

# Mind Dump Exercise

**YOUR BRAIN CAN ONLY HANDLE SO MUCH AT ONCE**

*(and the more your brain is trying to do, the less effective it becomes)*

Here's what you do: Write down everything that is on your mind right now-- it can be positive or negative, important or mundane, real or imagined, past, present, or future.

This little technique makes the paper, rather than your brain, responsible for remembering all those important topics. That's it!

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