

Thought Download



Spend 5 - 10 minutes writing down all the thoughts in your head. Do not judge, edit, or censor them.

Keep writing until you feel that you wrote them all down.

Topic:

A large rectangular area with a yellow border and horizontal grey lines, intended for writing the topic and thoughts.

Model Practice

Unintentional Model

A vertical rectangular area with a yellow border and horizontal grey lines. The letters **C**, **T**, **F**, **A**, and **R** are written in blue at the top, middle, and bottom of the page, respectively, serving as a guide for the C-T-F-A-R model.

Intentional Model

A vertical rectangular area with a yellow border and horizontal grey lines. The letters **C**, **T**, **F**, **A**, and **R** are written in blue at the top, middle, and bottom of the page, respectively, serving as a guide for the C-T-F-A-R model.