

# *Brain Dump Prompts*

- 1. What are your biggest goals for the month?**
- 2. Can you think of a stressful task in your life that you're avoiding?**
- 3. What will truly make you happy?**
- 4. Is there someone you need to get back to?**
- 5. Where do you want to go on your next vacation?**
- 6. How are you generally feeling at the moment?**
- 7. Are you devoting enough time for self care?**
- 8. Where do you want to be a year from now?**
- 9. Do you have any regrets?**
- 10. What hobbies are you most interested in and why?**
- 11. Do you have any work projects you want to start?**
- 12. Did you go through a recent life change?**
- 13. When was the last time you cleared your inbox?**
- 14. Are there any projects you need to get done at home?**
- 15. What do you need to let go of?**
- 16. How can you best organize your upcoming appointments?**
- 17. What does your daily routine look like?**
- 18. Have you congratulated yourself for achievements lately?**
- 19. Do you need to start planning a big event, like a wedding or housewarming party?**
- 20. Are you spending enough time offline?**