

What's Taking Up Space?

Sometimes our minds feel crowded before we can even name everything we're carrying. Use this page to get some of that mental load out of your head and onto the page. You don't need to organise it first — begin wherever your attention goes.

What's filling my headspace?

Write • doodle • scribble • colour • use shapes, symbols or words

Now look at what you've added.

Choose a simple mark for anything that feels useful to sort. You don't need to mark everything.



Needs my attention



Can wait



Isn't mine to carry

What would create a little more space today?

Think small: one pause, one boundary, one task, one request for help, or one thing you can leave for later.

One thing I want to give my attention to:

**Making space doesn't mean everything has to be solved.
Sometimes it starts with seeing what you're carrying and choosing what needs you now.**