

DAILY BRAIN DUMP JOURNAL



**CLEAR YOUR MIND
OF THOUGHTS AND CONCERNS**

Welcome to Wellness Tools 4 Women!

This journal is a simple tool that you can use to clear your mind of worry, fear, anger, doubt and any other negative emotion that is not serving you. As women we tend to hold on to things for way too long. The key to releasing those troubling thoughts is to have a strategy or tool at your disposal that makes it easy for you. Our Brain Dump Journal is that tool. Use it every day, every week or just whenever you feel the need to empty your mind. The more often you use it, the easier it will become to have a clear and calm mind.

Tip: Think about when your mind tends to be most cluttered with thoughts. Is it first thing in the morning when you wake up, or at the end of a long day? Or is it when you are feeling stressed and overwhelmed at work or while taking care of your children? Make it a habit of writing in your brain dump journal at a specific time of day. Develop a practice of clearing your mind first thing in the morning to start your day with clarity or at the end of the day before you go to sleep to release the weight and stress of the day.

The mind is like water. When it's turbulent, it's difficult to see. When it's calm, everything becomes clear.

This Journal Belongs To

©2020 Good Karma Publishing
www.wellnesstools4women.com
All rights reserved.

Stop stressing about...



Ideas

Conversations

Shopping list

-
-
-
-
-
-
-
-
-
-

Things to do

Explore and learn about...