

# Brain Dump Prompts

## *Work*

- What are your daily tasks?
- What are your weekly tasks?
- What projects are you working on?
- What work do you need to do for those projects?
- What projects are coming up?
- What maintenance do you need to do?
- What's on your back burner?

## *Home*

- Go through each room and write down what needs doing
- What long-term projects do you want to do?
- What chores do you do every day?
- What chores do you do every week?
- What chores do you do every month?
- What are the yearly chores that you do?
- What bothers you about your home?
- What excites you about your home?

## *Family*

- What do you keep track of for your children?
- When are your appointments scheduled for?
- What activities do you need to plan?
- What is needed for homework/school?
- How are your relationships doing?
- Are there any changes you would like to see?
- Are there any new challenges you might want to talk over with your family? New goals?

## *Friendships*

- What do you have planned with your friends?
- Who haven't you spoken to in a while?
- Who do you need to call?

## *Errands*

- What types of activities do you do outside of your home?
- What errands do you run regularly?
- What errands do you run sporadically?
- What do you want to cut back on?

## *Self-care*

- What do you do for yourself?
- What are the things that you like to do for yourself?
- When's the last time you've done those things?