



THOUGHTS

Day 6

Learn

Thought downloads are simply our thoughts downloaded onto a piece of paper because the process of physically writing out our thoughts starts the process of changing our thoughts and releases some mental bandwidth. It's the first step in decluttering our mental space and moving towards clarity. Thought downloads may be structured or unstructured. An unstructured thought download is simply a brain dump of anything you may be thinking about or ruminating on.

Do

Set yourself up somewhere comfortable like a cafe, a spot in a garden, or your calm oasis in your home and write down whatever's on your mind.

Unstructured Thought Download writing space

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PROMPTS

Day 6

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Thought downloads may be structured or unstructured. A structured thought download uses a prompt question or statement, and you respond to that prompt.

Do

Set yourself up somewhere comfortable like a favourite chair, a place in nature, or your calm oasis spot, pick a prompt and write down whatever comes to mind.

Thought Download Prompts

- What does nourishment mean to me?
- How can I nourish and nurture myself more?
- What are ten things I do well?
- How can I feel more free today?
- Why don't I know what I want?
- What would I want if there were no obstacles to me achieving it?
- What would my soul like me to know today?
- How can I honour my body today?
- What is the most loving thing I can do for myself today?
- What is the most loving thing I can do for myself right now?
- What would I like someone to offer me?
- What does night me want to thank me for?
- What does morning me want to thank me for?
- How can I be less hard on myself today?
- What am I grateful for today?
- What might happen if I let go of the clutter in my home?
- How is my clutter helping me?
- How is my clutter harming me?
- How has stressed helped me?
- What ways can I show kindness to myself today?
- What does connection mean to me?
- How will I show authenticity today?
- How can I put myself first today?
- When can I choose selfish over selfless or self full?





Day 6

Today's prompt

Structured Thought Download writing space