

Alive with Purpose
Health & Life Coaching



Shari Biery
National Board Certified
Health & Wellness Coach

Calm Your Chaos

The Power of a Brain Dump Practice

The Power of a Brain Dump

In the midst of our daily lives, it's all too common to feel like we're drowning in a sea of thoughts, tasks, and commitments.

The invisible load we carry can be overwhelming, and our minds and bodies become exhausted just from holding everything in our head.

This relentless mental chatter can leave us feeling stressed, distracted, and disconnected from our lives.

But here's the good news: there's a simple, therapeutic, and incredibly effective technique that can help you navigate this chaos and restore your mental clarity - it's called the Brain Dump.



How to Perform a Brain Dump:

Step 1 - The Free Flow: Start with a piece of paper. Here, the goal is to let your thoughts flow freely without judgment or structure.

Step 2 - Prioritize & Release: This is where the magic happens. Look at your list and start categorizing. Divide your tasks into different buckets:

- **Bucket 1: "My Immediate Focus"** - These are the things that only you can do and require your immediate attention.
- **Bucket 2: "Delegate or Hire"** - Identify tasks that someone else can handle. Delegating these tasks can relieve you of unnecessary stress.
- **Bucket 3: "Future Tasks"** - Determine which tasks can wait until next week or even next month. Prioritize based on urgency.
- **Bucket 4: "Not My Business"** - These are tasks or commitments that don't belong on your list. It's essential to recognize and discard activities or things that have nothing to do with you.

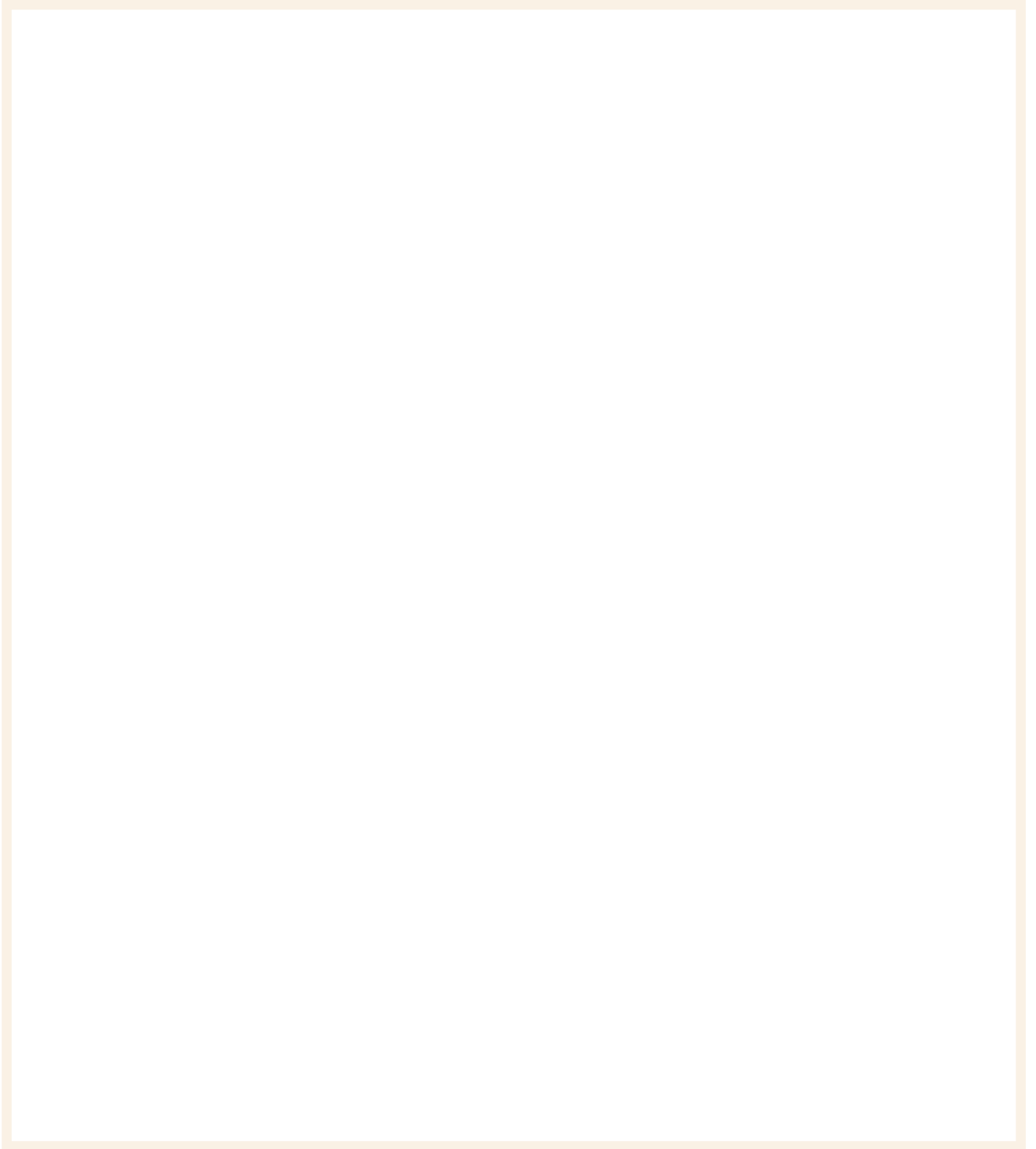
Try this out to feel more focus & calm!

Shari



Brain Dump

FREE FLOW



Prioritize & Release

BUCKET 1: MY IMMEDIATE FOCUS

BUCKET 2: DELEGATE OR HIRE

BUCKET 3: NEXT WEEK

BUCKET 3: NEXT MONTH

BUCKET 4: NOT MY BUSINESS

NOTIFY ANYONE THAT NEEDS TO KNOW
