

Cognitive Load Tracker

What's Taking Up Space in Your Brain?

Your brain is holding too much. Let's externalize it. For each category, write down every task, worry, or mental note you're carrying. Don't filter—just brain dump.

1 Household Management

TASKS & TO-DOS

MENTAL NOTES

2 Her Schedule & Needs

APPOINTMENTS & ACTIVITIES

EMOTIONAL/SOCIAL TRACKING

3 Work/Career

PROJECTS & DEADLINES

MEETINGS & FOLLOW-UPS

4 Relationships

PARTNER/FAMILY

FRIENDS/SOCIAL

5 Financial/Admin

BILLS & PAYMENTS

PAPERWORK & ADMIN

6 Emotional Labor

WORRIES & CONCERNS

THINGS I'M PROCESSING

Now Ask Yourself:

What on this list can I delegate, delete, or delay?

What am I holding onto that doesn't need to be perfect?
