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)

2. Sort what you got

Do now (under 2 minutes)

Do later

Keep (ideas, notes, someday)

Let go (you are allowed to)

Pick ONE thing to start with: _____

Prefer to talk it out? InstantOwl turns a spoken ramble into a sorted list. instantowl.com