

## CAST YOUR CARES BRAIN DUMP

"CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU."

– 1 PETER 5:7

1. EMPTY YOUR MIND: USE THIS SECTION TO WRITE DOWN ABSOLUTELY EVERYTHING IN YOUR HEAD RIGHT NOW. (TO-DOS, WORRIES, OR RANDOM THOUGHTS.)

DON'T FILTER; JUST GET IT ON PAPER.

2. SORT IT OUT: REVIEW YOUR LIST AND CATEGORIZE IT INTO THE THREE BOXES AT THE BOTTOM:

- DO TODAY: 1 TO 3 ACTIONABLE ITEMS THAT NEED YOUR ATTENTION NOW.
- DO LATER / DELEGATE: THINGS THAT CAN WAIT, OR THINGS YOU CAN ASK OTHERS TO HELP WITH.
- GIVE TO GOD: THE OUTCOMES, PEOPLE, OR SITUATIONS COMPLETELY OUT OF YOUR CONTROL.

3. PRAY & RELEASE: TAKE A DEEP BREATH. SAY A SIMPLE PRAYER HANDING YOUR "GIVE TO GOD" LIST OVER TO HIM SO YOU CAN FOCUS ON THE PRESENT.



**CAST YOUR CARES BRAIN DUMP**

**BRAIN DUMP**



**CAST YOUR CARES BRAIN DUMP**

**THINGS I NEED TO DO TODAY.**

**THINGS I CAN DO LATER.**

**THINGS I HAVE NO CONTROL OVER AND NEED TO GIVE TO GOD.**