

Write down every swirling thought. One line per thought. No filtering, no organizing, no judgement. The only job is to get it out of your head.

If you have any energy left, circle one line above and write the smallest possible first move.

You do not have to finish the list. Evacuation counts. More sheets (triage, energy check, 3-thing reset) and an interactive dump-and-sort tool live at dopatools.com

