

ADHD Brain Dump

Get everything out of your head and onto the page. Fast, messy, no order. Your working memory was never meant to be your filing system.

Date: _____

15 minutes. No editing. No sorting. Just get it out.

Spend ten minutes free-dumping under whatever heading fits, jumping around as much as you want. When you stall, read the next heading out loud and let it pull. Spend the last five minutes slow-scanning for stragglers. Then stop.

OPEN LOOPS (started but not finished)

WAITING ON (stuck until someone else moves)

WORRIES (no clear action, but it's taking up space)

SOMEDAY / MAYBE (ideas, not commitments)

ADMIN & ERRANDS (forms, calls, appointments, returns)

PEOPLE I OWE A REPLY (texts, emails, DMs)

ANYTHING ELSE (whatever's left, dump it here)

Most of what you dump should die on the page. Keep the few that need action. Let the rest go.

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