

# ADHD Brain Dump Template

Set a 5-minute timer. Get it all out below. No order, no judging, messy is fine. The thought only has to land here, not be tidy. You can sort after the timer.

## 1. Get it all out (5-minute timer)

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## 2. Sort what you got

Do now (under 2 minutes)

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Do later

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Keep (ideas, notes, someday)

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Let go (you are allowed to)

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Pick ONE thing to start with: \_\_\_\_\_