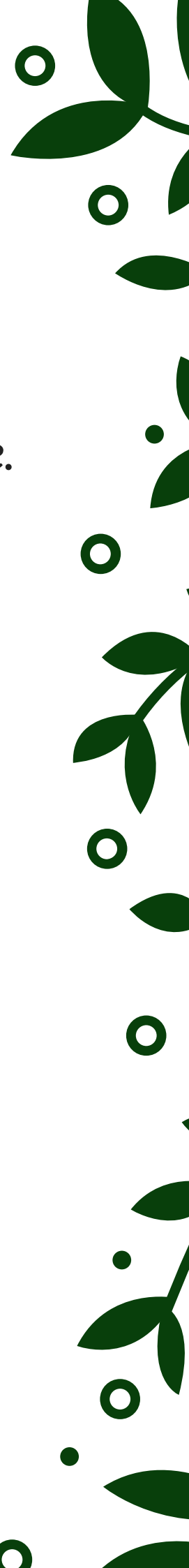


# BRAIN DUMP

*Time to create some clear brain space.*

*The rules for a Brain Dump:*

- *Set a timer for 10-15 minutes.*
  - *Write down everything without processing, without editing or categorizing the mental notes.*



# BRAIN DUMP

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# BRAIN DUMP