

# VISUAL BRAIN DUMP PROCESS FOR UNTANGLING YOUR THOUGHTS

01.

## How to Begin

1. Gather markers, crayons, or pens and a large sheet of blank paper.
2. Set a timer for 10–20 minutes.
3. Start writing, drawing, and doodling whatever comes up. - Ideas, worries, to-dos, dreams, random images - Arrows, shapes, bubbles, lines—go non-linear There is NO wrong way to do this



## Prompts to get you started

- What's taking up space in my mind right now?
- What projects or ideas are asking for attention?
- What am I afraid I'll forget?
- What do I wish I had more space for? What am I curious about or inspired by?

02.



## Repeat as often as necessary

When you're done, step back and look at what you created.

- What themes or patterns do you see?
- What can be let go, prioritized, or explored more deeply?

This is not about making something beautiful. It's about making space for YOU. Repeat as needed whenever your brain feels like a traffic jam.

03.

