UNSTUCK

Brain Dump Sheet

One page to empty a loud head, then a quick sort into what needs action, what can wait, and what is just noise. The same idea as the brain dump reset in the Unstuck app, on paper.

How to use this sheet

1. Set a timer for five minutes and fill the dump zone below. No editing, no order, no complete sentences required.
2. When the timer ends, stop. A brain dump is a pressure release, not an inventory audit.
3. On page 2, sort each item: needs action this week, can wait, or just noise.
4. Move the 'this week' items somewhere real: a calendar, a to-do app, or the Unstuck app.

Dump zone

Everything on your mind right now. Tasks, worries, half-thoughts, names, errands.

PLEASE READ: EDUCATIONAL USE ONLY

For educational and personal reflection use only. This worksheet is not therapy, counseling, medical advice, legal advice, diagnosis, or treatment, and using it does not create a clinician-patient relationship. It is a general template that may not fit your situation or your jurisdiction. You are responsible for checking the laws and requirements that apply where you live and for creating your own documents where needed. If you are struggling, please talk with a licensed clinician. In the United States, call or text 988 in a crisis, or call 911 in an emergency.

The sort

Copy each item from page 1 into exactly one column. If an item resists sorting, it is usually two items. Split it.

NEEDS ACTION THIS WEEK	CAN WAIT	JUST NOISE
Smallest real next step	*Park it with a date*	*Name it and let it sit*

Close the loop

Pick exactly one item from the first column and give it a when and a where. One moved item is a successful brain dump. If the noise column keeps refilling with the same worry for weeks, that worry may deserve a conversation with a licensed clinician.

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