

ADHD Daily Planner

One day at a time. One task at a time. You've got this.

Date: Day:



Low Energy



Medium



High Energy

★ THE ONE THING (IF NOTHING ELSE GETS DONE, DO THIS)

Pick the one task that would make today a win. Just one.

IF I CAN (BONUS TASKS, NO PRESSURE)

🧠 BRAIN DUMP (GET IT OUT OF YOUR HEAD)

🎯 DOPAMINE MENU (QUICK WINS WHEN YOU'RE STUCK)

List 5 things that take <5 min and give you a boost:

 **EVENING WIND-DOWN**

- Set out tomorrow's clothes
- Pack bag / prep lunch
- Phone on charger + out of reach
- Brain dump anything still bouncing around
- One thing I did well today: _____

Some days you crush it. Some days you survive. Both count. 💜

Weekly Review

No judgment. Just data.

Week of: _____

WHAT ACTUALLY GOT DONE THIS WEEK?

WHAT KEPT GETTING PUSHED?

If it got pushed 3+ times, it's either not important or needs to be broken smaller.

WHAT WORKED THIS WEEK? (SYSTEMS, ROUTINES, HACKS)

NEXT WEEK'S ONE BIG FOCUS

Progress isn't linear. Especially for us. And that's okay. 💜