

# BRAIN DUMP PROMPTS

What are your biggest goals for the month?

Can you think of a stressful task in your life that you're avoiding?

What will truly make you happy?

Is there someone you need to get back to?

Where do you want to go on your next vacation?

How are you generally feeling at the moment?

Are you devoting enough time for self care?

Where do you want to be a year from now?

Do you have any regrets?

What hobbies are you most interested in and why?

Do you have any work projects you want to start?

Did you go through a recent life change?

When was the last time you cleared your inbox?

Are there any projects you need to get done at home?

What do you need to let go of?

How can you best organize your upcoming appointments?

What does your daily routine look like?

Have you congratulated yourself for achievements lately?

Do you need to start planning a big event?

Are you spending enough time offline?