

PRINT IT · OR FILL ON SCREEN

The ADHD *Brain Dump*

When everything's swirling and you can't start, the problem usually isn't time — it's that your head is too full to pick. So empty it here first, then choose just one thing. That's the whole trick.

1 Dump it all out no order, no judging — just get it out of your head

2 Now sort it — gently most of it can wait, and that's allowed

Do it in 5 min so small it's silly not to	Just one for today pick ONE. that's a full win	Let it wait future-you will handle it
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You don't have to do it all. You just have to start one.