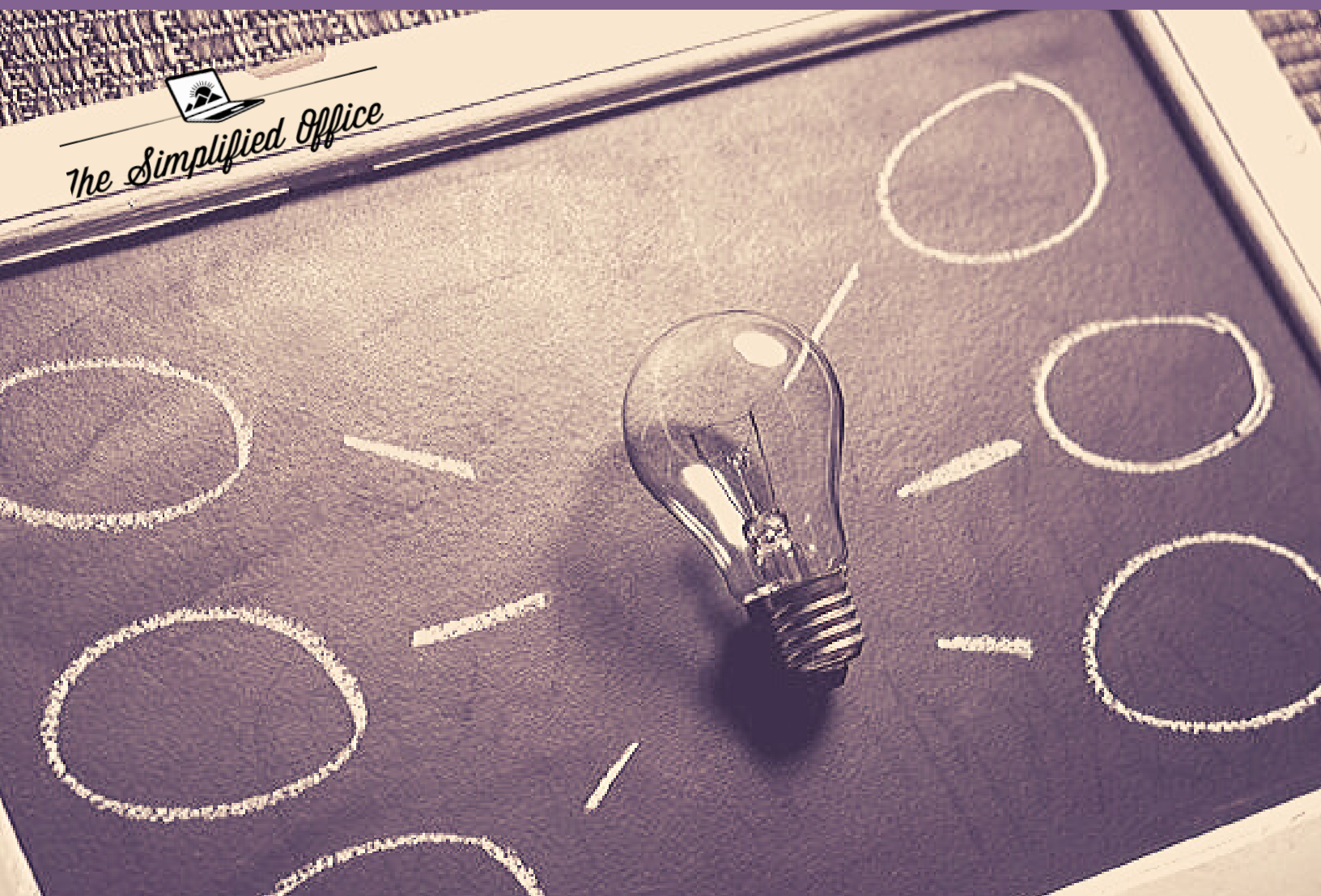


The Simplified *Braindump* Worksheets



Welcome

Thank you downloading The Simplified Brain dump Worksheets! These templates will help you sleep better, keep all your ideas in one place, and go back to look at them later, without having to remember everything. Whew!

When to Brain dump?

- When you can't sleep
- When you have a lot of ideas and need to get them out of your head into one place

How to Brain dump?

There is no wrong way. Do what works best for YOU. Simply write down anything and everything that comes to mind.

Brain dump Methods:

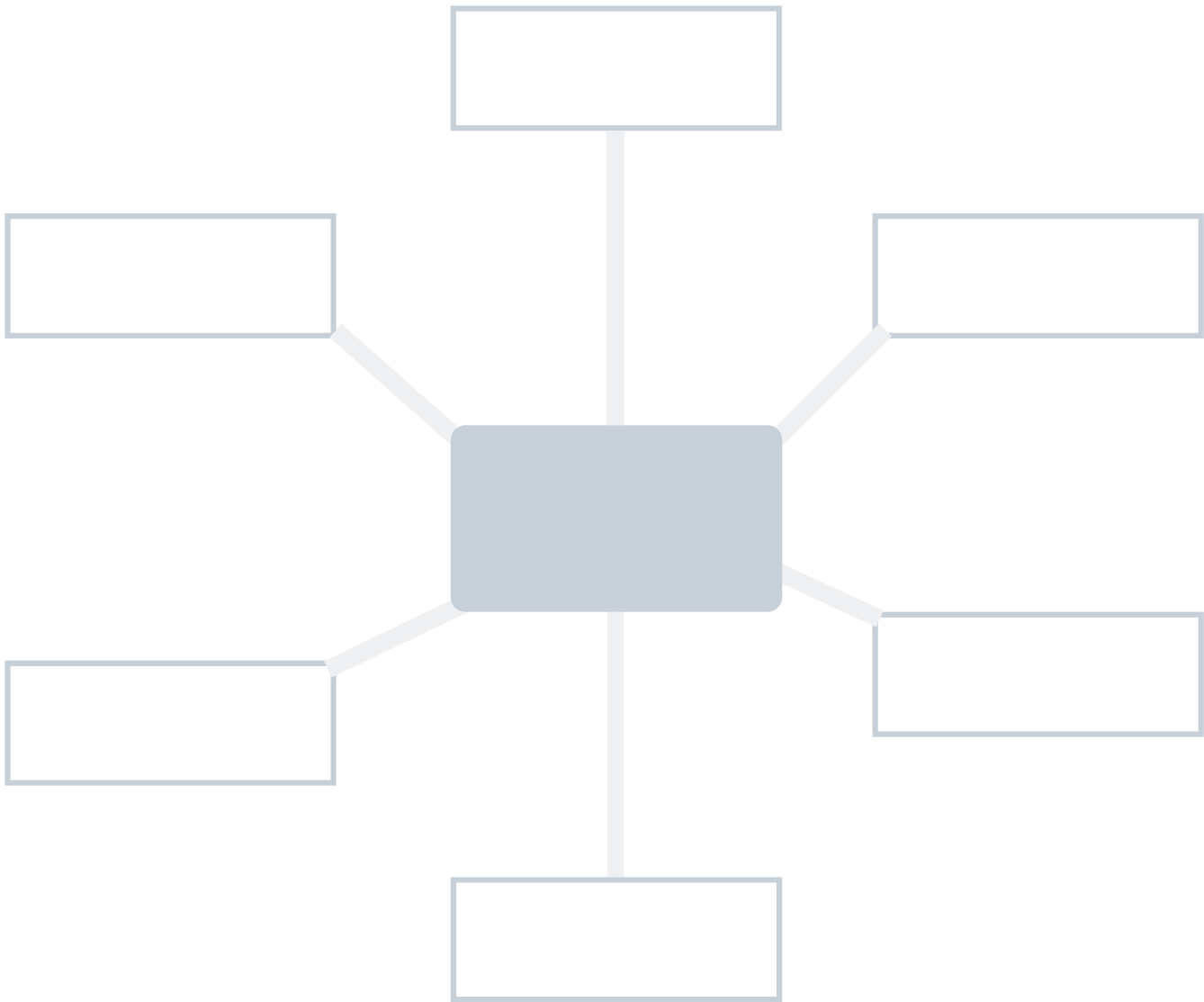
- Doodle
- Mind map
- Written scribble
- Written lists
- etc.

Next Steps:

- After you brain dump, categorize your brain dumps with a highlighter to make them easier to search for
- Organize and prioritize your thoughts with the next worksheets

Braindump Doodle

Braindump Mindmap



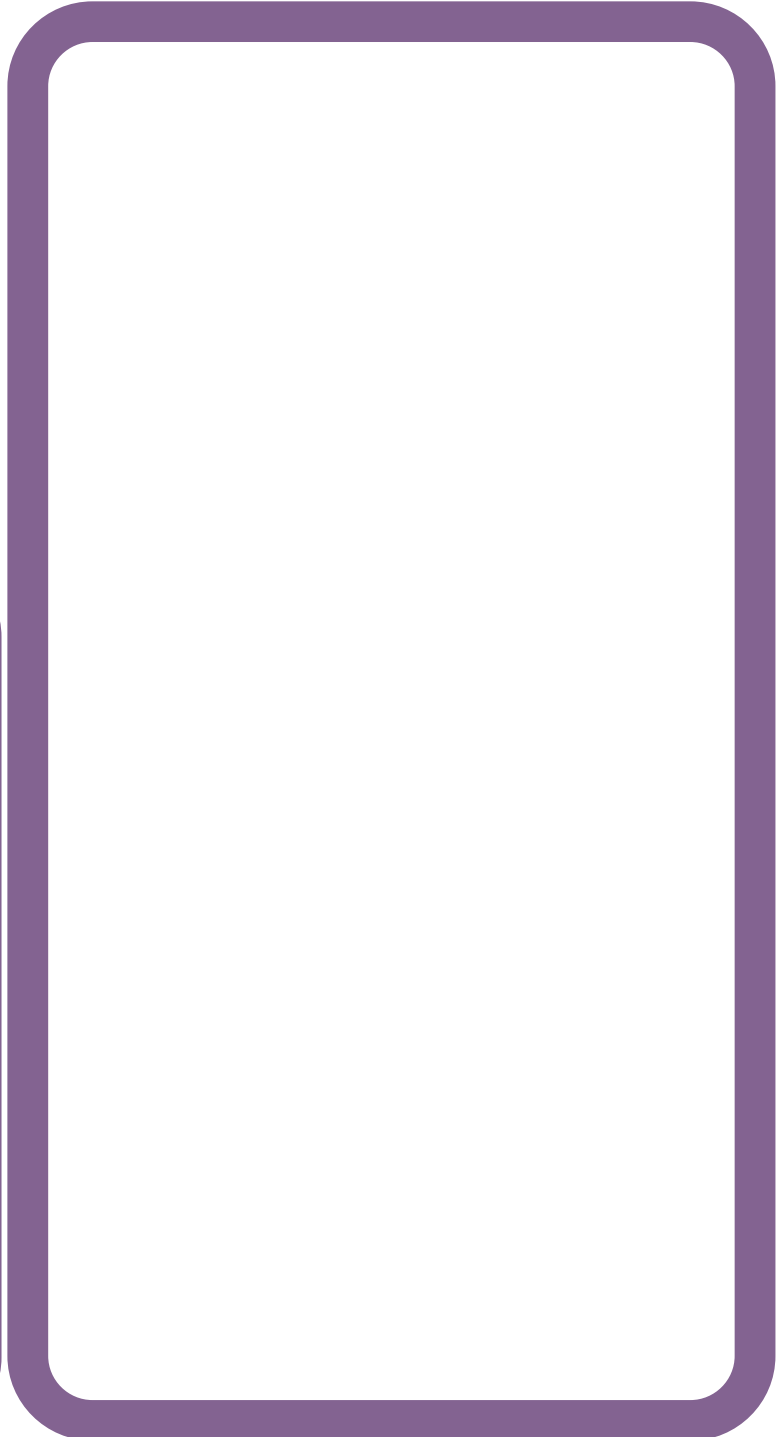
Organize Your Thoughts

Do Now

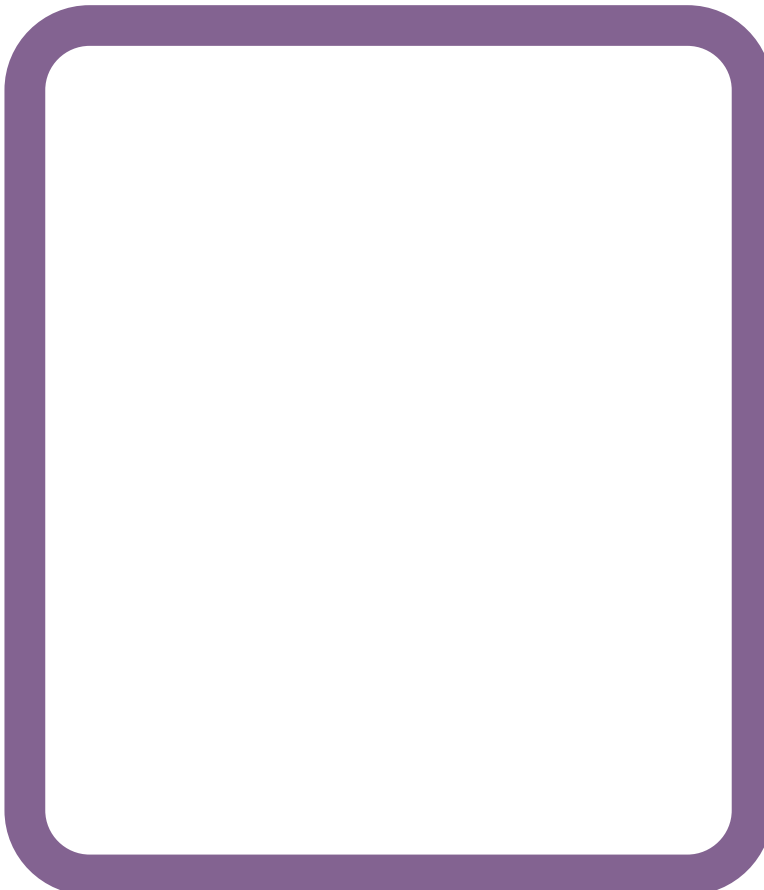
Today



This Month



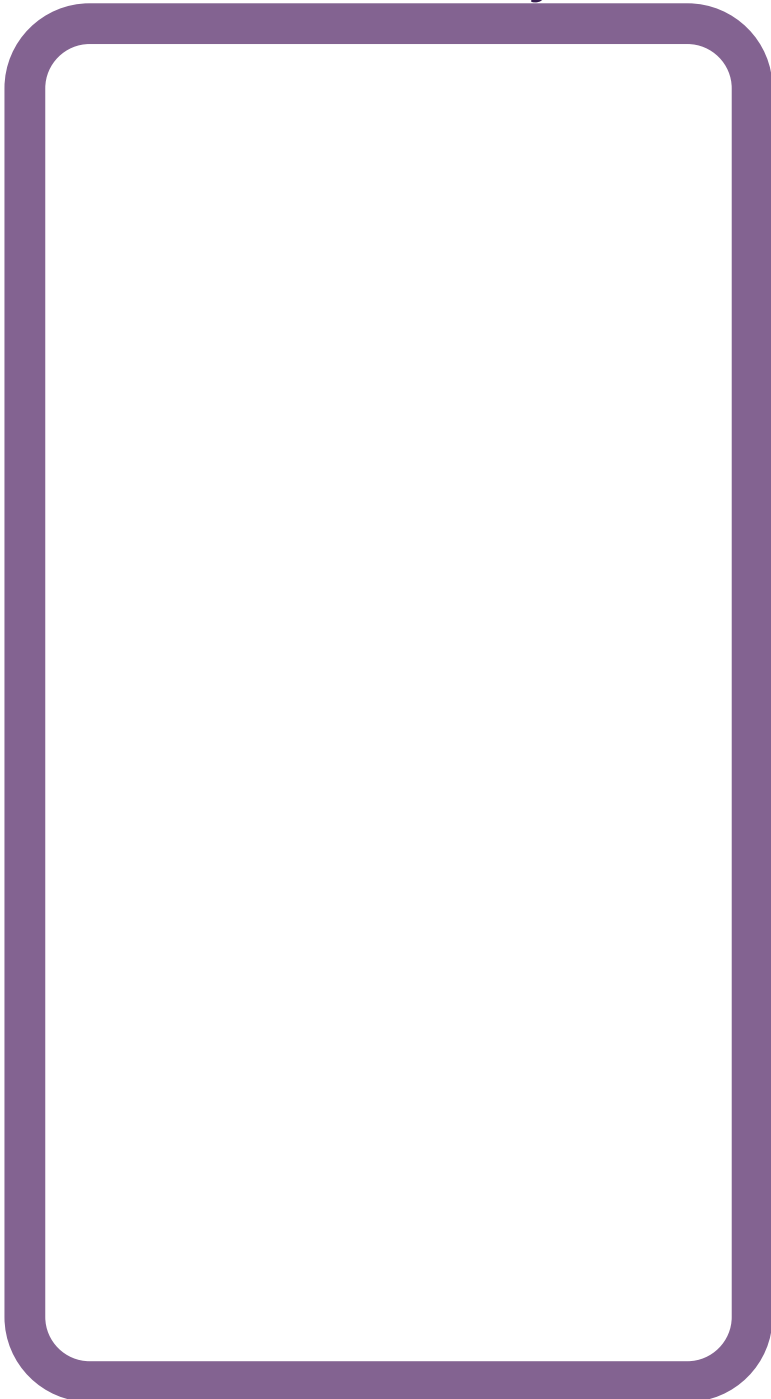
This Week



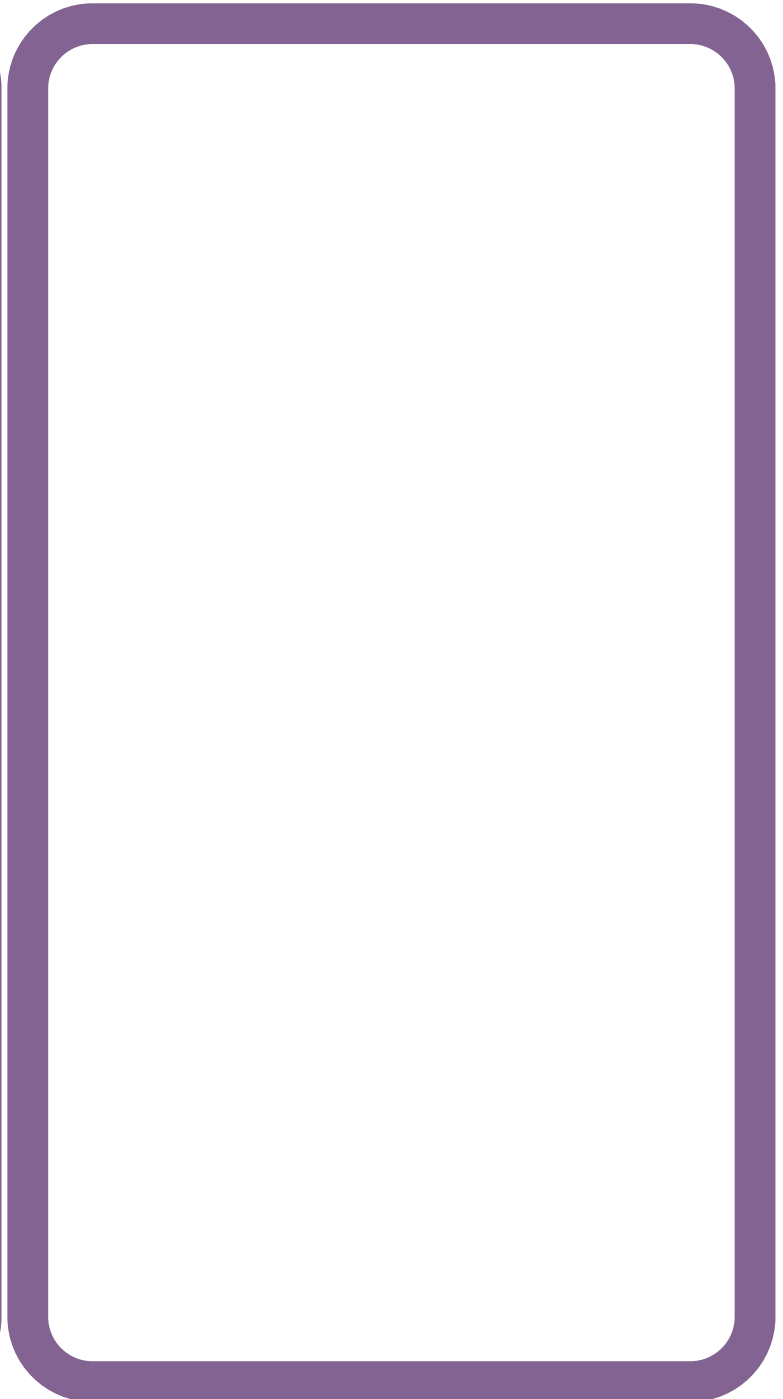
Organize Your Thoughts

Do Soon(ish)

Within 90 Days



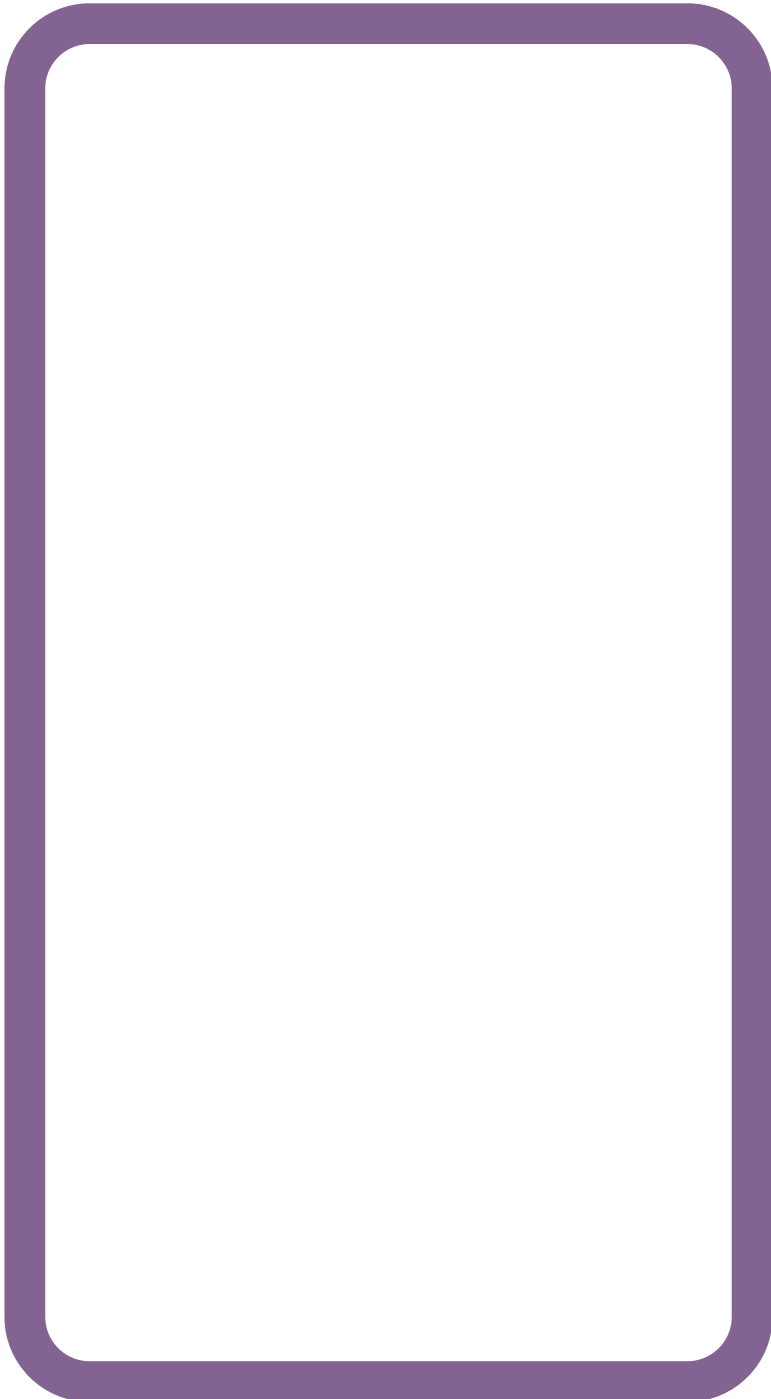
Within 6 Months



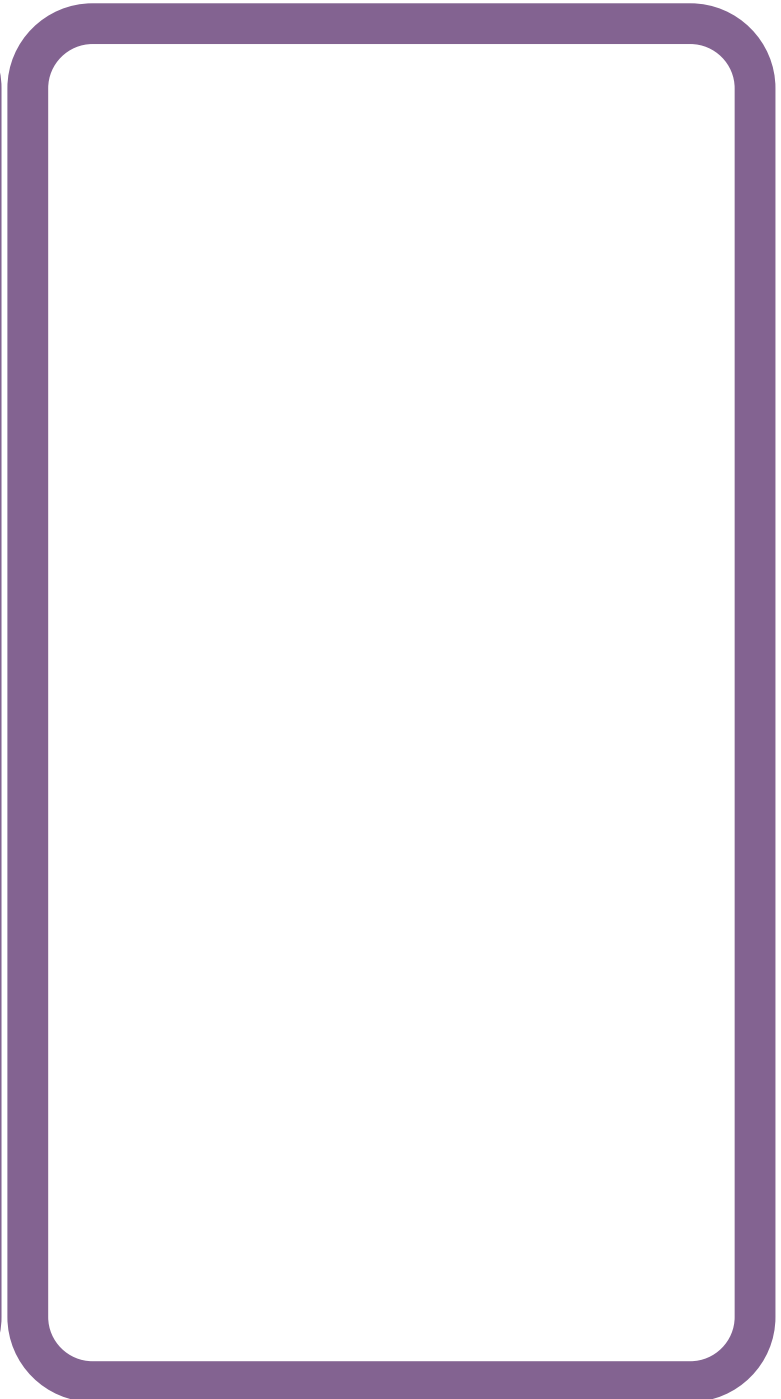
Organize Your Thoughts

Do Later

Do Next Year



Backburner



About Jennifer



Hi I'm Jennifer Vaaler, from
<https://thesimplifiedoffice.com>.

Your Solo Business Time Management
and Business Efficiency Coach and
Strategist to scale more smoothly.

Next Steps:

Lets connect on social!

You can find me as @thesimplifiedoffice on
Facebook, Instagram, and Pinterest.

Book a sales call here:

<https://calendly.com/thesimplifiedoffice/letschat>