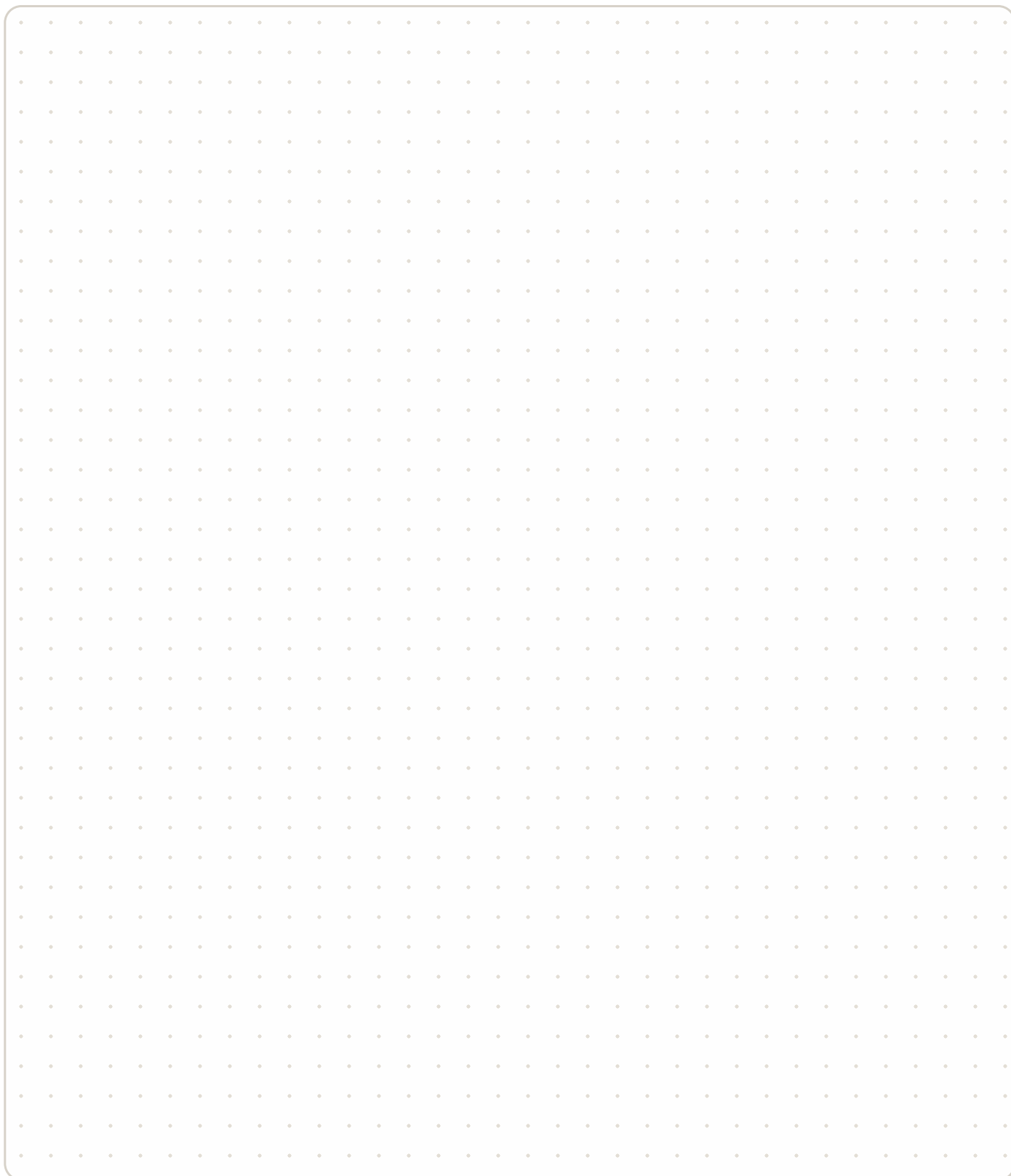


brain dump

Everything in your head, out here. No order. No editing. No judgement. Just get it out so your brain can stop holding it all at once.



1. Circle the 3 that actually matter today.
2. Draw an arrow on the one that's truly urgent.
3. Cross out anything that was just noise.