Linnet & Sage

A FREE GIFT FOR YOU

Mental Load Reset Kit

A small, printable kit for the days your mind feels too full.

INSIDE THIS KIT

02 Brain dump

03 Urgent / Important sort

04 Not mine to carry

05 Thought check

06 A gentle close

For _____

With care from Linnet & Sage

Brain Dump

Timer 5 min 10 min

Set a timer for 10 minutes. Write down everything that is taking up space in your mind: tasks, worries, reminders, half-thoughts. No order, no judgement, no fixing yet.

IF YOU GET STUCK, SCAN THESE

Home · Work · People · Body & health · Money · Admin · Someday

Everything on my mind

Urgent / Important Sort

Move each item from your brain dump into one box. Be honest: not everything that feels urgent is important, and not everything important needs to happen today.

	URGENT	NOT URGENT
IMPORTANT	**Do** URGENT + IMPORTANT	**Decide later** IMPORTANT, NOT URGENT
NOT IMPORTANT	**Delegate** URGENT, NOT IMPORTANT	**Drop** NEITHER

Not Mine to Carry

Some of what sits in your head belongs to someone else, or to no one at all. Name it here, notice whose it really is, and choose one small way to hand it back.

What I'm holding	Whose is it, really?	One way to hand it back

One thing I'm allowed to put down this week

"I can care about this without carrying all of it."

Thought check

Date: _____

When a thought feels heavy, slowing it down on paper can make it easier to look at. Take one moment, go box by box, and write as much or as little as you like.

1 The situation

What happened, where and when? Stick to what a camera would have seen.

2 The thought

What went through my mind? Write it the way it sounded in my head.

How strongly do I believe it right now? ____ %

3 What supports it / what doesn't

Look for facts, the way a fair-minded friend would.

What supports it	What doesn't

4 A more balanced way to see it

With both columns in view, how could I put this in a fairer, kinder way?

5 One small next step

One small, doable thing for today or tomorrow.

Gentle reminder: these are tools for everyday life. If you're struggling, talking to a professional or a local helpline is a strong step, not a weak one.

You made some room.

Look back at your pages: it's out of your head and onto paper. Keep this kit somewhere easy to find and come back whenever your mind feels full.

BEFORE YOU GO

- [ ] Pick one thing from "Do" for today
- [ ] Choose one "Delegate" and decide who to ask
- [ ] Cross out one "Drop" and let it go

Piero is coming soon — a calm, energy-aware planner.

Join the waitlist via the link in our bio.

A NOTE ON SUPPORT

Gentle reminder: these are tools for everyday life. If you're struggling, talking to a professional or a local helpline is a strong step, not a weak one.

Take what helps, leave the rest.

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