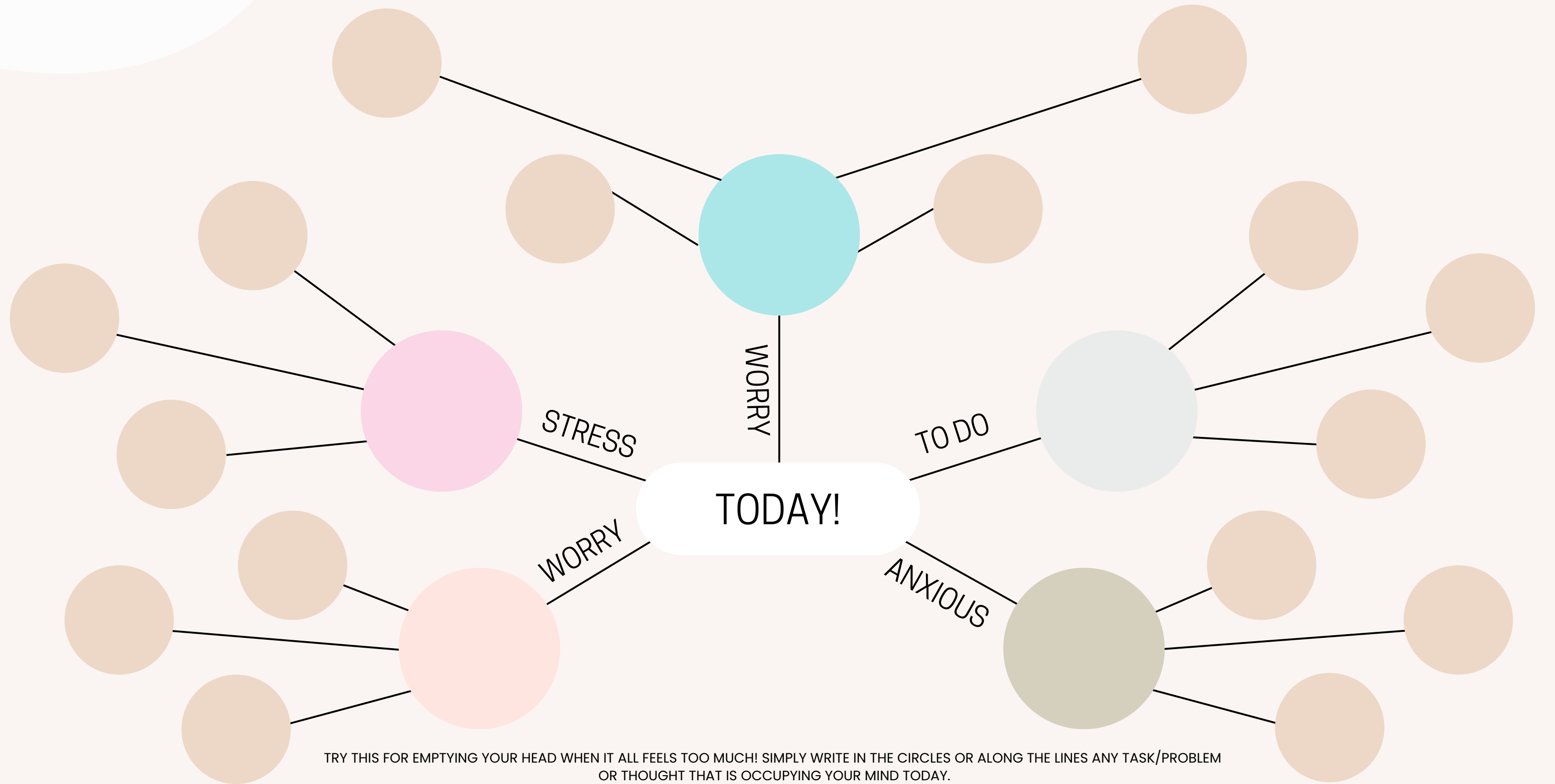


# Get out my head!



TRY THIS FOR EMPTYING YOUR HEAD WHEN IT ALL FEELS TOO MUCH! SIMPLY WRITE IN THE CIRCLES OR ALONG THE LINES ANY TASK/PROBLEM OR THOUGHT THAT IS OCCUPYING YOUR MIND TODAY.

JUST TEN MINS OF MIND DUMPING CAN HELP WITH OVERWHELM, PROCRASTINATION AND FLOODING (TOO MANY IDEAS AT ONE TIME!)