



THE BRAIN DUMP

For women with 47 tabs open

*Because apparently remembering everything is a
personality now*

Bessy x

GET IT OUT OF YOUR HEAD



No organising. No prioritising. No making it pretty.

Just write everything taking up space in your head right now.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Work. Kids. Dinner. Appointments. That email.

The thing you were supposed to remember but can't remember what it was.

NOW, SORT THE NOISE.

Not everything in your head deserves the same amount of space.

ACTUALLY IMPORTANT

This genuinely needs my attention

NOT TODAY

Important Just not right now

NOT MINE

*Someone else can absolutely
deal with this.*

WHY AM I EVEN
DOING THIS?

Permission to let it go.

AND WHAT ABOUT YOU?

You've remembered everyone else. ♡

WHAT DO I NEED RIGHT NOW?

WHAT HAVE I BEEN PUTTING OFF FOR MYSELF?

WHAT WOULD MAKE THIS WEEK FEEL 10% EASIER?



ONE THING I'M DOING FOR ME THIS WEEK:

No giant life transformation required. ♡