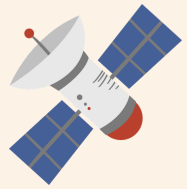


SPACE JUNK ON YOUR MIND

How to use this sheet: When you feel that unprompted GLOOM set in, often it is not triggered by just one stress but rather by a whole bunch of little SPACE JUNK. Write down everything that is on your mind that could be contributing to the GLOOM. You don't have to solve them, just identify them for now.

LOGISTICS

- Unresolved emails/texts
- Looming bills, renewals or admin chores
- Misplaced items (keys, wallet, paperwork etc)
- Half-finished tasks



DIGITAL AND MENTAL

- Too many open browser tabs or notifications
- Upcoming articles, projects or deadlines
- Social or personal commitments
- Replaying awkward conversations

PHYSICAL

- Cumulative sleep debt/waking tired
- Exercise or movement routine slipping
- Diet, hydration or caffeine habits off track
- Physical tension (Jaw, Neck, Shoulders)

WHAT ELSE?

