Every thought. Right now. Go.

Don’t sort it. Don’t fix it. Just get it out of your head and onto this page. Typos welcome.





Noodle says: Timer for 5 minutes. Write until it rings. Then close the book and walk away like a legend.

The 3am thoughts page

For the stuff that shows up the second your head hits the pillow. Park it here. It'll still be here in the morning, and it'll look smaller.



The Quest Log

Tick a number every time you finish a page. Watching the boxes fill up is a whole mood.

7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26
27	28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45	46
47	48	49	50	51	52	53	54	55	56
57	58	59	60	61	62	63	64	65	66
67	68	69	70	71	72	73	74	75	76
77	78	79	80	81	82	83	84	85	86
87	88	89	90	91	92	93	94	95	96
97	98	99	100						