

Brain Dump Template for ADHD Brains

No judgment. No organization required. Just get it OUT of your head.

How to Use This Template:

1. **Set a timer for 5-10 minutes** - Don't overthink it.
2. **Write everything down** - Tasks, worries, ideas, random thoughts. All of it.
3. **Don't organize as you go** - That's not the point. Just dump.
4. **Sort later (or don't)** - Sometimes just getting it out is enough.

 TASKS Things you need to do (big or small)	 IDEAS Random thoughts, projects, things to explore
 WORRIES What's taking up mental space	 WINS Things you did today (even tiny ones)

After Your Brain Dump:

- **Circle 1-3 priorities** from your Tasks list (not 10, just 1-3)
- **Move one worry** to Tasks if it's actionable, or let it go if it's not
- **Celebrate your Wins** - Read them out loud. You did those things.
- **Save your Ideas** for later - They're not forgotten now.

Your brain works differently. That's not a flaw - it's just how you're wired. This template honors that.

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