

Date: _____

Brain Dump



take a few moments and write down whatever comes to mind for each prompt. This exercise is designed to free space in your mind and help silence the noise.

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What do I need to get done?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What is causing stress or anxiety right now?

What stressors are within my control?

What stressors are out of my control?



How can I release these/What actions can I take?

What do I need more of?

What can I focus on?
