Clear the Mental Clutter

Put each thought somewhere visible, then choose what needs attention.



NEEDS ATTENTION TODAY

- [ ]
- [ ]
- [ ]
- [ ]

WOULD BE HELPFUL

- [ ]
- [ ]
- [ ]
- [ ]

CAN WAIT

- [ ]
- [ ]
- [ ]
- [ ]

ASK FOR SUPPORT

- [ ]
- [ ]
- [ ]
- [ ]

CHOOSE THE NEXT SMALL ACTION

Keep the first step specific and manageable:

"If any of you lack wisdom, let him ask of God."

JAMES 1:5

Brain Dump

Write everything down first. Sorting can happen later.

CHOOSE ONE WAY TO BEGIN

2 MINUTES · 5 MINUTES · ASK FOR HELP · PAUSE FIRST

"Come unto me... and I will give you rest."

MATTHEW 11:28