

My Brain Has 47 Tabs Open

Let's slow it down, sort it out,
and make space for what matters. ♥

ADHD + MIDLIFE RESOURCE SERIES

Same
Brave You
A Brighter
Tomorrow ♥

Different
Brains
Brighter
Lives ♥



When everything feels urgent:

- 1 **Pause.** Take a breath. You're safe right now.
- 2 **Notice.** What's in your mind? Get it out of your head and onto paper.
- 3 **Sort.** What needs doing, what can wait, what's not yours to do, and what can be let go?
- 4 **Choose one next step.** Not everything. Just one.
- 5 **Be kind to yourself.** A full brain doesn't mean you're failing. It means you care. ♥

1 What is taking up brain space right now?

Get it all out — big, small, messy, or random.

2 What actually needs doing this week?

What's important, realistic, or time-sensitive?

3 What can wait?

It's not forgotten — just not now.

4 What can be delegated?

What could someone else do, help with, or share the load on?

5 What can I drop completely?

What no longer serves me, my goals, or my wellbeing?

6 One thing I will do today.

Just one. A doable next step.

You do not need to do
everything today to be doing enough. ♥

Want to know more?
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A less
cluttered mind
creates more
space for a life
you love. ♥

Greater
Understanding
Brighter
Tomorrows ♥