

THE FREE LIBRARY

CATALOGUE NO.

A1

BRAIN DUMP

Page

Two real workbook pages: empty your head, then sort it.

FROM the Brain Dump & Capture System workbook

FORMAT 6 pages • fill in on screen or print

BORROWED BY you

DUE BACK *never. it's yours.*

FREE

*this is where the
thoughts land.*

**neuro
made.**
studio

DUMP

TAG

SORT

Creatively wired. Intentionally made.

DATE

Capture 01

ideas, tasks, questions. get them on the page.

01 / 15

QUICK TIP

Write what's on your mind. Add tags and status if they help you find it again. Use Sort when you're ready to organise it.

BRAIN DUMP · THE OPEN SPACE

*what's on your mind?***TYPE TAGS · MULTIPLE OK**☐ Idea☐ Todo☐ Question☐ Worry☐ Note☐ Goal☐ Reminder☐ Creative**STATUS**☐ New☐ Sorted☐ Done**RANDOM FACT**

Octopuses have three hearts. The main one actually stops beating when they swim. Imagine that as a Tuesday.

Idea archive

Ideas worth another look. Give them a next step.

QUICK TIP | Bring an idea from Capture and add a one-line next step. Mark its status when you need to track it.

	THOUGHT	NEXT STEP	STATUS • N / S / D
01			☐ N ☐ S ☐ D
02			☐ N ☐ S ☐ D
03			☐ N ☐ S ☐ D
04			☐ N ☐ S ☐ D
05			☐ N ☐ S ☐ D
06			☐ N ☐ S ☐ D
07			☐ N ☐ S ☐ D
08			☐ N ☐ S ☐ D

A SMALL KEY N NEW S SORTED D DONE

RANDOM QUESTION

What's the most unhinged thing you genuinely believed as a kid?

DATE

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BRAIN DUMP • THE OPEN SPACE

what's on your mind?

TYPE TAGS • MULTIPLE OK

- ☐ Idea
- ☐ Note
- ☐ Todo
- ☐ Goal
- ☐ Question
- ☐ Reminder
- ☐ Worry
- ☐ Creative

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Want the whole thing?

These are two real pages from the Brain Dump & Capture System. The full workbook keeps going.

NM.01

Brain Dump & Capture System

47 pages for getting thoughts out of your head and finding them again later.

- 15 Capture pages and 8 Sort archives, one for each type of thought
- Reset menus, five weekly reflections and a short Neuroscience section
- Fillable and print & write editions, plus a two-page Quick Start

[SEE THE PDF WORKBOOK](#)
[SEE THE NOTION TEMPLATE](#)

MORE FREE THINGS

New pages, checklists and prompt packs go up in the Free Library as we make them.

neuromadestudio.shop/free

*made for brains that
do things their own way.*

SHARING

Print it, fill it in, use it as often as you like. If a friend would like it too, send them the link rather than the file, and please don't resell or re-upload it.



Creatively wired. Intentionally made.