

WEDDING BRAIN DUMP

What is brain dump? A brain dump is simply the act of dumping all the contents of your mind onto paper, just as you might dump the contents of a purse onto a table. You are spilling out stressors, your nagging thoughts, your pesky annoyances.

**Pro Tip: You can do this more than once. Whenever you are feeling stressed or need to know what to focus on next, pull out this form.*

What do I have planned and checked off my list for my wedding?

What do I still need to do for my wedding?

What is troubling me the most when I think about my wedding?

CARISSAKRUSE
xo

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