15 Brain Dump Ideas Checklist

Any format that empties a thought out of your head in under a minute is doing its job.

- [ ] Set a 3 minute timer, write everything with no editing
- [ ] Say it out loud into a voice memo app
- [ ] Write one word per thought, no full sentences
- [ ] Dump before you check your phone
- [ ] Sort into 3 columns: Have To, Want To, Worried About
- [ ] Keep a plain spiral notebook on your nightstand
- [ ] Open with one question: what is loudest right now?
- [ ] Pair the dump with your morning coffee
- [ ] Keep a stack of index cards at your desk
- [ ] Text the thought to yourself
- [ ] Use the notes widget on your phone's home screen
- [ ] Write it on a sticky note on your monitor
- [ ] Write tomorrow's 3 loudest thoughts before bed
- [ ] Do a body scan dump (jaw, shoulders, stomach)
- [ ] Empty your pockets, literally, one line per item