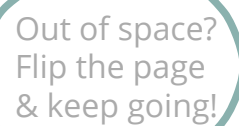


# Dump All The Things!

All that stuff running around in your brain isn't doing you any good. Get it all out of your head and onto this sheet. Don't worry about the order, or categories yet. Just grab your pen & write!



Out of space?  
Flip the page  
& keep going!