UNTANGLE ADHD

GET OUT MY HEAD

WORRY

STRESS

OVERTHINKING

TO DO

ANXIOUS

Use this whenever your thoughts feel overwhelming—before bed or anytime during the day.

🌀 Write tasks, problems, or thoughts in the circles or along the lines—anything that's taking up space in your mind.

⏳ Spend just 10 minutes on this "mind dump" to ease overwhelm, reduce procrastination, and organize racing thoughts.

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