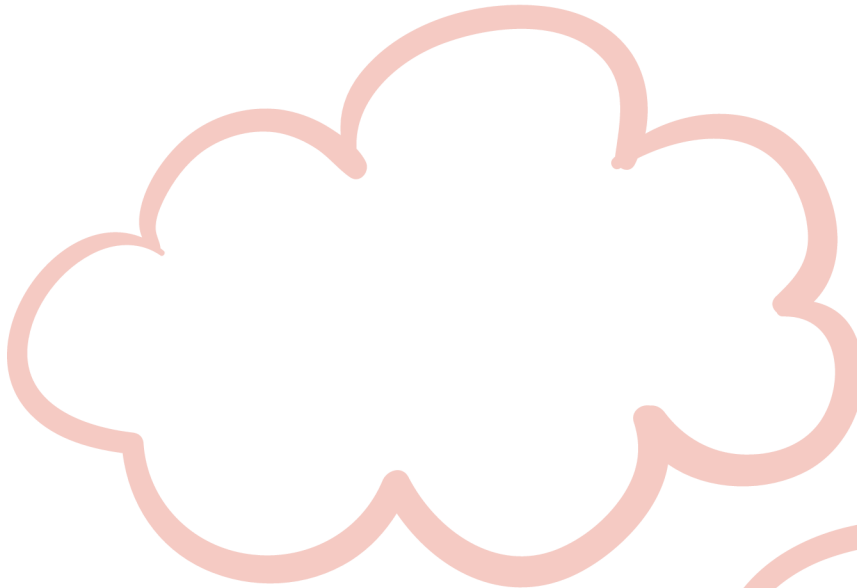


My Not To-Do List

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