



The 10-Minute MIND DUMP



CLEAR YOUR MIND. LIGHTEN YOUR LOAD.

When your mind feels cluttered, a mind dump can help you release the mental noise and create space to think, breathe, and refocus. No organizing. No editing. Just write.



How It Works (10 Minutes)

1. Set a timer for 10 minutes.
2. Grab a pen and paper.
3. Write down everything in your mind—big or small.
4. Don't stop to organize or solve anything.
5. When the timer goes off, take a deep breath.



What Can I Write About?

Anything and everything—tasks, worries, ideas, reminders, frustrations, wins, what-ifs, conversations, decisions, random thoughts. Get it all out.



YOUR 10-MINUTE MIND DUMP



Take a Breath

You don't have to fix everything right now.
You just created space.

Optional Next Step:

Circle or highlight 1–3 things you want to focus on
or revisit. Let the rest go—for now.

