

Daily Planner

Made by an ADHDer for ADHDers

MON

TUE

WED

THUR

FRI

SAT

SUN



(start here)
Task Dump

Jot down all to-do's that come to mind

Priority

Prioritize 3 to-do's to focus on today

1)

2)

3)

First step

Jot down one small step to start

Next steps

Break down the task into smaller manageable steps

Notes & Doodles