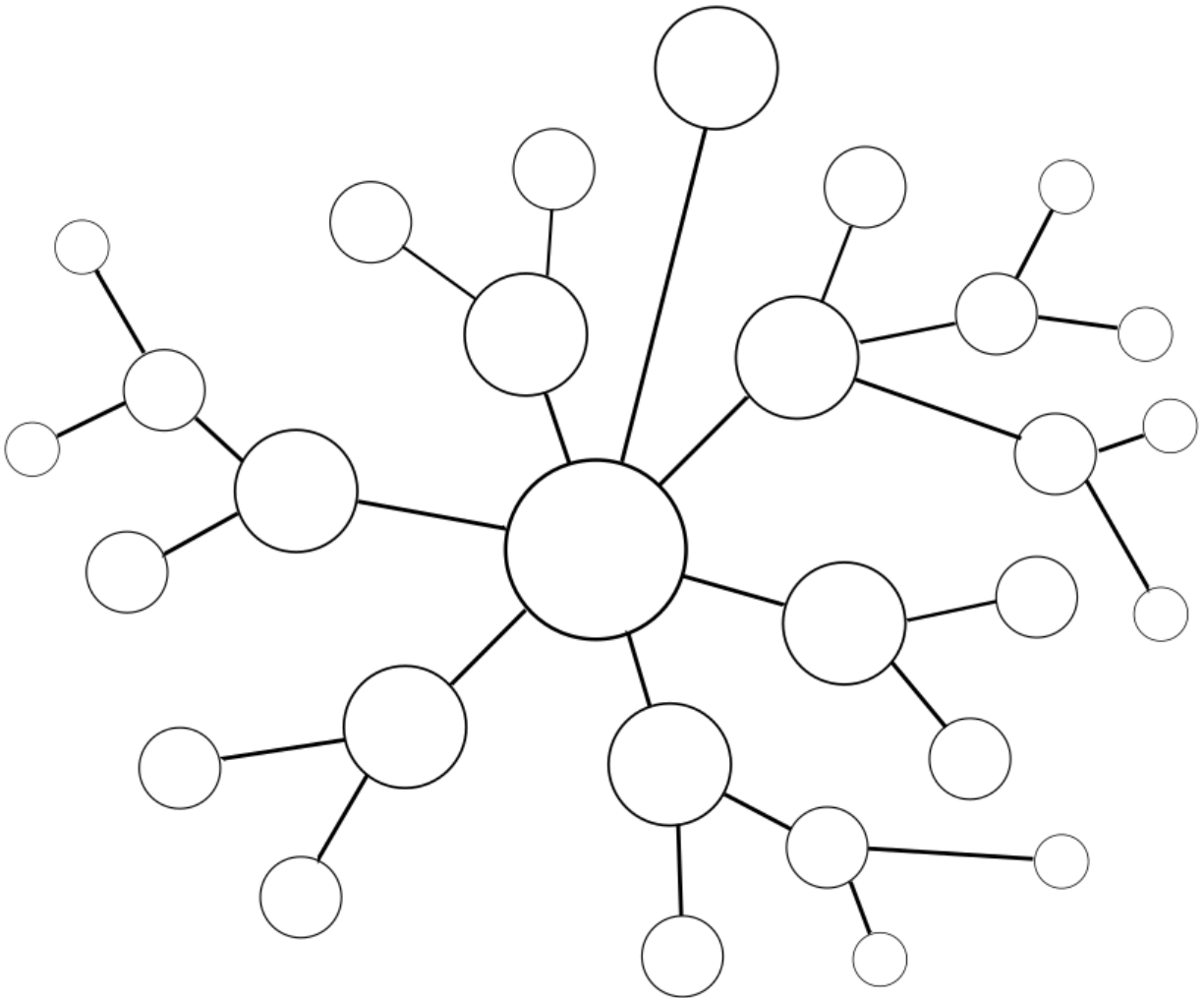


## R # 10

### Chapter 6: Realize

## Brain Dump Bubbles

You can use this exercise to dump all your to-do to decrease feeling of overwhelm with demands pulling you in different directions.



## What If?

If you don't off load all the things you have to do in this or some other way, you may continue to feel overwhelmed. If you make a practice of dumping, all that is cluttering your brain space, you will realize that no matter how many, the list is still finite. Your mind space will clear. You will be able to focus, prioritize and do what matters the most. So, go ahead dump all your to-dos today and clear your mental space.

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