



MIND YOUR CO.™



Quick Brain Dump Template



Use this page whenever your mind feels full and you need a quick place to unload your thoughts.



Everything on my mind:

Handwriting practice lines for the 'Everything on my mind' section.



The thought taking up the most space is:

Handwriting line for the 'The thought taking up the most space is' section.



One thing I can set down for now:

Handwriting line for the 'One thing I can set down for now' section.

