

2025  
YEARLY  
PLANNER

# A note from the creator

Hey, fast brain friends! Welcome to a planner designed specifically for your brain.

This digital planner isn't just another planner with ADHD slapped on the title. It's a framework that's designed by an ADHD brain (mine!) especially for your ADHD brain.

For years I tried out other planners, but they never seemed to stick and always ended up collecting dust on my bedside table. Sound familiar? I thought I sucked at follow through, but now I know that most planners are designed for neurotypical brains. **So I made my own planner with a guilt-free design that allows ADHDers to miss a day, a week or a month without the shame spirals or critical self-talk.** Because of this shame-free system, hundreds of neurodivergents have told us it's the first planner they've ever stuck with (check our reviews - <https://futureadhd.com/impact/>)

My work in supporting ADHDers is holistic, strengths-based and curiosity-driven. I've developed unique, evidence-based frameworks that cut through the traditional productivity hype. This planner understands you need more than the latest trending 'ADHD hacks'; it helps you understand your brain wiring, and learn to work with it, not against it.

We're not robots, we're organic, messy, unpredictable humans, and our planners need to evolve with us. This is your permission slip to have an ebb and flow planner. You do not exist to serve your planner; it exists as a tool to serve you when you need it.

## Based on the latest scientific research

ADHD is a complex neurological condition, and the focus of significant emerging research, particularly in relation to adults. I wanted to ensure my planner design was holistic and evidence-based, so I drew from a broad variety of sources, including recent peer-reviewed scientific studies, books by top ADHD experts, podcast interviews and my own lived experience (as well as the experiences of my neurodivergent team and community). Our planner is recommended by psychologists, behavioural scientists, therapists and other industry experts. To learn more about our supporting science and endorsements, head to **futureadhd.com**.

With all that said, it's time to dive in and explore! Look for my prompts, advice & tips throughout - it's like a growth mindset journal and productivity tool in one! From one neurodivergent to another — here's to more mental ease, clarity and finally seeing progress on your goals.

You make sense.

*Grace Koelma*  
Founder of Future ADHD

Begin: Quick start guide →

# The no-guilt ADHD planner

Customise this planner to suit your brain. Here's how it works:



These month sections are where you'll spend the day to day in your planner.



Inside each month you'll find **one copy** of the Daily Focus Friend and Weekly template. These are designed for your ADHD brain.



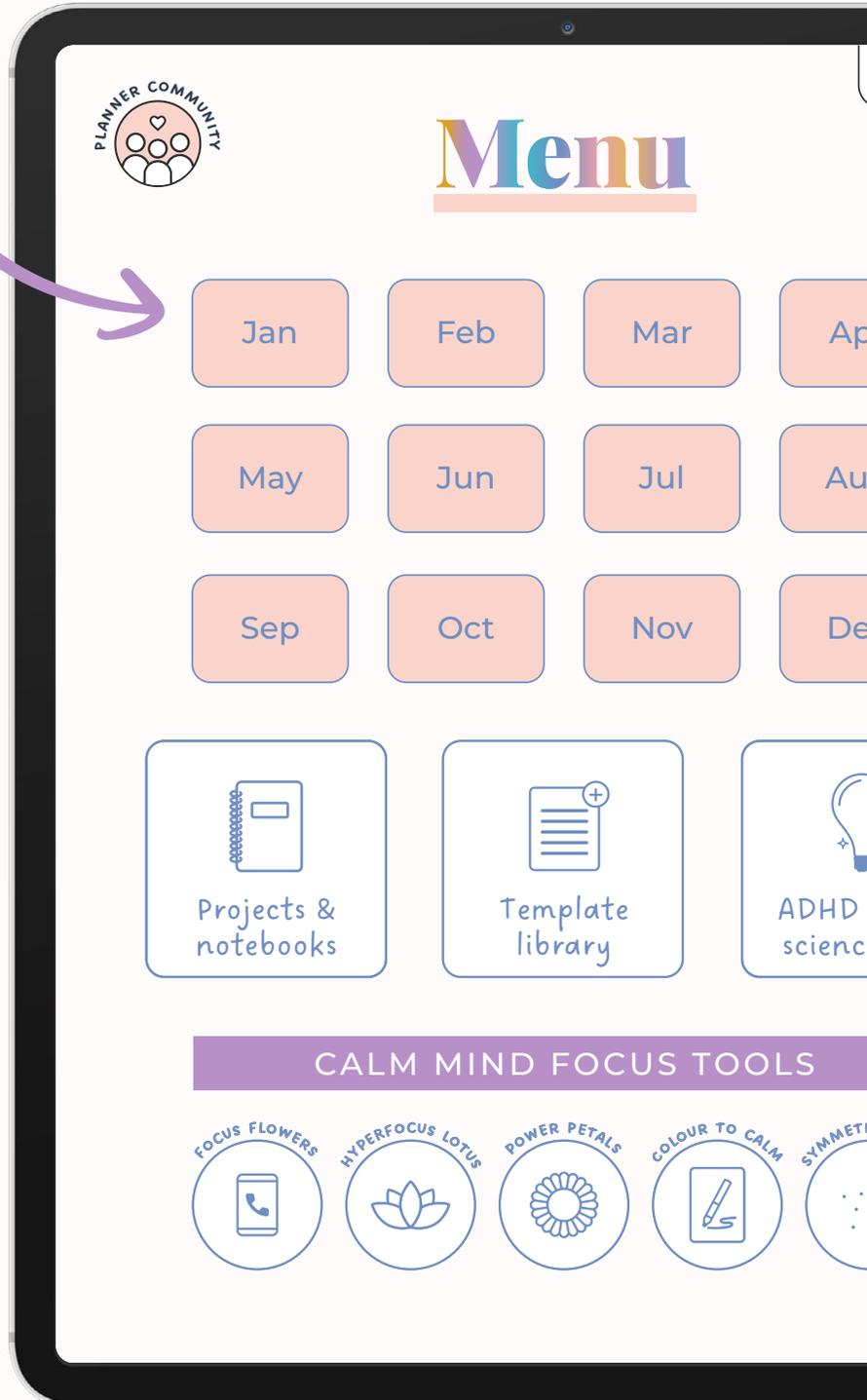
You simply **duplicate these templates as you need**. No pre-set pages... no guilt or pressure if you miss a day (or five)!



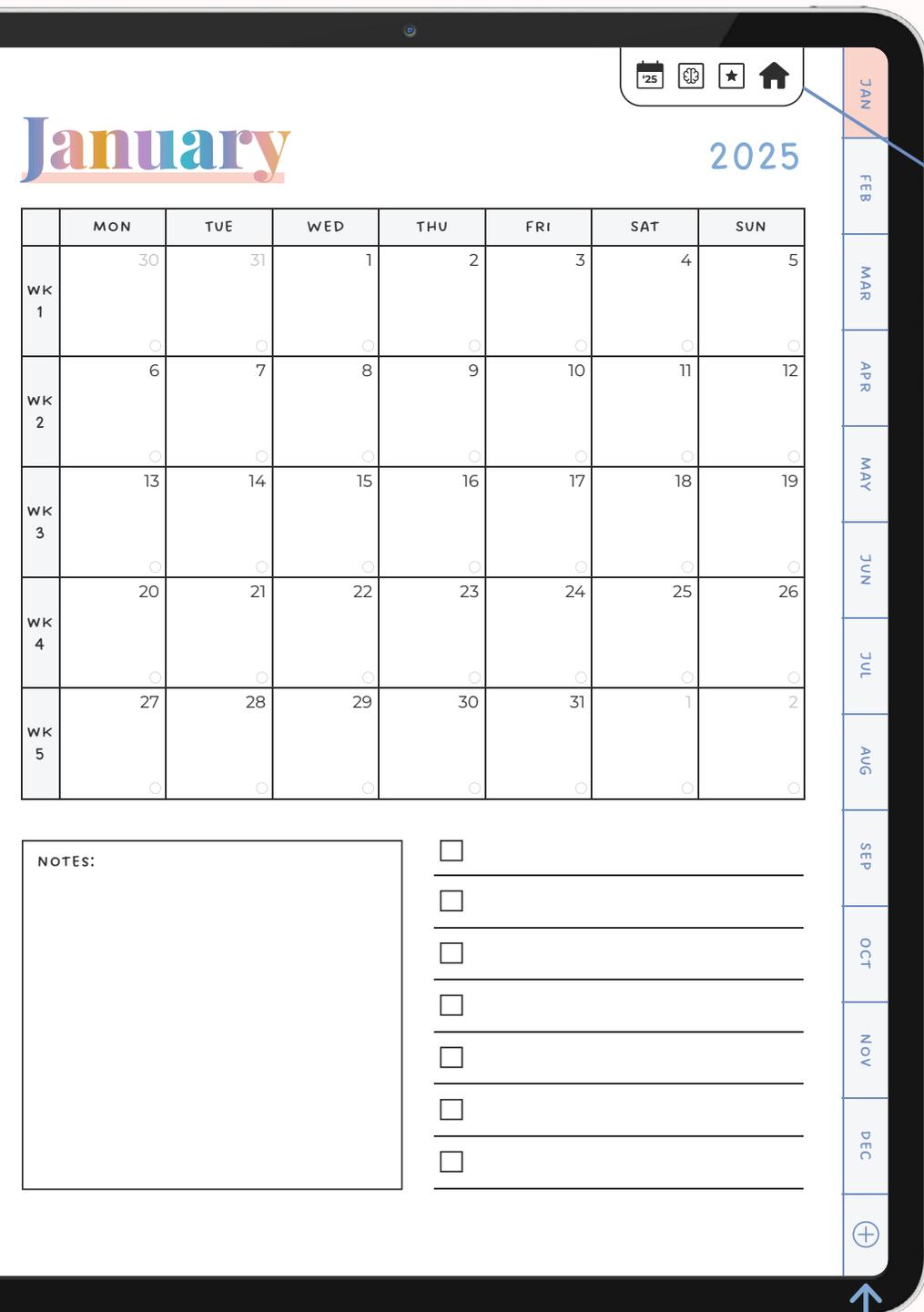
## Hyperlinks not working?

Digital planners require you to switch between annotation and navigation mode. **Hyperlinks will only work in navigation mode.** This is covered in the video tutorial where you downloaded your planner :)

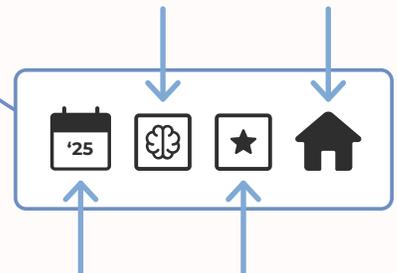
Next step! →



# Inside each month



Monthly brain dump Home menu



View your year at a glance

Add your fave templates for your current month here



This version is our **'build-your-own layout'** - so the days are **not linked to a Daily focus friend page**. You add daily pages as needed inside your month, by duplicating.

But we have a fully-hyperlinked option too (head back to your download link - it's included with your purchase)

Tap this + icon for quick access to the template library

Next step! →

# The Daily focus friend

The time blocking spots can be made AM or PM to suit your schedule

## Daily focus friend

FOCUS/QUOTE:

TODAY - TIME BLOCKING:

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	
7:00	
8:00	
9:00	

WEEK:

DATE:



BORING (BUT NECESSARY) TASKS:

01	
02	
03	
04	

REWARD TO MYSELF AFTER:

DON'T FORGET:

<input type="checkbox"/>	

PEOPLE TO RESPOND TO:

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

HABIT GOAL:

\* LEAVE IT FOR LATER \* BRAIN DUMP



Rewards generator!

Use the self-care icons to check off care tasks - colour or highlight when complete

### ICON KEY

- Medication
- Dental care
- Exercise
- Vitamin D
- Music/podcast
- Journal/work
- Meditation
- Shower
- Pets/nature
- Phone loved ones
- Hydrate
- Clean
- Work/study
- Eat a meal

Brain dump all your random thoughts here, and revisit at the end of the day, so you don't get tempted to run down a rabbit hole

Next step! →

# The Template library



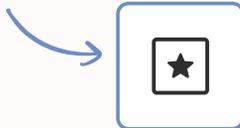
Explore and use the library of ADHD checklists and habit trackers. Clear the page when you're done (like using a virtual rip off pad).



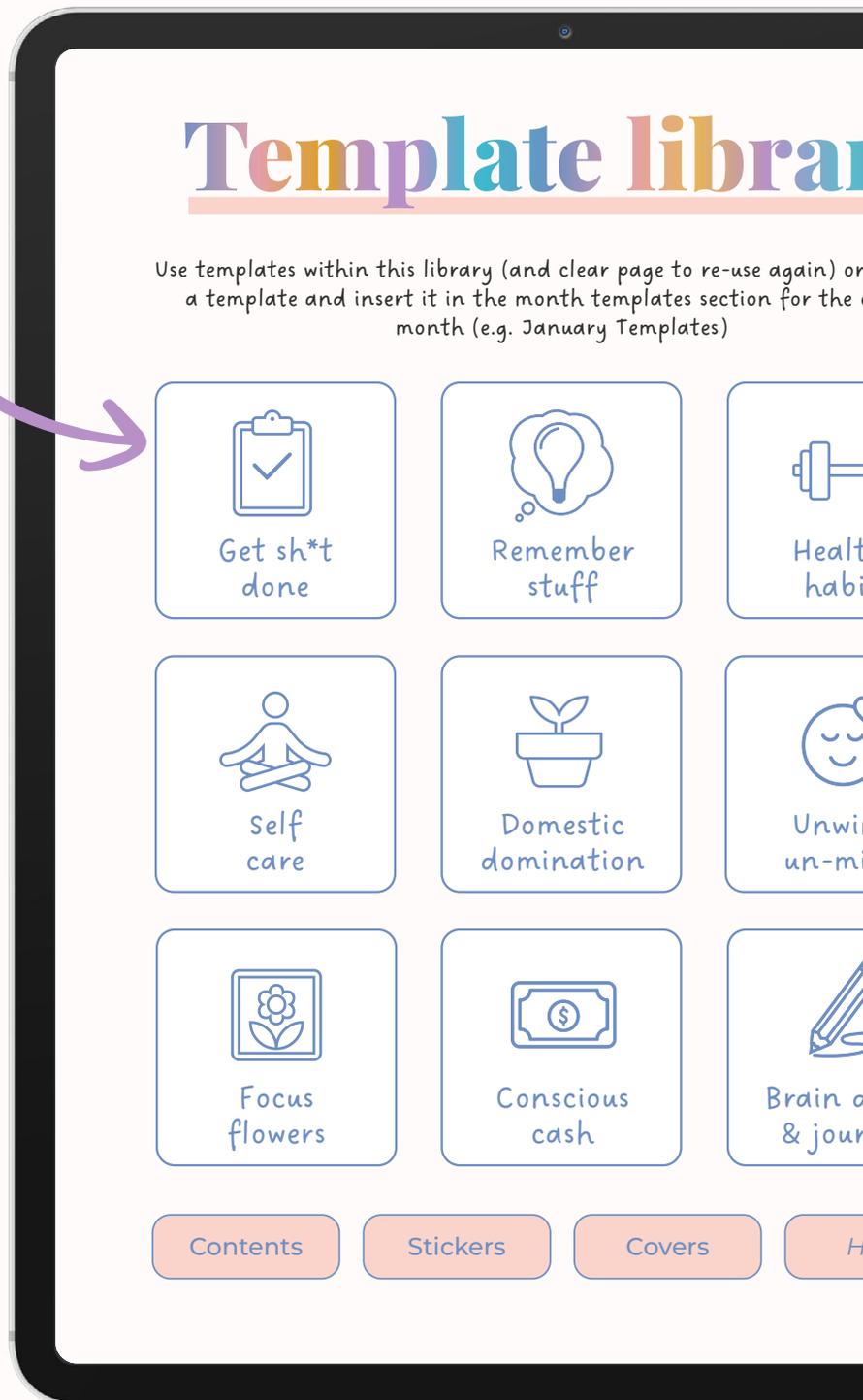
If you want to move a list or template to the current month, copy & paste it (or duplicate and drag) so you keep the main template in its place in the template library.



You'll find instructions on how to copy/paste a template inside each month section. Look for this icon.



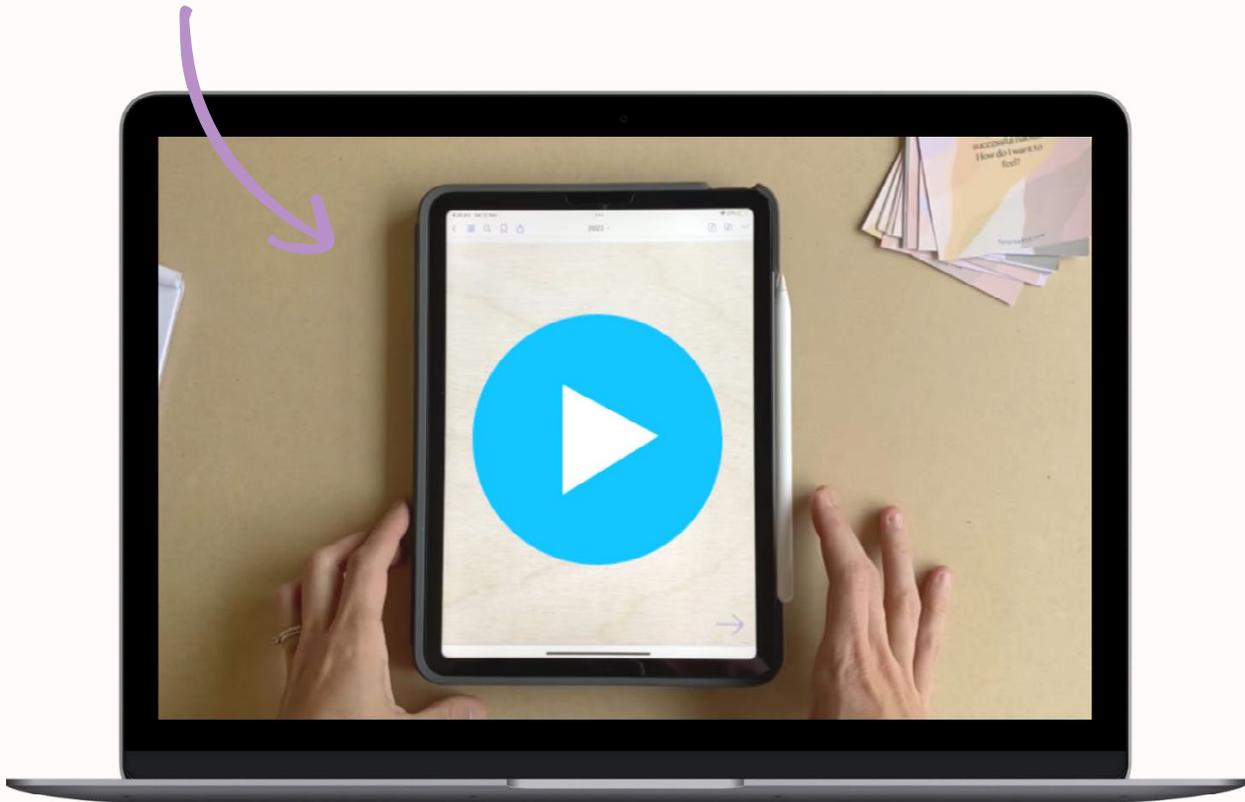
There are lots of templates, but remember that some templates are designed to be used daily, others once a quarter. And some you may never use! There is no 'right' way to use this planner. #ADHDyourway



Final step! →

# Need more help?

You can watch a full video walkthrough showing you how to set up & use your planner.



Watch video tutorials



Or if it's not covered in the video, contact us here: [futureadhd.com/contact](https://futureadhd.com/contact)

Home menu →



# Menu

Jan

Feb

Mar

Apr

May

Jun

Jul

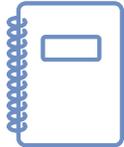
Aug

Sep

Oct

Nov

Dec



Projects & notebooks



Template library



ADHD brain science tips

## CALM MIND FOCUS TOOLS

FOCUS FLOWERS



HYPERFOCUS LOTUS



POWER PETALS



COLOUR TO CALM



SYMMETRY SHEETS





# Template library

Use templates within this library (and clear page to re-use again) or duplicate a template and insert it in the month templates section for the current month (e.g. January Templates)



Get sh\*t  
done



Remember  
stuff



Healthy  
habits



Self  
care



Domestic  
domination



Unwind  
un-mind



Focus  
flowers



Conscious  
cash



Brain dump  
& journal

Contents

Stickers

Covers

Help!



# Contents

## Get sh\*t done

- Daily focus friend
  - (time slots)
  - (blank slots)
  - (landscape)
  - (version 2)
- Weekly planner
  - (single page)
  - (double page)
- Monthly overview
- Do it with dopamine
- Get sh\*t done
  - (days)
  - (weekends)
- Get it done
  - (days)
  - (weekends)
- Div/Con planning
- Real-world prioritising

## Remember stuff

- New friends' names
- D&M tracker
- #ADHDtax tracker
- Current hyperfocus
- Parcel tracker
- Password tracker
- Books I haven't finished
- Podcasts I want to finish
- Assignment tracker
- Borrowed stuff
- Lending log
- Comfort shows

## Create healthy Habits

- Self-care assessment wheel
- Habit visualisation journal
- Quarterly habit planning
- Quarterly habit goals
- Habit evaluation
- Self-limiting belief reframe

## Self-care

- Mood tracker
- Self-care routine
- Sleep tracker
- Screen time tracker
- Blank tracker
- Fitness tracker
- Notes from therapy
- Notes to take to therapy
- ADHD coaching session notes
- Medical appointments
- Quarterly medication tracker
- Multiple medication tracker
- Cycle tracker

## Domestic Domination

- Digital declutter
- Home declutter
- Cleaning schedule
- Weekly cleaning list
- Cleaning tasks
- Chore chopper
- Plant health tracker
- Pet feeding tracker
- Meal planner
- Family meal planner
- Grocery list
- Go-to meals

## Unwind un-mind

- Don't think, just do
- When I feel anxious
- Wind down strategies
- Fave playlists for...
- Fave playlists
- Colour to calm
- Symmetry stress-relief

## Focus flowers

- Phone call focus flowers
- The hyperfocus lotus
- Productivity power petals

## Conscious cash

- Money tips
- Account visibility
- My money history
- My money future
- Money honey dates
- Money honey tasks
- Household budget
- Holiday budget
- Income vs. expenses
- Subscription tracker
- Debt check-in
- Debt dissolver
- Impulse buy checklist
- 24 Hour cart rule
- Takeout tracker
- Spending habit tracker
- Bill tracker
- Blank tracker
- Savings wishlist
- Future self savings jar
- Div/Con savings goal
- The 10 & 10 rule
- Clutter cash
- Gift budget

## Brain dump & Journal

- Brain dump pages
  - (lined)
  - (dot)
  - (grid)
  - (check list)
  - (blank)
- Journal page
  - (lined)



Remember: you don't have to use all the templates or set everything up in advance. Just start with one or go with a few that inspire you.

This is like a template 'buffet' - some you'll use all the time, some you might use once a month, some only once a year, and some you'll never use. And it's ALL okay. There is no 'right' way to use this planner.





# Year at a glance

2025

## JANUARY

M	T	W	T	F	S	S
		1	2	3	4	5
6	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		

## FEBRUARY

M	T	W	T	F	S	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

## MARCH

M	T	W	T	F	S	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## APRIL

M	T	W	T	F	S	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## MAY

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12	13	14	15	16	17	18
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## JUNE

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## JULY

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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			

## AUGUST

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## SEPTEMBER

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## OCTOBER

M	T	W	T	F	S	S
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6	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		

## NOVEMBER

M	T	W	T	F	S	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## DECEMBER

M	T	W	T	F	S	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
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Tap to go to the month! 



# Updates

You asked and we listened! Here are some new features you will find in your 2025 planner!

## New buttons



We're super excited to announce our new rewards button! If you're stuck on a reward idea we've created this generator to help you out!



Go on, give it a try!  
I know you wanna!



Our new 'Planner Community' button! Found on your main menu. This button will take you to our community page.



Join the Future ADHD community to ask questions and connect with other planner users.

## Notebooks

We've extended our notebooks to include grid and dot pages so you don't need to move the pages you want from the brain dump section.

## Remember stuff

Borrowed stuff



Lending log



My comfort shows



## Get sh\*t done

Daily focus friend (landscape)



Weekly planner (Mon-Thu)



Weekly planner (Fri-Sun)



## Self-care

Cycle tracker



## Domestic domination

Cleaning schedule



Weekly cleaning list



Cleaning tasks (categories)



Chore chopper



Go-to meals





# Future ADHD

ADHD Growth Mindset Life Planner - Digital Version © 2025 by Future ADHD.

## License/Usage

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## Lifetime Updates

True to our promise to create truly ADHD-mindful systems, as an existing Future ADHD planner customer, you get all future updates, upgrades, new templates and annual calendars FREE as part of your lifetime updates with the planner. No hidden #ADHDtax around here. It's literally a buy-once, use-forever system.

CONTACT SUPPORT

[futureadhd.com/contact](https://futureadhd.com/contact)

LEARN MORE

[futureadhd.com/updates](https://futureadhd.com/updates)

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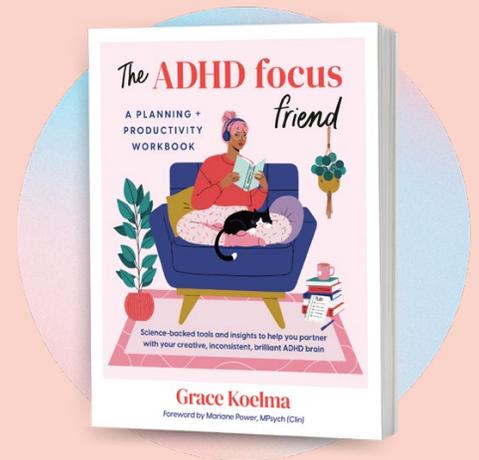
More from Grace...

## MY BOOK!

An informative and beautiful productivity workbook designed for the neurodivergent brain, backed by science and filled with tools for shame-free organization. No matter what your story is, The ADHD Focus Friend offers you a safe place where your brain makes sense—a way to reframe your struggles, un-shame your past, and learn to work with your neurodivergent brain.

LEARN MORE

[futureadhd.com/book](https://futureadhd.com/book)



## MY PODCAST!

Your ADHD Besties is a podcast for people who are under-stimulated, over-stimulated and incredibly attractive, all at the same time. ❤️ Join besties Tara & Grace for episodes **every Thursday** where we unmask together and discuss your ADHD dilemmas.

LISTEN NOW

[adhdbesties.com](https://adhdbesties.com)

AVAILABLE WHEREVER YOU GET YOUR PODCASTS

FOLLOW





# Add templates to a month



## NEED A TO-DO LIST? A GROCERY LIST? A MOOD TRACKER?

Explore the 'Template library' in the main menu. **Templates should stay here so they can be re-used, but you can copy and paste the template so it appears in the current month as well. Here's how!**



## COPY THAT TEMPLATE USING YOUR APP TOOLBAR

Use the 'Copy' tool in your annotation app of choice (in a slightly different location on each app) to copy the page. **E.g. In GoodNotes on the page you want to copy, tap the three dots ... in the top right and select 'Copy Page'.**



## SELECT THE MONTH TO DROP THE COPIED TEMPLATE INTO

Use the month tabs in the side bar to navigate to the month you want to add the template to. Once in the month (e.g. February) click on the  icon and you'll see the monthly templates divider page. Paste the template **AFTER** this divider page and it will now be in your current month (with the original still in the template library to re-use).

**Note:** If your app doesn't have copy/paste page function, duplicate instead, and use the 'view all' function to drag the template up to the month section.



## Important: Breaking hyperlinks

Most annotation apps allow you to re-order the pages in this planner and the menu links will still work. But if you delete an original template from the 'Template Library' (e.g. Grocery List) the menu **hyperlinks will break**. This cannot be reversed, unless you install the whole planner PDF again.

\*\* Exception: If you delete a page you duplicated or copy/ pasted, it won't effect hyperlinks.

Watch video tutorial 

Explore template library

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# Digital Stickers

Add colour and fun to your planner! Follow the steps below to download our sticker pack and get started.

1

If you haven't grabbed them already you can download the stickers ZIP file in your download link. (Scroll down from where you downloaded your planner)

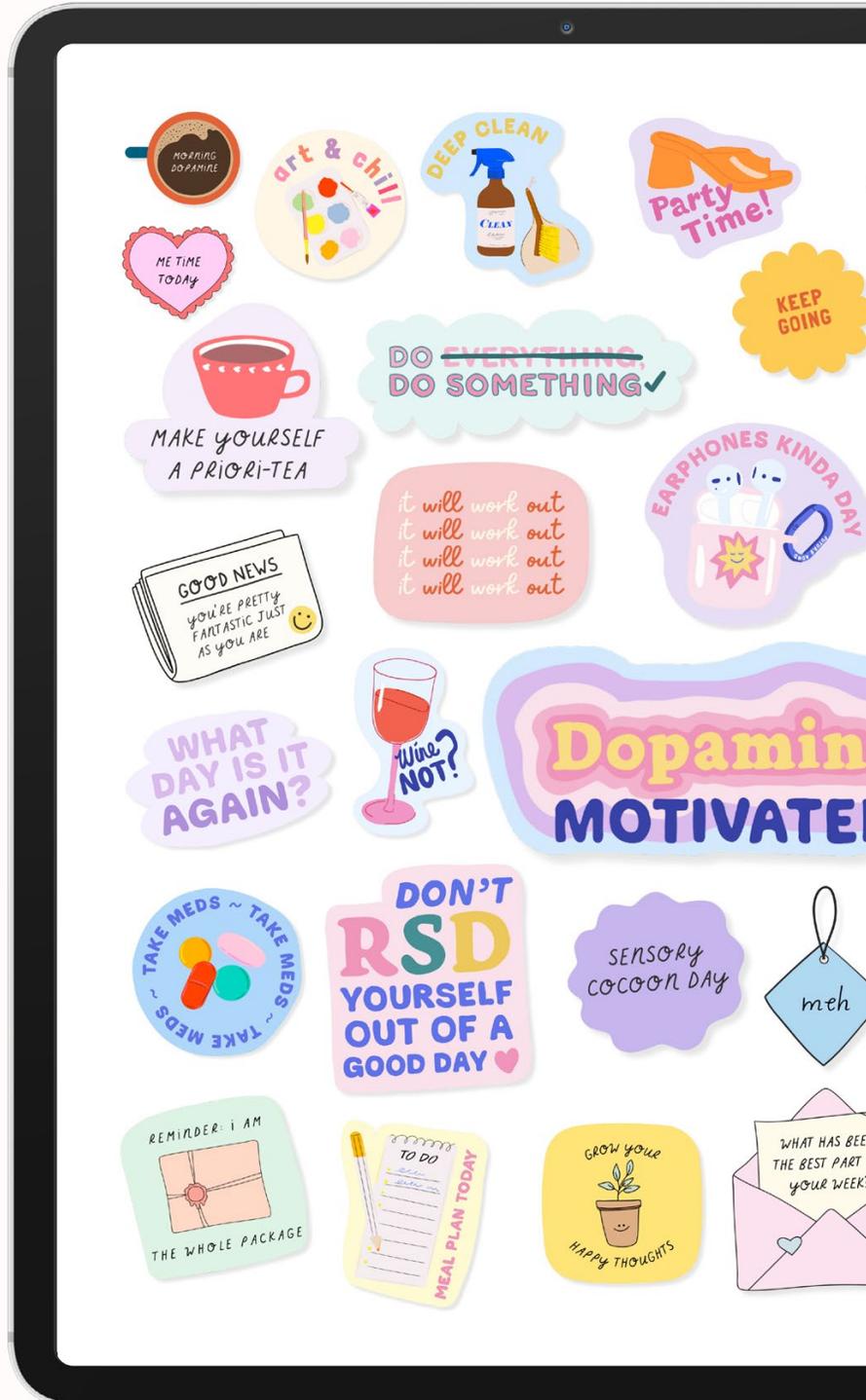
2

After downloading the ZIP file jump into the video tutorial to learn how to import your stickers. You can find the video tutorial on that same download page.

## Important Tip!

Some apps (like Goodnotes) allow you to import PNG stickers into their sticker library. If your app doesn't have this feature, import your favourite digital 'stickers' on the next page as png images.

Sticker Page →



Duplicate this blank page if you need more space for your stickers.





# Notebooks

Use these notebooks to keep track of projects, and categorise ideas and hyperfocus topics. Each notebook has 3 template options. Duplicate as needed. Add titles, erase and use again when you're done.









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# Science tips

ADHD & TIME PERCEPTION



DIVERGENT & CONVERGENT THINKING



ADHD & LACK OF MOTIVATION



WHY OUR MINDS WANDER



ADHD & EXERCISE



HYPERFOCUS & ADHD



ADHD & MONEY STUFF



# ADHD & time perception



Research shows ADHD brains experience time differently to other people. In fact, it is so different, it has even been dubbed 'time blindness'. In our neurodivergent world we have two time zones - 'now' and 'not now'. This is often because we are so immersed in a task, we have no concept of the seconds ticking by. We fall into a time black hole.

Our 'time blindness' plots with another ADHD feature - the inability to distinguish between low and high priority tasks. This stems from our tendency for big picture thinking, creativity and innovation (and dislike of the 'boring details').

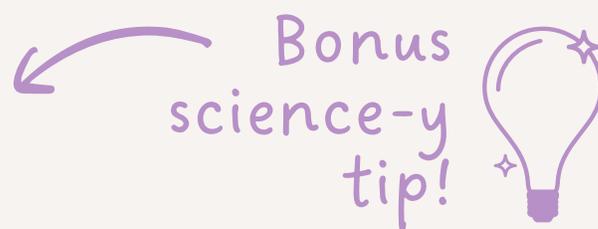
Imagine this common ADHD moment... We will be cooking in the kitchen and suddenly have an idea for a brilliant new kitchen gadget that hasn't been invented before but would change people's lives with its ingenuity and simplicity.

We daydream at the stove, imagining a warehouse full of this brilliant utensil, of customers buying in droves, money pouring into our bank account and buying a new house or new car with our newfound riches. Would we choose a hybrid or electric? And then suddenly we smell burning and realise that we've lost track of time and the spaghetti sauce is bubbling over and making a mess.

Our time perception also affects our deadlines and prioritisation of everyday tasks. Everything feels equally important and equally urgent to us. It feels tiring to be made to distinguish what isn't actually urgent, because **conscious prioritising** isn't a muscle we flex regularly (though we do it unconsciously when we prioritise new business ideations over a well-cooked dinner).

As we try to think it over, weighing each task for priority, our frustration tolerance builds and we throw up our hands in overwhelm and claim 'everything is equally important and must happen this instant'. Which is almost never true.

# Divergent vs. convergent thinking



DIVERGENT THINKING:

CREATIVE IDEATION

CONVERGENT THINKING:

LOGICAL EXECUTION

Learning the difference between divergent and convergent thinking, and realising I spend most of my time in divergent thinking mode, changed everything for me. Dr Tamara Rosier explains that children have a natural capacity for divergent thinking, but by adulthood, most neurotypical brains are comfortable in convergent thinking mode. Both convergent and divergent thinking are important, but when we use one more than another, we can get stuck on tasks, either at the ideation phase or the execution phase.

**“Divergent thinkers have possibility brains,” Dr Rosier says. “Their minds naturally explore and elaborate on ideas, examining what could be.”**

But ADHD brains have a tendency to stay stuck in the ‘divergent thinking’ brainstorm stage way too long. Why? Because it delivers opportunities for novelty, experimentation and visualisation - things our brains looove. Exploring a new idea or starting a new project is important, but to meet our goals, we need to move to the ‘taking action’ phase before we lose interest, and that’s where those (dreaded) convergent thinking skills come in.

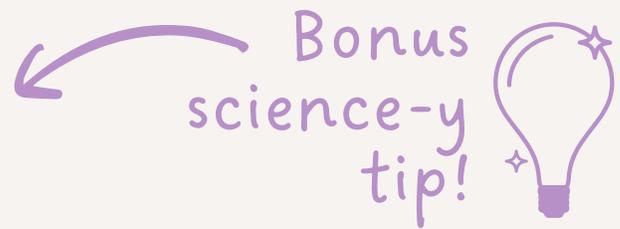
Like me, you might be wondering - huh? **What is convergent thinking?**

We use convergent thinking to work out the action steps to achieve our goal (after the blue-sky brainstorming phase). There is more grunt work, logic, discipline and persistence required... systemising, categorising, organising with a goal towards clarity and efficiency. It might sound boring, but divergent thinking imagines wonderful possibilities and convergent thinking **actually creates those. They are both crucial steps.**

**The template ‘Div/Con planning’ will help you find a balance** between divergent and convergent thinking. Set a clear goal that you can visualise and ‘feel’ when you close your eyes, because this increases your motivation. Set a time limit on how long you’ll spend in divergent thinking mode, and when you’ll move to convergent thinking. Convergent thinking may tire you out, but keep reminding yourself of your goal and imagining yourself enjoying it to keep your brain on track. Read [ADHD & \(lack of\) motivation](#) to find out more about the power of visualisation as a tool for ADHD.

*\*There are also concrete visual exercises to help you move from divergent to convergent thinking in our Unwind Un-mind section.*

# ADHD & <sup>lack of</sup> motivation



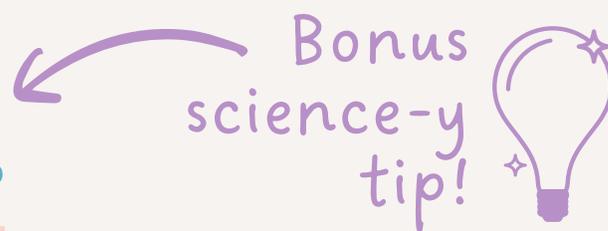
People with ADHD have a huge amount of motivation for things we are passionate about, but almost zero motivation in tasks that we are obligated to do, or aren't fun. Often, we struggle with habits because we dislike taking action on mundane tasks we don't feel passionate about. Our motivation to complete tasks is linked to our interest, which is generally very infinite and focused on intricate, complex ideas - so we get bored easily by simple tasks. Dr. Russell Barkley, perhaps the number one global authority on ADHD explains that **ADHD is more about a loss of interest and motivation**, than attention and concentration. He says the key to getting things done is to see the emotions involved and either harness or re-direct them.

Tamara Rosier's book 'Your brain is not broken' likens it to an emotional 'light switch' function - this means that we experience strong extremes in our reactions to tasks, much like a light switch on or off, with no shades of grey in between. We'll either hate something or love it, be completely disinterested or totally engrossed and intensely emotional. Instead of using our pre-frontal cortex for executive functioning, we rely on our emotional centres in the limbic system and amygdala to motivate us to do tasks we don't want to do with induced stress, urgency and emotion. Sound familiar?

If we want to increase our motivation and persistence to wade through the mundane, we can harness our above-average imaginations. Our brains have an ability to vividly imagine future events in incredible detail, down to accurately predicting the complex array of emotions we may feel. And how we feel motivates us.

Say we want to do a multi-day hike up Machu Picchu, which requires us training at altitude. We can use the **Habit visualisation journalling template** to imagine every aspect of what that hike will be like, and how we will **feel** walking among the clouds. Doing that visualisation before booking our trip, and practicing it regularly will recalibrate us. Whenever we find ourselves lacking motivation to get up early and train, we can use these powerful visualisation tools to remind us of the end goal... **our why**. This activates our limbic system and gives us that quick dopamine hit, and with that comes a strong hit of determination to keep going.

# Why our minds wander



Our ADHD brains drift during conversations because we have an internal motor that is constantly whirring, and stimulants in our environment, mind or the conversation itself can catch our curiosity and we chase it down a rabbit hole. We appear dreamy or vacant, when actually we are very present with our own thoughts and ponderings.

Dr. Edward Hallowell speaks beautifully of this in his recent book 'ADHD 2.0' (a must-read since Dr Hallowell himself has ADHD and has studied it for several decades). He says:

*"Even when we're awake, we're dreaming, always creating, always searching... our imagination fuels our curiosity to find out what the noise was, or what was under the rock, or why the petri dish looks different from when we left it. If we weren't so dreamy and curious we could stay on track and never get distracted... We don't suffer from a 'deficit' of attention. Just the opposite. We've got an over-abundance of attention, more attention than we can cope with; our constant challenge is to control it."*

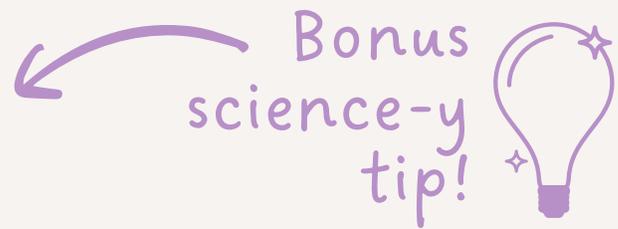
ADHD researcher Dr. William Dodson explains this over-abundance of attention as the product of an 'interest-based nervous system', rather than the 'importance-based nervous system' that neurotypical people possess. Having an interest-based nervous system means that, when something (no matter how big or small) catches our attention, we struggle to regulate that attention and return to the task we were (likely) under-stimulated by. Before we know it, we are chasing our new-found interest (and the associated dopamine) down a rabbit hole.

While our sudden shift in attention can be frustrating for others (or mean we struggle to sustain focus on boring but necessary tasks), this relentless curiosity is something we can use to our advantage. An interest-based nervous system can be a unique asset in many careers, like science, innovation, writing and journalism, research and analytics and entrepreneurialism, because it helps us think outside the box and explore divergent ideas that people with importance-based nervous systems won't.

If we really want to still our wandering mind so we can focus on an important conversation or podcast, we can engage that drifting focus in a simple physical/mental task like colouring. I've found colouring makes it a lot easier to transfer or 'piggyback' that focus onto what the other person is saying and stay mentally present with them. It's essentially multitasking the ADHD way, and it helps us focus more!

Check out the [Colour to calm](#) pages in our *Unwind Un-mind* section.

# ADHD & exercise



Exercise has been shown to be so powerful in reducing the adverse symptoms of ADHD that doctors actually prescribe it as a supplemental treatment for patients managing their symptoms with medication, therapy and/or nutrition.

Why is it so effective?

Exercise helps reduce the 'scattered brain' typical of ADHD by increasing the neurotransmitters dopamine and norepinephrine - both of which are key in regulating the attention system. ADHD brains produce less dopamine and norepinephrine than neurotypical brains, so the difference when you exercise is noticeable. Even 30 minutes of regular, intense exercise can help improve executive function by regulating our nervous system.

People with ADHD typically have higher levels of energy or hyperactivity than the ordinary person, and exercise is a natural release for this pent up energy. If you are sedentary, your mind will find ways to use up that excess energy, leading to a more hyperactive and racing mind.

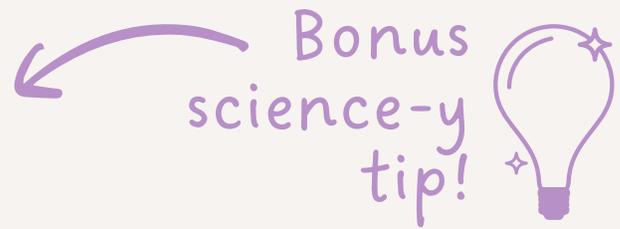
Exercise also creates the ideal environment for your brain to grow new neurons, connectors and positive pathways. This environment occurs when intense exercise triggers the release of a chemical called brain-derived neurotropic factor (BDNF).

Cool, hey? So if you're not medicated/on a wait-list for diagnosis or just feeling meh, try adding more intense exercise into your schedule and see if it helps. Even a decent dance session in your living room gets your heart rate up and those happy dopamine hormones flowing!

While exercise makes our brains and bodies feel more balanced, strict fitness routines often don't work for people with ADHD. We get excited with the rush of dopamine that comes when we start a new fitness routine or splash out on new exercise clothing or equipment, but we can quickly feel bored or discouraged if we miss a day.

The [Fitness tracker](#) in this planner is designed to encourage you to track all forms of fitness, whether planned or incidental. I've kept it undated, so you don't need to worry whether you miss a day or week!

# Hyperfocus & ADHD



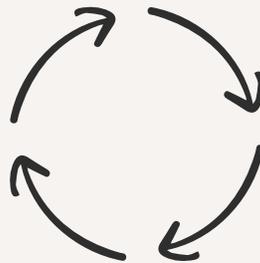
Hyperfocus is an intense state of concentration on a particular activity or subject. The topics or projects we hyperfocus on are colloquially called a 'hyperfixation' in the ADHD community. Our ADHD brain loves to hyperfocus on topics it finds fascinating. It's one of our superpowers! When we are in a state of hyperfocus, we are highly stimulated and 'locked in'. When we find a new hyperfixation that we're excited about, this gives our ADHD brains a big hit of dopamine. And that surge of dopamine means we can often learn a vast amount about a topic or new skill in a very short period of time. Since stimulation is the ADHD brain's highest priority, we lose track of time and ignore our other more mundane needs and responsibilities (like eating, using the bathroom, or drinking water).

Everything is going great with our latest hyperfixation until the boredom sets in. Once we lose interest, it can feel like the most boring thing in the world... #deadtome

People with ADHD can then end up in a 'hyperfocus cycle':

Lock eyes on a new shiny hyperfixation

Get bored with your hyperfixation



Spend many hours or days on your hyperfixation

Lose track of time and ignore your needs

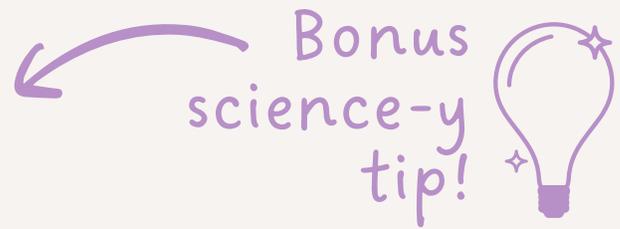
Being in hyperfocus mode means we can produce incredible things, so I wanted to create a practical system that would remind us to look after ourselves too. I invented two visual tools called Hyperfocus Lotus and Productivity Power Petals (look for the quick link icons in the [Calm Mind Focus Tools](#) on the main menu).

## So why do the Hyperfocus Lotus and Productivity Power Petals work so well?

They're designed to compete to be equally (or as close as possible to equally) motivating as the hyperfocus task. Because our ADHD brains prioritise dopamine/fun/novelty in a task, gamifying mundane tasks is a way to make sure they get done. We like the reward/challenge of completing the lotus/flower colouring alongside whatever is taking our focus.

Bonus tip: invest some \$\$\$ and buy a fun/fancy water bottle that also motivates you to drink water.

# ADHD & money stuff



Say the word 'budget' to most people with ADHD, and you'll likely get boredom, avoidance or confusion in return. ADHD impulsivity and the desire for quick results often translates to unplanned spending and no long-term plan (living paycheck to paycheck).

Impulsivity and strong emotions can be a risky mix when you involve money, credit cards and the desire to chase the next dopamine hit. Impulsive spending can lead to debt. And then repaying that debt can also feel like an insurmountable challenge.

In other words, 'delayed gratification' is not our strong suit.

**Research shows that various physiological differences in the ADHD brain — in the prefrontal cortex (our logical, decision making system), the limbic brain (where we regulate emotion & attention), and basal ganglia (the function that manages inter-hemisphere communication) — affect skills necessary for financial management. We're 'neurobiologically disadvantaged' when it comes to prioritising and focusing on skills like patience, consistency and practicality, which come in handy for budgeting.**

That may sound all doom & gloom, but what I've learned in my ADHD research, is that it's far easier to *work with our brains*, instead of going against their natural tendencies.

**So let's just reframe the word 'budget'...**

**Budgeting just means knowing. Knowing how much money you have and where it goes.**

**Harness your hyperfocus** and use your notoriously blunt honesty to your advantage to take a good look at your finances with our *Plan & Track* sections. Evaluate and assess your current financial state, without sugar coating it.

Then **use your imagination and passion** to dream up a great future, full of the possibilities you can't currently afford, but want to. Set up your positive financial future with the templates in the *Save* section.

It doesn't need to be all serious and rigid if you know you've got the funds set aside to allow for impulsive spending. You can be more relaxed and have more mental clarity when you **KNOW** what you can afford and what you're working towards.

**Important note:** These templates are designed to give you basics. We always recommend seeking professional advice about your specific situation.



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# Weekly planner

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# May Templates

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# Weekly planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

HABIT TRACKING:

WEEK:

FOCUS/QUOTE:

BORING (BUT NECESSARY) TASKS:

01  
02  
03



REWARD TO MYSELF AFTER:

TO DO:

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TASKS I CAN PUSH TO NEXT WEEK:

- 1
- 2
- 3
- 4
- 5
- 6
- 7

JAN  
FEB  
MAR  
APR  
MAY  
JUN  
JUL  
AUG  
SEP  
OCT  
NOV  
DEC



# Daily focus friend



FOCUS/QUOTE:

TODAY - TIME BLOCKING:

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WEEK:

DATE:

SELF-CARE:



BORING (BUT NECESSARY) TASKS:

01	
02	
03	
04	

 REWARD TO MYSELF AFTER: ↩

DON'T FORGET:

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PEOPLE TO RESPOND TO:

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\* LEAVE IT FOR LATER \* BRAIN DUMP

HABIT GOAL:



# June

BRAIN DUMP



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JAN

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SEP

OCT

NOV

DEC



# June Templates

Add your fave templates after this page.

Learn How ✨

Add templates

# July

# July

2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WK 27	30	1	2	3	4	5	6
	○	○	○	○	○	○	○
WK 28	7	8	9	10	11	12	13
	○	○	○	○	○	○	○
WK 29	14	15	16	17	18	19	20
	○	○	○	○	○	○	○
WK 30	21	22	23	24	25	26	27
	○	○	○	○	○	○	○
WK 31	28	29	30	31	1	2	3
	○	○	○	○	○	○	○

NOTES:

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# Weekly planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK:

FOCUS/QUOTE:

BORING (BUT NECESSARY) TASKS:

01

02

03



REWARD TO MYSELF AFTER:

TO DO:

TASKS I CAN PUSH TO NEXT WEEK:

HABIT TRACKING:

1	2	3	4	5	6	7
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# Daily focus friend



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WEEK:

DATE:

SELF-CARE:



BORING (BUT NECESSARY) TASKS:

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 REWARD TO MYSELF AFTER: ↷

DON'T FORGET:

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PEOPLE TO RESPOND TO:

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\* LEAVE IT FOR LATER \* BRAIN DUMP

HABIT GOAL:





# July

BRAIN DUMP

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# July Templates

Add your fave templates after this page.

Learn How ✨

Add templates



# August

# August

2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WK 31	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
WK 32	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>
WK 33	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>
WK 34	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>
WK 35	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>

NOTES:

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# Weekly planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

HABIT TRACKING:

WEEK:

FOCUS/QUOTE:

BORING (BUT NECESSARY) TASKS:

01

02

03



REWARD TO MYSELF AFTER:

TO DO:

TASKS I CAN PUSH TO NEXT WEEK:

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7

JAN

FEB

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# Daily focus friend



FOCUS/QUOTE:

TODAY - TIME BLOCKING:

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WEEK:

DATE:

SELF-CARE:



BORING (BUT NECESSARY) TASKS:

- 01
- 02
- 03
- 04

REWARD TO MYSELF AFTER:

DON'T FORGET:

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PEOPLE TO RESPOND TO:

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\* LEAVE IT FOR LATER \* BRAIN DUMP

HABIT GOAL:





# August

BRAIN DUMP

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JAN

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NOV

DEC



# August Templates

Add your fave templates after this page.

Learn How ✨

Add templates

# September

# September

2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WK 36	1	2	3	4	5	6	7
	<input type="checkbox"/>						
WK 37	8	9	10	11	12	13	14
	<input type="checkbox"/>						
WK 38	15	16	17	18	19	20	21
	<input type="checkbox"/>						
WK 39	22	23	24	25	26	27	28
	<input type="checkbox"/>						
WK 40	29	30	1	2	3	4	5
	<input type="checkbox"/>						

NOTES:

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# Weekly planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

HABIT TRACKING:

WEEK:

FOCUS/QUOTE:

BORING (BUT NECESSARY) TASKS:

01

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REWARD TO MYSELF AFTER:

TO DO:

TASKS I CAN PUSH TO NEXT WEEK:

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# Daily focus friend



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FOCUS/QUOTE:

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WEEK:      DATE:



BORING (BUT NECESSARY) TASKS:

- 01
- 02
- 03
- 04

 REWARD TO MYSELF AFTER:

DON'T FORGET:

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PEOPLE TO RESPOND TO:

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\* LEAVE IT FOR LATER \* BRAIN DUMP

HABIT GOAL:





# September

BRAIN DUMP

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# September Templates

Add your fave templates after this page.

Learn How ✨

Add templates

# October

# October

2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WK 40	29 <input type="checkbox"/>	30 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
WK 41	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>
WK 42	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>
WK 43	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>
WK 44	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>

NOTES:

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# Weekly planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

HABIT TRACKING:

WEEK:

FOCUS/QUOTE:

BORING (BUT NECESSARY) TASKS:

01

02

03



REWARD TO MYSELF AFTER:

TO DO:

TASKS I CAN PUSH TO NEXT WEEK:

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JAN

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# Daily focus friend



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WEEK:

DATE:

SELF-CARE:



BORING (BUT NECESSARY) TASKS:

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REWARD TO MYSELF AFTER: ↩

DON'T FORGET:

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PEOPLE TO RESPOND TO:

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\* LEAVE IT FOR LATER \* BRAIN DUMP

HABIT GOAL:





# October

BRAIN DUMP

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# October Templates

Add your fave templates after this page.

Learn How 

Add templates

# November

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# November

2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WK 44	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>
WK 45	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>
WK 46	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>
WK 47	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>
WK 48	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>

NOTES:

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# Weekly planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK:

FOCUS/QUOTE:

BORING (BUT NECESSARY) TASKS:

01

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03



REWARD TO MYSELF AFTER:

TO DO:

TASKS I CAN PUSH TO NEXT WEEK:

HABIT TRACKING:

1 2 3 4 5 6 7

JAN

FEB

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# Daily focus friend



FOCUS/QUOTE:

TODAY - TIME BLOCKING:

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WEEK:

DATE:

SELF-CARE:



BORING (BUT NECESSARY) TASKS:

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 REWARD TO MYSELF AFTER: ↩

DON'T FORGET:

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PEOPLE TO RESPOND TO:

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\* LEAVE IT FOR LATER \* BRAIN DUMP

HABIT GOAL:





# November

BRAIN DUMP

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AUG

SEP

OCT

NOV

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JAN

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# November Templates

Add your fave templates after this page.

Learn How 

Add templates

# December

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# December

2025

	MON	TUE	WED	THU	FRI	SAT	SUN
WK 49	1	2	3	4	5	6	7
	<input type="checkbox"/>						
WK 50	8	9	10	11	12	13	14
	<input type="checkbox"/>						
WK 51	15	16	17	18	19	20	21
	<input type="checkbox"/>						
WK 52	22	23	24	25	26	27	28
	<input type="checkbox"/>						
2026	29	30	31	1	2	3	4
	<input type="checkbox"/>						

NOTES:

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# Weekly planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK:

FOCUS/QUOTE:

BORING (BUT NECESSARY) TASKS:

01

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03



REWARD TO MYSELF AFTER:

TO DO:

TASKS I CAN PUSH TO NEXT WEEK:

HABIT TRACKING:

1	2	3	4	5	6	7
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JAN

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# Daily focus friend



FOCUS/QUOTE:

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WEEK:

DATE:

SELF-CARE:



BORING (BUT NECESSARY) TASKS:

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 REWARD TO MYSELF AFTER: ↩

DON'T FORGET:

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PEOPLE TO RESPOND TO:

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\* LEAVE IT FOR LATER \* BRAIN DUMP

HABIT GOAL:





# December

BRAIN DUMP

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# December Templates

Add your fave templates after this page.

Learn How 

Add templates

# Get sh\*t done



In this section:

(TAP TO NAVIGATE QUICKLY)

How it works

Daily focus friend (timed slots) →

Daily focus friend (blank slots) →

Daily focus friend (landscape) →

Daily focus friend (version 2) →

Weekly planner (single page) →

Weekly planner (mon-thu) →

Weekly planner (fri-sun) →

Month overview →

Do it with dopamine →

Get sh\*t done (days) →

Get sh\*t done (weekends) →

Get it done (days) →

Get it done (weekends) →

Div/Con planning →

Real-world prioritising →

# Get sh\*t

# done

## How to use:

- Use these to-do list templates and daily and weekly planners to take the tsunami of 'popcorn' thoughts, life admin tasks, creative ideas, rabbit holes and divergent paths pinging away in your brain and create some order.
- Our templates include reward zones, self-care visual reminders, habit prompts and 'leave it for later' brain dumps. Duplicate each page as many times as you need, and use every day or as often or infrequently as you need! #norules #adhdyourway



## The science bits

### ADHD NEUROLOGICAL TRAIT

STRONG AVERSION TOWARDS UNDER-STIMULATING TASKS, BUT ATTRACTION TOWARDS DOPAMINE/NOVELTY/FUN

TENDENCY TO GET STUCK IN DIVERGENT THINKING (CREATIVE) AND NOT TRANSITION TO CONVERGENT THINKING (LOGICAL)

DESIRE FOR HEALTHY HABITS, BUT FRUSTRATION LINKED TO LACK OF CONSISTENCY AROUND HABITS & DISCIPLINE

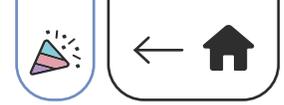
### OUR PLANNER DESIGN

SPECIFIC REWARD SPACES LINKED TO HIGH PRIORITY/LOW STIMULATION TASKS SO YOU CAN STAY MOTIVATED

A BALANCED PLANNING TEMPLATE (FIRST OF ITS KIND) THAT USES TIME LIMITS ON DIVERGENT THINKING AND PROMPTS SO YOU STAY FOCUSED ON YOUR GOAL

HABIT GOAL CHECKBOX REMINDERS ON EVERY PLANNING PAGE LEVEL: MONTHLY, WEEKLY & DAILY (LINKED TO THE GOALS YOU SET IN THE HEALTHY HABITS SECTION)

# Daily focus friend



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FOCUS/QUOTE:

WEEK:      DATE:



TODAY - TIME BLOCKING:

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BORING (BUT NECESSARY) TASKS:

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REWARD TO MYSELF AFTER:

DON'T FORGET:

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PEOPLE TO RESPOND TO:

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(TIMED SLOTS)

\* LEAVE IT FOR LATER \* BRAIN DUMP

HABIT GOAL: □ DONE!



# Daily focus friend

TODAY - TIME BLOCKING:

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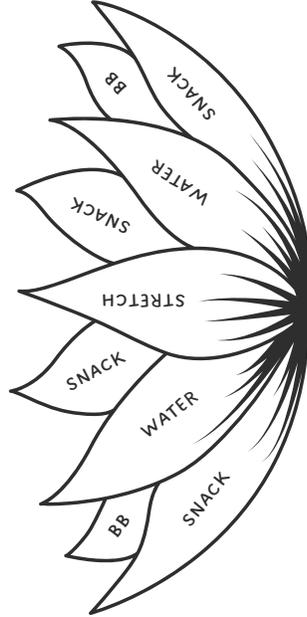
SELF-CARE:



BORING (BUT NECESSARY) TASKS:

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REWARD TO MYSELF AFTER:



WEEK:

DATE:

DON'T FORGET:

<input type="checkbox"/>

PEOPLE TO RESPOND TO:

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<input type="checkbox"/>

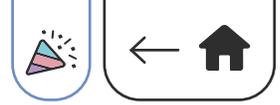
\* LEAVE IT FOR LATER \* BRAIN DUMP

HABIT GOAL:

DONE!



# Weekly planner



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK:

FOCUS/QUOTE:

BORING (BUT NECESSARY) TASKS:

- 01
- 02
- 03

 REWARD TO MYSELF AFTER: 

TO DO:

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TASKS I CAN PUSH TO NEXT WEEK:

HABIT TRACKING:

- 1
- 2
- 3
- 4
- 5
- 6
- 7

# Weekly planner

(TWO-PAGE)

MONDAY

HABIT GOAL: DONE!

TUESDAY

HABIT GOAL: DONE!

WEDNESDAY

HABIT GOAL: DONE!

THURSDAY

HABIT GOAL: DONE!

WEEK:

FOCUS/QUOTE:

BORING (BUT NECESSARY) TASKS:

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03	

 REWARD TO MYSELF AFTER: ↪

TO DO:

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\*LEAVE IT FOR LATER\* BRAIN DUMP

# Weekly planner

(TWO-PAGE)

FRIDAY

HABIT GOAL:

DONE!

SATURDAY

HABIT GOAL:

DONE!

SUNDAY

HABIT GOAL:

DONE!

WEEK:

FOCUS/QUOTE:

BORING (BUT NECESSARY) TASKS:

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03	

 REWARD TO MYSELF AFTER: 

TO DO:

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TASKS I CAN PUSH TO NEXT WEEK:



# Month overview

Use the flexible boxes below to jot down what's on the agenda each week in the upcoming month.

IMPORTANT DATES:


HIGH PRIORITY TASKS: WEEK OF: / /

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HIGH PRIORITY TASKS: WEEK OF: / /

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HIGH PRIORITY TASKS: WEEK OF: / /

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HIGH PRIORITY TASKS: WEEK OF: / /

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HABIT FOCUS THIS MONTH:



JAN

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# Do it with dopamine

Things I'm not passionate about but still need to do #adultingwithADHD

	ESSENTIAL TASK TO DO	REWARD AFTER	DONE!
1			<input type="checkbox"/>
2			<input type="checkbox"/>
3			<input type="checkbox"/>
4			<input type="checkbox"/>
5			<input type="checkbox"/>
6			<input type="checkbox"/>
7			<input type="checkbox"/>
8			<input type="checkbox"/>

# Get sh\*t done days

Boring but necessary tasks:

---

---



REWARD TO MYSELF AFTER:

---

---



REWARD TO MYSELF AFTER:

---

---



KNOCK OFF & RELAX:



Tip: Set the mood for productivity by starting the day with an enjoyable activity or task to boost your dopamine levels.

JAN
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# Get sh\*t done weekends

Boring but necessary tasks:

Tip: Set the mood for productivity by starting the day with an enjoyable activity or task to boost your dopamine levels.

 REWARD TO MYSELF AFTER:

 REWARD TO MYSELF AFTER:

 KNOCK OFF & RELAX:

# Get it done days

Boring but necessary tasks:

Tip: Set the mood for productivity by starting the day with an enjoyable activity or task to boost your dopamine levels.

 REWARD TO MYSELF AFTER:

 REWARD TO MYSELF AFTER:

 KNOCK OFF & RELAX:

# Get it done weekends

Boring but necessary tasks:

Tip: Set the mood for productivity by starting the day with an enjoyable activity or task to boost your dopamine levels.

 REWARD TO MYSELF AFTER:

 REWARD TO MYSELF AFTER:

 KNOCK OFF & RELAX:

# Div/Con planning

Find a balance of divergent & convergent thinking as you plan your next project... e.g. your upcoming holiday, birthday party, new home, or re-decorating your bedroom.

## 1. OUTCOME/GOAL/MY 'WHY':

Be descriptive, and visualise how you'll feel

Plan a holiday somewhere warm where I can relax and switch off from work.

I want to zone out, eat delicious food and read a good book.

## 2. DIVERGENT THINKING BRAINSTORM:

Set a time limit on divergent thinking

TIME LIMIT!

2

MINS HRS

Bali for a diving trip

That sound-healing retreat my colleague went to in Arizona

Do I want friends to come or go alone? Need to find a friend who wants the same kind of holiday as me.

The Maldives?? too expensive

Cheap flights to Spain but I want to do Barcelona when I have the energy to be a tourist. So maybe not for this type of holiday.

Resort style so I can eat out and not have to cook vs. airbnb with kitchen?

## 3. MY DECISION: Resort in Bali where I can stay by the pool all day

## 4. CONVERGENT THINKING TASK LIST:

What practical steps do I need to take, that will help me achieve my goal?

Budget based on priorities, my 'why'

Organise house sitter

Find an all-inclusive resort package

Find passport

Request time off work

Change money

Book by 15th April

Pack bags

Research flights

Book airport transfer

If you get lost and feel tempted to slip back into divergent thinking, remember to focus on your goal, visualise how you want to feel, and use that positive feeling to create actionable steps and stay on track. Your future self will thank you.

# Div/Con planning

Find a balance of divergent & convergent thinking as you plan your next project... e.g. your upcoming holiday, birthday party, new home, or re-decorating your bedroom.

## 1. OUTCOME/GOAL/MY 'WHY':

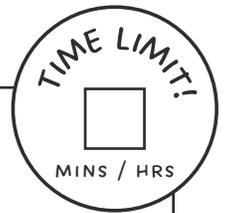
Be descriptive, and visualise how you'll feel

---

---

## 2. DIVERGENT THINKING BRAINSTORM:

Set a time limit on divergent thinking



## 3. MY DECISION:

## 4. CONVERGENT THINKING TASK LIST:

What practical steps do I need to take, that will help me achieve my goal?

<input type="checkbox"/>	<input type="checkbox"/>
<hr/>	<hr/>
<input type="checkbox"/>	<input type="checkbox"/>
<hr/>	<hr/>
<input type="checkbox"/>	<input type="checkbox"/>
<hr/>	<hr/>
<input type="checkbox"/>	<input type="checkbox"/>
<hr/>	<hr/>
<input type="checkbox"/>	<input type="checkbox"/>
<hr/>	<hr/>
<input type="checkbox"/>	<input type="checkbox"/>
<hr/>	<hr/>

If you get lost and feel tempted to slip back into divergent thinking, remember to focus on your goal, visualise how you want to feel, and use that positive feeling to create actionable steps and stay on track. Your future self will thank you.

TAP HERE FOR EXAMPLE

# Real-world prioritising

Our ADHD brains find it more difficult to distinguish between the importance of tasks than our neurotypical friends. Small and big things all feel huge, and often overwhelming and insurmountable. Use the Eisenhower matrix to disrupt the catastrophising vice-like spiral of doom and help you prioritise and delegate tasks based on real-world consequences + facts.

## DO FIRST

*urgent + important*

## DO LATER

*important, not urgent*

## DELEGATE

*urgent, not important*

## ELIMINATE

*not important, not urgent*

# Remember stuff



In this section:

(TAP TO NAVIGATE QUICKLY)

How it works

New friends



Books I started



D&M tracker



Podcasts I want to finish



#ADHDtax tracker



Assignment Tracker



Current hyperfocus



Borrowed stuff



Parcel tracker



Lending log



Password tracker



My comfort shows



# Remember stuff

## How to use:

- ✓ Use these trackers and list templates to create calm(er) order in the flood of ideas, books, new faces, media, life admin tasks and rabbit holes you experience daily.
- ✓ Our templates include focus areas that ADHDers commonly report are prone to forgetfulness: tracking parcels, passwords, D&M conversations with good friends, or 20 half-finished podcast episodes.



## The science bits

### ADHD NEUROLOGICAL TRAIT

DIFFICULTY WITH SHORT-TERM MEMORY, LEADING TO FORGETFULNESS, FRUSTRATION AND FINANCIAL CONSEQUENCES COMMONLY TERMED #ADHDTAX

### OUR PLANNER DESIGN

THESE TRACKERS & LISTS ARE DESIGNED TO TAKE THE PRESSURE OFF YOUR BRAIN TO REMEMBER SO MANY TINY DETAILS, SO YOU DON'T LOSE TRACK OF THOSE 9 WIDGETS YOU ORDERED LAST WEEK

INSATIABLE CURIOSITY AND A THIRST FOR LEARNING ARE COMMON ADHD TRAITS, WHICH IS WHY WE MOVE SO QUICKLY FROM ONE TOPIC OF INTEREST TO ANOTHER, AND HAVE 20 PODCAST EPISODES LEFT UNFINISHED

UNLIKE OTHER PLANNERS WE ASSUME YOU WILL HAVE UNFINISHED BOOKS/MEDIA, AND CREATED LISTS DESIGNED ESPECIALLY FOR TRACKING INCOMPLETE PODCASTS AND BOOKS (WITH CATCHY TITLES TO ENSURE YOU CAN FIND THEM AGAIN)

# New friends

Never awkwardly forget someone's name again. Yay!

NAME	DATE	LOCATION MET	WE TALKED ABOUT...

# D&M tracker

You see your friend and have great D&Ms (Deep & Meaningful chats) whenever you catch up, but find yourself forgetting the details of what you talked about the next time you see them. Use this handy table to keep track of conversations with your nearest & dearest, or as a prompt to send a check-in message.

FRIEND'S NAME	DATE & LOCATION	WE TALKED ABOUT...

# #ADHDtax tracker

If you're unfamiliar, #ADHDtax references moments where you forget something (due to your ADHD brain) and as a result, you lose money or a valuable item. E.g. while caught up in your own thoughts on the train, you leave your \$300 earbuds behind on the train seat.

DESCRIBE THE 'ADHD TAX' INCIDENT	STRATEGIES SO I DON'T DO THIS AGAIN



# Current hyperfocus

Use this list as a 'brain dump' to jot down books, courses, websites, podcasts, apps & videos you want to consume about your latest obsession, so you can find them later.

DATE:

TOPIC:

- 

---

- 

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- 

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- 

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- 

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- 

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- 

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- 

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- 

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- 

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# Parcel tracker

Missing mail no more! Get the details out of your brain and onto the page so you remember you have an Amazon package (or five!) coming.

PARCEL/ORDER DETAILS	EST. ARRIVAL	<input checked="" type="checkbox"/>
		<input type="checkbox"/>

- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC





# Password tracker

WEBSITE / APPS

USERNAME

PASSWORD

JAN
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# Assignment tracker

ADHD brains are typically 'time blind', where we have difficulty judging how long things take. We often think in two distinct time frames - either 'now' or 'not now'. If it's 'now', we're totally immersed, and 'not now' means it might as well be years away in our minds! Keep track of projects/assignment deadlines with this list.

	ASSIGNMENT/PROJECT	DEADLINE	DONE!
1			<input type="checkbox"/>
2			<input type="checkbox"/>
3			<input type="checkbox"/>
4			<input type="checkbox"/>
5			<input type="checkbox"/>
6			<input type="checkbox"/>
7			<input type="checkbox"/>
8			<input type="checkbox"/>

# Borrowed stuff

ADHDers often forget we've borrowed things because our brains can be super scattered, making it hard to keep track of details like what we borrowed and from whom. We tend to focus on the now, so once something is out of sight, it's often out of mind. Use this template to keep track of items or books you borrow.

BORROWED FROM	DATE	ITEM(S)	RETURNED
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /

# Lending log

Just like we forget what we've borrowed and from whom, we also tend to forget which items we've loaned out to friends or family. Take a load off your brain and keep track of it all using the template below!

LENT TO	DATE	ITEM(S)	RETURNED
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /
	/ /		/ /

# My comfort shows

When ADHDers are exhausted or in burnout, comfort TV shows are like a cozy blanket for our brains—they're familiar, low-stress, and don't require much mental energy. We know what to expect, so it's easier to relax without the pressure of keeping up with new plots or characters. Plus, they offer a reliable dose of dopamine when we're running on empty. Add your fave shows below (we've included blank titles so you can add your own fave genres like reality, comedy, crime etc.)

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

# Create

---

# healthy habits

---



In this section:

(TAP TO NAVIGATE QUICKLY)

How it works

Self-care assessment wheel



Quarterly habit goals (Q3)



Habit visualisation journal



Quarterly habit goals (Q4)



Quarterly habit planning



Habit evaluation



Quarterly habit goals (Q1)



Self-limiting belief reframe



Quarterly habit goals (Q2)



*\*all of these templates tie in with the tracking pages in the 'Self-care' section.*

# Create healthy habits

## How to use:

- ✓ Use these templates to evaluate your current balance of habits across 8 core domains: nutrition, relationships, sleep & rest, screen-free time, dental health, exercise, play & curiosity, and mindfulness.
- ✓ Start with an assessment wheel, and use that as a guide for where you need to start habit planning and reflection. Choose habits that align with your personal values and your 'why' to reduce some resistance. Sounds daunting? Don't stress! There are loots of tips and guided prompts through this section!

JUST IN  
CASE  
YOU'RE  
*Curious*

## The science bits

### ADHD NEUROLOGICAL TRAIT

EXTREME EITHER/OR THINKING TYPICAL OF ADHD BRAINS MEANS THAT IF WE MISS A DAY, WE CAN THROW OUT THE WHOLE HABIT TRACKER AND GIVE UP

WE HAVE A BURST OF EXCITEMENT INITIALLY, BUT THEN THAT PETERS OUT MID-WAY THROUGH A PROJECT/GOAL BECAUSE WE LOSE SIGHT OF THE VISION

TYPICALLY WE RUN WITH A VISION UNTIL WE GET TRIPPED UP BY THE MULTIPLE SMALLER STEPS THAT REQUIRE SUPERIOR EXECUTIVE FUNCTIONING

### OUR PLANNER DESIGN

I'VE DESIGNED TEMPLATES THAT SUPPORT A KINDER, MORE SELF-COMPASSIONATE APPROACH TO 'FALLING OFF THE BANDWAGON' WITH FRIENDLY TIPS & REMINDERS

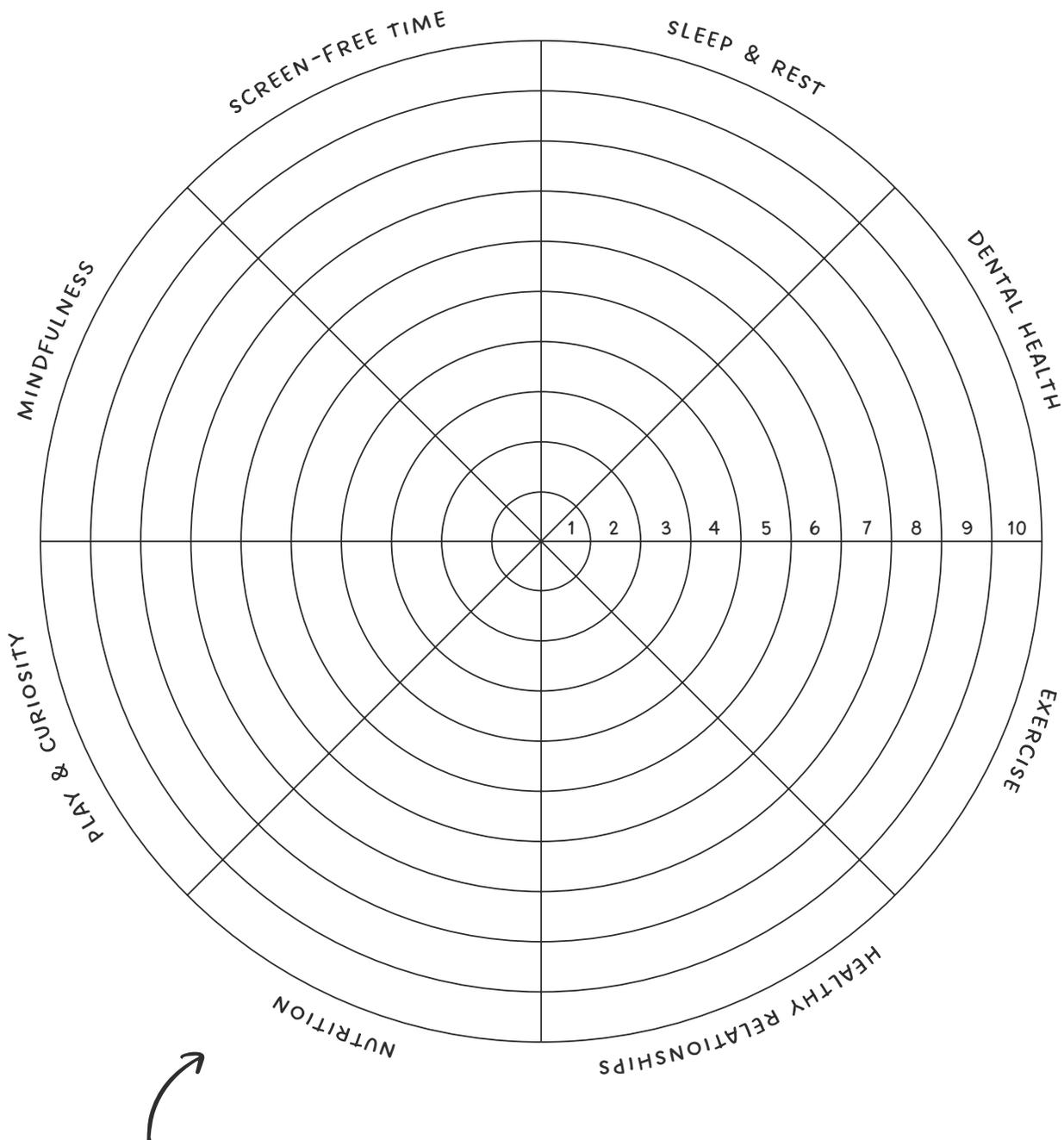
USE THE HABIT VISUALISATION JOURNAL TO REALLY GET CLEAR ON YOUR WHY AND HOW YOU'LL FEEL WHEN YOU'VE CREATED THE HABIT. THIS WILL KEEP YOU ON TRACK

I'VE INCLUDED GUIDED, STEP-BY-STEP PROMPTS TO HELP YOU CHUNK DOWN YOUR GOALS AND STAY REALISTIC SO YOU HAVE A GREATER CHANCE OF SUCCESS

# Self-care assessment wheel

Evaluate how you're tracking on the below aspects of self-care by colouring in the wheel. 1 is lowest care, 10 is highest care. This is a helpful tool as you set healthy habit goals across the next pages.

DATE:



You can use this wheel multiple times, e.g. as a biannual or annual assessment tool to evaluate how you're tracking against habit & wellness goals.

## Which habit do you want to focus on first?





# Quarterly habit planning

REFLECTION ON HOW I WENT LAST QUARTER:

DATE:

---

---

---

---

THINGS I ALREADY DO PRETTY WELL:

NUTRITION GOALS THIS QUARTER:

MY BIGGEST SELF-CARE GOAL THIS QUARTER:

---

---

WHY DO I WANT TO SET THIS SELF-CARE GOAL?

This is crucial! 

---

---

HABITS THAT HELP MEET THIS GOAL:

WHAT IS ACTUALLY REALISTIC:

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_  
4 \_\_\_\_\_  
5 \_\_\_\_\_  
6 \_\_\_\_\_

Pick 3 self-care habits 

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QUARTERLY

# Habit goal-setting: Q1

Journey layout ↘

Habit creation is about creating and cementing new neural pathways in the brain. If you're feeling jaded or fatigued by boxes & checklists, this variant 'journey layout' can be an effective way of disrupting your usual approach to habit goal-setting.

How did last quarter go?

DATE:

Which habits did I do well or consistently?

Which habits did I drop the ball on & why? (e.g. not enough support)

Which healthy habits do I want to re-visit, tweak or add?

Why are these habits important to me and my values? How will I feel if I integrate them?

What is actually achievable? How can I use this planner to support myself? What else helps?

Great job!

NOW USE THE HABIT AND SELF CARE PAGES TO SUPPORT YOUR GOALS, AND REMEMBER TO BE KIND TO YOURSELF! HABIT FORMING IS DIFFICULT FOR MOST PEOPLE, ADHD OR NOT.

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# Habit goal-setting: Q2

Journey layout ↘

Habit creation is about creating and cementing new neural pathways in the brain. If you're feeling jaded or fatigued by boxes & checklists, this variant 'journey layout' can be an effective way of disrupting your usual approach to habit goal-setting.

How did last quarter go?

DATE:

Which habits did I do well or consistently?

Which habits did I drop the ball on & why? (e.g. not enough support)

Which healthy habits do I want to re-visit, tweak or add?

Why are these habits important to me and my values? How will I feel if I integrate them?

What is actually achievable? How can I use this planner to support myself? What else helps?

Great job!

NOW USE THE HABIT AND SELF CARE PAGES TO SUPPORT YOUR GOALS, AND REMEMBER TO BE KIND TO YOURSELF! HABIT FORMING IS DIFFICULT FOR MOST PEOPLE, ADHD OR NOT.

# Habit goal-setting: Q3

Journey layout ↘

Habit creation is about creating and cementing new neural pathways in the brain. If you're feeling jaded or fatigued by boxes & checklists, this variant 'journey layout' can be an effective way of disrupting your usual approach to habit goal-setting.

How did last quarter go?

DATE:

Which habits did I do well or consistently?

Which habits did I drop the ball on & why? (e.g. not enough support)

Which healthy habits do I want to re-visit, tweak or add?

Why are these habits important to me and my values? How will I feel if I integrate them?

What is actually achievable? How can I use this planner to support myself? What else helps?

Great job!

NOW USE THE HABIT AND SELF CARE PAGES TO SUPPORT YOUR GOALS, AND REMEMBER TO BE KIND TO YOURSELF! HABIT FORMING IS DIFFICULT FOR MOST PEOPLE, ADHD OR NOT.

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QUARTERLY

# Habit goal-setting: Q4

Journey layout ↘

Habit creation is about creating and cementing new neural pathways in the brain. If you're feeling jaded or fatigued by boxes & checklists, this variant 'journey layout' can be an effective way of disrupting your usual approach to habit goal-setting.

How did last quarter go?

DATE:

Which habits did I do well or consistently?

Which habits did I drop the ball on & why? (e.g. not enough support)

Which healthy habits do I want to re-visit, tweak or add?

Why are these habits important to me and my values? How will I feel if I integrate them?

What is actually achievable? How can I use this planner to support myself? What else helps?

Great job!

NOW USE THE HABIT AND SELF CARE PAGES TO SUPPORT YOUR GOALS, AND REMEMBER TO BE KIND TO YOURSELF! HABIT FORMING IS DIFFICULT FOR MOST PEOPLE, ADHD OR NOT.

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# Habit evaluation

Now that you've created some goals and identified which habits will help you get there, choose one habit and get granular. Remember that you're not always starting from scratch - you may already be doing some things that support this habit, but a little tweaking and intention/motivation may help you break through & be more consistent!

MY GOAL OR NEW HABIT:

STOP DOING

DO LESS OF

KEEP DOING

DO MORE OF

START DOING

MOTIVATION OR INCENTIVE:

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



# Self-limiting belief reframe

Whether diagnosed early or later in life, ADHDers carry around a lot of negative inner narratives, self-limiting beliefs and learned helplessness based on years of being misunderstood and not understanding how to get the best from our uniquely-wired brains. This isn't easy - give yourself loads of self-compassion. If you're working with an ADHD coach (I highly recommend!), you can work with them on this list.

Step 1! Identify the negative messages you received from your parents/caregivers/teachers and social environment

Step 2! Re-frame those in light of what science says about the ADHD brain and start to re-wire your neural pathways

	SELF-LIMITING BELIEF	REFRAME TO EMPOWER
1		
2		
3		
4		
5		
6		



Tip! If you need inspiration for some powerful re-framing phrases, check out the book 'ADHD 2.0' by Dr Edward Hallowell & John Ratey (specifically pages 17 & 18)

# Self-care



In this section:

(TAP TO NAVIGATE QUICKLY)

How it works

Mood tracker



ADHD coaching (session notes)



Self-care routine



Medical appointments



Sleep tracker



Quarterly medication tracker (Q1)



Screen time tracker



Quarterly medication tracker (Q2)



Blank tracker



Quarterly medication tracker (Q3)



Fitness tracker



Quarterly medication tracker (Q4)



Notes from therapy



Multiple medication tracker



Notes to take to therapy



Cycle tracker



# Self-care

## How to use:

- Now you've got some habit goals set, it's time to track your progress using the sleep, screen time, exercise and mood trackers. And there are meds trackers too (obvs).
- These trackers are a no-guilt, no-shame zone. Bandwagons can (and often must) be fallen off. Days will be missed. No one is perfect when it comes to executing a habit 365 days a year - the important thing is to pick it back up and keep going... keep it light and not so serious!

JUST IN  
CASE  
YOU'RE  
*Curious*

## The science bits

### ADHD NEUROLOGICAL TRAIT

SELF-CARE IS A MAJOR AREA FOR IMPROVEMENT WHEN IT COMES TO THE NATURAL TENDENCIES OF THE ADHD BRAIN. WE JUST SUCK AT IT

DESIRE FOR HEALTHY HABITS, BUT FRUSTRATION LINKED TO LACK OF CONSISTENCY AROUND HABITS & DISCIPLINE

LOWER LEVELS OF NATURALLY OCCURRING DOPAMINE AND NOREPINEPHRINE

### OUR PLANNER DESIGN

WE NEED LOADS OF TANGIBLE SUPPORT WITH HABIT TRACKERS, BECAUSE WHEN WE CAN VISUALLY SEE WE ARE ACHIEVING, WE FEEL ON TOP OF THE WORLD, AND THAT DOPAMINE HIT FUELS CONSISTENCY

HABIT GOAL CHECKBOX REMINDERS ON EVERY PLANNING PAGE LEVEL: MONTHLY, WEEKLY & DAILY (LINKED TO SEPARATE HABIT/GOAL PAGES)

VISUAL TRACKERS DESIGNED FOR COLOUR CODING, WHICH IS A VISUAL DOPAMINE HIT

# Mood tracker

A simple way to track your moods and emotions across the year.  
(Use with the journal pages).

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
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22												
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25												
26												
27												
28												
29												
30												
31												

EMOTION KEY:

- happy
- relaxed
- calm
- excitable
- focused
- high-energy
- annoyed
- frustrated
- angry
- tired
- anxious
- upset
- panicky
- miserable
- despressed
- not myself
- lonely
- overwhelmed
- 
- 
- 

Add your own emotions and colour coding here



# Self-care routine

We may not feel like it, but self-care is a necessity, not a luxury. Your self-care is crucial for you, and for those closest to you as well. We show up more aggravated, snappy and tense in the world when our self-care is non-existent. When we really think about it, we can see that it benefits our family, kids (if we have them), friends and co-workers when we have a regular self-care practice.



Looking after ourselves doesn't have to be extravagant bubble baths and candles, though it can be. Self-care may look like scheduling doctor's appointments, pre-booking alone time, and going to the library. It could look like practicing radical self-compassion, buying nice shampoo that will incentivise you to wash your hair twice weekly, or planning out delicious, easy to whip up breakfast meals so you definitely eat before 2pm. Self-care is also buying a planner like this and using it.



## MORNING SELF-CARE

## NIGHT SELF-CARE

## Rate your self-care right now

1

2

3

4

5

6

7

8

9

10

NON-EXISTENT

SOME DAYS

CONSISTENT

CHANGES TO MAKE SO I CAN BE MORE CONSISTENT:

# Sleep tracker

Track your hours of sleep per night each week.  
(Scale is 1 to 10 hrs of sleep)

DATE:

BEDTIME ROUTINE

---

---

---

---

MY SLEEP GOAL:

WEEKDAYS:

WEEKENDS:

	1	2	3	4	5	6	7	8	9	10
MON										
TUE										
WED										
THU										
FRI										
SAT										
SUN										

	1	2	3	4	5	6	7	8	9	10
MON										
TUE										
WED										
THU										
FRI										
SAT										
SUN										

# Screen time tracker

Colour in each day to reflect how much screen time you had.

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
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												

## MY SCREEN TIME GOAL:

WEEKDAYS:

WEEKENDS:

## COLOUR KEY:

- zero
- < 30 min
- 1-2 hrs
- 3-4 hrs
- 5-6 hrs
- 7-8 hrs
- 9-10 hrs
- > 10 hrs

# Track:

Blank tracker for habits or symptoms (add your own heading)

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
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26												
27												
28												
29												
30												
31												

DETAILS:

COLOUR KEY:

# Fitness tracker

Use this 4-week fitness tracker to track any fitness you engage in, be it planned, incidental, intense or casual. Undated so you don't feel like a failure if you miss a day or week. Fill it out as you need, duplicate as required and add to your current month.

WEEK OF: \_\_\_\_\_

	M	T	W	T	F	S	S
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						

WEEK OF: \_\_\_\_\_

	M	T	W	T	F	S	S
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						

WEEK OF: \_\_\_\_\_

	M	T	W	T	F	S	S
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						

WEEK OF: \_\_\_\_\_

	M	T	W	T	F	S	S
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						
.....	<input type="checkbox"/>						







# Medical appointments

DATE: / /		DOCTOR:	
TO DISCUSS:		NOTES:	PRESCRIPTION? Y <input type="checkbox"/> N <input type="checkbox"/>
<input type="checkbox"/>			

DATE: / /		DOCTOR:	
TO DISCUSS:		NOTES:	PRESCRIPTION? Y <input type="checkbox"/> N <input type="checkbox"/>
<input type="checkbox"/>			

DATE: / /		DOCTOR:	
TO DISCUSS:		NOTES:	PRESCRIPTION? Y <input type="checkbox"/> N <input type="checkbox"/>
<input type="checkbox"/>			



# Quarterly medication tracker

JAN - MAR

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



MEDICINE:

DOSE:

FREQUENCY:

## JANUARY

M T W T F S S

How did I feel?

Five horizontal dashed lines for daily notes.

Grid of 5 rows and 7 columns of circles for daily tracking.

Refill?

## FEBRUARY

M T W T F S S

How did I feel?

Five horizontal dashed lines for daily notes.

Grid of 5 rows and 7 columns of circles for daily tracking.

Refill?

## MARCH

M T W T F S S

How did I feel?

Five horizontal dashed lines for daily notes.

Grid of 5 rows and 7 columns of circles for daily tracking.

Refill?



# Quarterly medication tracker

APR - JUN

MEDICINE:

DOSE:

FREQUENCY:

## APRIL

M T W T F S S

How did I feel?

Five rows of horizontal dashed lines for notes.

Refill?

Grid of 5 rows and 7 columns of empty circles for tracking medication intake.

## MAY

M T W T F S S

How did I feel?

Five rows of horizontal dashed lines for notes.

Refill?

Grid of 5 rows and 7 columns of empty circles for tracking medication intake.

## JUNE

M T W T F S S

How did I feel?

Five rows of horizontal dashed lines for notes.

Refill?

Grid of 5 rows and 7 columns of empty circles for tracking medication intake.

- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC
- +



# Quarterly medication tracker

JUL - SEP

MEDICINE:

DOSE:

FREQUENCY:

## JULY

How did I feel?

.....  
.....  
.....  
.....  
.....

Refill?

M	T	W	T	F	S	S
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

## AUGUST

How did I feel?

.....  
.....  
.....  
.....  
.....

Refill?

M	T	W	T	F	S	S
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

## SEPTEMBER

How did I feel?

.....  
.....  
.....  
.....  
.....

Refill?

M	T	W	T	F	S	S
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

JAN
FEB
MAR
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OCT
NOV
DEC
+



# Quarterly medication tracker

OCT - DEC

MEDICINE:

DOSE:

FREQUENCY:

## OCTOBER

How did I feel?

Five horizontal dashed lines for daily notes.

Refill?

M T W T F S S

7x5 grid of circles for daily tracking.

## NOVEMBER

How did I feel?

Five horizontal dashed lines for daily notes.

Refill?

M T W T F S S

7x5 grid of circles for daily tracking.

## DECEMBER

How did I feel?

Five horizontal dashed lines for daily notes.

Refill?

M T W T F S S

7x5 grid of circles for daily tracking.

- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC
- +



# Multiple medication tracker

- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC

			M	T	W	T	F	S	S
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
									Refill? <input type="checkbox"/>

			M	T	W	T	F	S	S
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
									Refill? <input type="checkbox"/>

			M	T	W	T	F	S	S
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
Medicine: _____	Dose: _____	Freq: _____	<input type="checkbox"/>						
									Refill? <input type="checkbox"/>



# Cycle tracker

Did you know that during the menstrual cycle, the fluctuations in hormone levels can make ADHD symptoms feel more intense? This template can help you track the physical and emotional symptoms around your cycle, and visually remind you to give yourself a little extra TLC.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
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21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												

### COLOUR KEY:

- Ovulation
- PMS
- Cramps
- Fatigue
- Spotting
- Bleeding light
- Bleeding medium
- Bleeding heavy
- 
- 
- 
- 
- 

↩ Add your own colour coded cycle tracking info here

# Domestic domination



In this section:

(TAP TO NAVIGATE QUICKLY)

How it works

Digital declutter



Plant health tracker



Home declutter (categories)



Pet feeding tracker



Home declutter (blank)



Meal planner



Cleaning schedule



Family meal planner



Weekly cleaning list



Grocery list



Cleaning tasks (categories)



Go-to meals



Chore chopper



# Domestic domination

## How to use:

- ✓ Out of sight, out of mind no more! Use these pre-filled lists to organise a regular cleaning & maintenance routine, both in the home and in your digital space.
- ✓ Our templates include meal planning, grocery lists, a plant health tracker and pre-filled decluttering lists, as well as blank spaces to add your own items. Duplicate each page as many times as you need, and use as often or infrequently as you need! #norules #adhdyourway

JUST IN  
CASE  
YOU'RE  
*Curious*

## The science bits

### ADHD NEUROLOGICAL TRAIT

BOREDOM AND CHUNKING TASKS DOWN ARE TWO THINGS ADHD BRAINS STRUGGLE WITH, SO MUNDANE TASKS WITH MANY STEPS ARE ALMOST GUARANTEED TO BE AVOIDED AT ALL COSTS

DUE TO OUR DESIRE FOR NOVELTY, MEAL PREPPING CAN FEEL BORING OR THE MANY STEPS INVOLVED ARE TAXING, SO WE AVOID IT AND GO FOR LESS-NUTRITIOUS OPTIONS

HYPER-FOCUS ALSO MEANS WE DON'T NOTICE WHEN OUR PLANTS ARE DYING

### OUR PLANNER DESIGN

WE'VE PRE-FILLED THE DECLUTTER LISTS WITH TASKS SO YOU DON'T HAVE TO COME UP WITH THEM YOURSELF. USE REGULAR REWARDS TO MOTIVATE YOU, OR TRY BODY DOUBLING (DECLUTTERING WITH A FRIEND)

OUR MEAL-PLANNERS INCLUDE REMINDERS TO TRY NEW MEALS, SO YOU'RE MORE LIKELY TO BE MOTIVATED TO COOK

USE OUR PLANT HEALTH TRACKER & MOVE IT INTO THE CURRENT MONTH SO YOU REMEMBER

# Digital declutter

We are taught to clean our homes, but our devices need some TLC too! Some clean-up tasks don't need to be done every month, but decluttering regularly makes the task less daunting. Find a routine that works for you & your brain!

MONTHLY CLEAN-UPS	1	2	3	4	5	6	7	8	9	10	11	12
<b>EMAIL INBOX</b>												
<input type="checkbox"/> Delete spam emails	<input type="checkbox"/>											
<input type="checkbox"/> Archive old emails	<input type="checkbox"/>											
<input type="checkbox"/> Delete emails with large attachments	<input type="checkbox"/>											
<input type="checkbox"/> Unsubscribe (use free tool like Unroll.me)	<input type="checkbox"/>											
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>SMARTPHONE</b>												
<input type="checkbox"/> Back-up photos/videos to cloud storage	<input type="checkbox"/>											
<input type="checkbox"/> Delete photos from device	<input type="checkbox"/>											
<input type="checkbox"/> Delete downloaded podcast episodes	<input type="checkbox"/>											
<input type="checkbox"/> Turn off auto-download for podcast subs	<input type="checkbox"/>											
<input type="checkbox"/> Wipe down with 70% isopropyl wipes	<input type="checkbox"/>											
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>COMPUTER/LAPTOP</b>												
<input type="checkbox"/> Trash old files/folders	<input type="checkbox"/>											
<input type="checkbox"/> Run system updates	<input type="checkbox"/>											
<input type="checkbox"/> Update antivirus software	<input type="checkbox"/>											
<input type="checkbox"/> Delete duplicate files	<input type="checkbox"/>											
<input type="checkbox"/> Delete files in downloads folder	<input type="checkbox"/>											
<input type="checkbox"/> Review apps & uninstall old/ unused	<input type="checkbox"/>											
<input type="checkbox"/> Invent a file naming system & stick to it	<input type="checkbox"/>											
<input type="checkbox"/> Clean up your desktop folders	<input type="checkbox"/>											
<input type="checkbox"/> Empty trash	<input type="checkbox"/>											
<input type="checkbox"/> Wipe down with 70% isopropyl wipes	<input type="checkbox"/>											
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TABLET</b>												
<input type="checkbox"/> Back-up photos/videos to cloud storage	<input type="checkbox"/>											
<input type="checkbox"/> Delete photos from device	<input type="checkbox"/>											
<input type="checkbox"/> Delete downloaded podcast episodes	<input type="checkbox"/>											
<input type="checkbox"/> Turn off auto-download for podcast subs	<input type="checkbox"/>											
<input type="checkbox"/> Trash old files/folders	<input type="checkbox"/>											
<input type="checkbox"/> Run system updates	<input type="checkbox"/>											
<input type="checkbox"/> Update antivirus software	<input type="checkbox"/>											
<input type="checkbox"/> Review apps & uninstall old/ unused	<input type="checkbox"/>											
<input type="checkbox"/> Empty trash	<input type="checkbox"/>											
<input type="checkbox"/> Wipe down with 70% isopropyl wipes	<input type="checkbox"/>											
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>SOCIAL</b>												
<input type="checkbox"/> Archive messages - WhatsApp, FB etc.	<input type="checkbox"/>											
<input type="checkbox"/> Delete old text messages	<input type="checkbox"/>											
<input type="checkbox"/> Delete old voicemails	<input type="checkbox"/>											
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Home declutter

SPRING	SUMMER
AUTUMN	WINTER

Tip: try 'body doubling' to get big tasks like this done. Declutter with a friend, and then help them in return.

- LIVING SPACE**
- Books
  - Burnt candles
  - Knick knacks
  - Old birthday cards
  - Toys
  - Art/sculpture
  - Old throw rugs
  - Stained cushions
  - 
  - 
  -

- BEDROOM**
- Unused/old clothes
  - Seasonal clothes
  - Cables & cords
  - Knick knacks
  - Journals
  - Books
  - Under bed storage
  - Accessories/bags/hats
  - Unused shoes
  - Jewellery/perfume
  -

- KID'S ROOM**
- Books
  - Toys
  - Knick knacks
  - Old birthday cards
  - Outgrown clothes
  - Outdoor Games
  - Art & craft
  - School projects
  - Handmade art on walls
  - 
  -

- BATHROOMS**
- Appliances/cords
  - Burnt candles
  - Soap containers
  - Shampoo/conditioner
  - Bath toys
  - Toilet roll refresh
  - Old cosmetics
  - Old toiletries
  - Expired medicine
  - Expired sunscreen
  -

- KITCHEN**
- Expired pantry items
  - Expired fridge items
  - Old freezer/deep freeze
  - Worn cleaning clothes
  - Worn dish towels
  - Broken glasses/crockery
  - Tupperware missing lids
  - Broken serving dishes
  - Broken/unused appliance
  - 
  -

- LAUNDRY**
- Under laundry sink
  - Expired cleaning products
  - Toilet paper refresh
  - Odd sock sort
  - Storage declutter
  - Mouldy wet-weather gear
  - Vacuum cleaner
  - Clean cycle washing mach.
  - 
  - 
  -

- GARAGE**
- Bikes
  - Skateboards
  - Old tools
  - Boxes of old stuff
  - Cleaning products
  - Old paint tins
  - Fuel cans
  - Car cleaning equipment
  - 
  - 
  -

- OFFICE**
- Old pens/stationery
  - Cameras, technology
  - Cords & chargers
  - Receipts
  - Paperwork
  - Unused notepads sort
  - Unused craft items
  - Business/self-help books
  - Print ink
  - Old batteries
  -

- OUTDOORS**
- Mower
  - Gardening tools
  - Hose
  - Old pot plants
  - Pet gear
  - Trampoline
  - Play equipment
  - Outdoor furniture
  - Hammock
  - Camping/trekking gear
  -

# Home declutter

SPRING	SUMMER
AUTUMN	WINTER

Tip: try 'body doubling' to get big tasks like this done. Declutter with a friend, and then help them in return.

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# Cleaning schedule

ADHDers find it hard to clean due to executive dysfunction, low dopamine, and task paralysis, making mundane tasks feel overwhelming and difficult to start. This cleaning schedule helps by just making a small list per day to limit overwhelm. We can do a few things, right? If you're feeling good, use the momentum to keep going.

MON	CHORE: <input type="checkbox"/>	CHORE: <input type="checkbox"/>
	CHORE: <input type="checkbox"/>	CHORE: <input type="checkbox"/>
TUE	CHORE: <input type="checkbox"/>	CHORE: <input type="checkbox"/>
	CHORE: <input type="checkbox"/>	CHORE: <input type="checkbox"/>
WED	CHORE: <input type="checkbox"/>	CHORE: <input type="checkbox"/>
	CHORE: <input type="checkbox"/>	CHORE: <input type="checkbox"/>
THU	CHORE: <input type="checkbox"/>	CHORE: <input type="checkbox"/>
	CHORE: <input type="checkbox"/>	CHORE: <input type="checkbox"/>
FRI	CHORE: <input type="checkbox"/>	CHORE: <input type="checkbox"/>
	CHORE: <input type="checkbox"/>	CHORE: <input type="checkbox"/>
SAT	CHORE: <input type="checkbox"/>	CHORE: <input type="checkbox"/>
	CHORE: <input type="checkbox"/>	CHORE: <input type="checkbox"/>
SUN	CHORE: <input type="checkbox"/>	CHORE: <input type="checkbox"/>
	CHORE: <input type="checkbox"/>	CHORE: <input type="checkbox"/>

# Weekly cleaning list

If cleaning feels overwhelming to your ADHD brain, try this weekly cleaning schedule. Break tasks down and check them off as you go, or divide them up with others. Perfect for personal use, families, or roommates - you can see progress and what still needs doing—without the pressure of a rigid routine. And don't forget to add a little reward for getting it all done!

Step 1! Write out your weekly cleaning tasks for your household (e.g. emptying dishwasher, feeding pets, vacuuming, etc)

Step 2! When a task is completed throughout the week tick it off or sign your name to keep track.

✨ CLEANING TASKS ✨	MON	TUE	WED	THU	FRI	SAT	SUN
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						

WEEKEND REWARD:

# Cleaning tasks

Cleaning can often feel overwhelming - we see a long list of chores and have no idea where to start. Use the prompts below to jog your memory, then break chores into small, manageable steps. There's also space to add your own. You can then use the 'Chore Chopper' template to break each down into manageable steps.

## KITCHEN/DINING

- |   |  |
|---|--|
| <input type="checkbox"/> Dishes             | <input type="checkbox"/> Clean sink          |
| <input type="checkbox"/> Counter tops       | <input type="checkbox"/> Clean dishwasher    |
| <input type="checkbox"/> Cupboards          | <input type="checkbox"/> Throw away old food |
| <input type="checkbox"/> Inside fridge      | <input type="checkbox"/> Clean freezer       |
| <input type="checkbox"/> Outside fridge     | <input type="checkbox"/> Sweep & Mop         |
| <input type="checkbox"/> Take out garbage   | <input type="checkbox"/>                     |
| <input type="checkbox"/> Take out recycling | <input type="checkbox"/>                     |

## LIVING

- |   |                          |
|---|--------------------------|
| <input type="checkbox"/> Vacuum         | <input type="checkbox"/> |
| <input type="checkbox"/> Mop            | <input type="checkbox"/> |
| <input type="checkbox"/> Dust           | <input type="checkbox"/> |
| <input type="checkbox"/> Clean surfaces | <input type="checkbox"/> |
| <input type="checkbox"/> Clean windows  | <input type="checkbox"/> |
| <input type="checkbox"/> Vacuum couch   | <input type="checkbox"/> |
| <input type="checkbox"/> Wash rug       | <input type="checkbox"/> |

## BEDROOMS

- |  |                          |
|--|--------------------------|
| <input type="checkbox"/> Wash bedding  | <input type="checkbox"/> |
| <input type="checkbox"/> Vacuum        | <input type="checkbox"/> |
| <input type="checkbox"/> Mop           | <input type="checkbox"/> |
| <input type="checkbox"/> Tidy closet   | <input type="checkbox"/> |
| <input type="checkbox"/> Dust          | <input type="checkbox"/> |
| <input type="checkbox"/> Clean windows | <input type="checkbox"/> |
| <input type="checkbox"/>               | <input type="checkbox"/> |

## GARAGE/SHED/OUTSIDE

- |  |   |
|--|---|
| <input type="checkbox"/> Sweep               | <input type="checkbox"/> Pressure wash      |
| <input type="checkbox"/> Brush away cob webs | <input type="checkbox"/> Rake leaves        |
| <input type="checkbox"/> Organise misc items | <input type="checkbox"/> Clean garbage cans |
| <input type="checkbox"/> Pull weeds          | <input type="checkbox"/>                    |
| <input type="checkbox"/> Clean BBQ           | <input type="checkbox"/>                    |
| <input type="checkbox"/> Mow lawn            | <input type="checkbox"/>                    |
| <input type="checkbox"/> Weed whack          | <input type="checkbox"/>                    |

## PETS

- |   |                          |
|---|--------------------------|
| <input type="checkbox"/> Clean food bowls | <input type="checkbox"/> |
| <input type="checkbox"/> Clean litter box | <input type="checkbox"/> |
| <input type="checkbox"/> Clean yard poos  | <input type="checkbox"/> |
| <input type="checkbox"/> Wash pet bed     | <input type="checkbox"/> |

# Chore chopper cleaning list

Cleaning can feel really overwhelming for ADHDers because our brains get stuck when we see it as one big complex job to do. This template helps break tasks down into smaller, more manageable pieces that feel less intimidating. Grab some headphones and your fave playlist or podcast and let's chop down some chores.

## CHORES I NEED TO DO TODAY:

<input type="checkbox"/>	<input type="checkbox"/>
_____	_____
<input type="checkbox"/>	<input type="checkbox"/>
_____	_____
<input type="checkbox"/>	<input type="checkbox"/>
_____	_____

 REWARD TO MYSELF AFTER:

Pick a chore from your list and let's 'chop it up'...

**THE CHORE CHOPPER**

CHORE: \_\_\_\_\_

WHAT I NEED: (E.G. CLEANING SUPPLIES)

## LIST EACH SMALLER STEP REQUIRED TO COMPLETE THE CHORE:

<input type="checkbox"/>	<input type="checkbox"/>
_____	_____
<input type="checkbox"/>	<input type="checkbox"/>
_____	_____
<input type="checkbox"/>	<input type="checkbox"/>
_____	_____
<input type="checkbox"/>	<input type="checkbox"/>
_____	_____
<input type="checkbox"/>	<input type="checkbox"/>
_____	_____

 You can erase this list when you're done and put the next chore in the chore-chopper!



# Plant health tracker

If you're anything like me, your one-track ADHD brain often gets so hyperfocused you forget to water your leafy friends. It might be helpful to set an alarm on your device so you don't forget to water & care for your plants. It's a life or death situation!

PLANT FRIEND:	NOTES:	M	T	W	T	F	S	S
	_____	<input type="checkbox"/>						
LIKES SUN: Y / N	_____	<input type="checkbox"/>						
NEEDS WATER:	_____	<input type="checkbox"/>						

PLANT FRIEND:	NOTES:	M	T	W	T	F	S	S
	_____	<input type="checkbox"/>						
LIKES SUN: Y / N	_____	<input type="checkbox"/>						
NEEDS WATER:	_____	<input type="checkbox"/>						

PLANT FRIEND:	NOTES:	M	T	W	T	F	S	S
	_____	<input type="checkbox"/>						
LIKES SUN: Y / N	_____	<input type="checkbox"/>						
NEEDS WATER:	_____	<input type="checkbox"/>						

PLANT FRIEND:	NOTES:	M	T	W	T	F	S	S
	_____	<input type="checkbox"/>						
LIKES SUN: Y / N	_____	<input type="checkbox"/>						
NEEDS WATER:	_____	<input type="checkbox"/>						

PLANT FRIEND:	NOTES:	M	T	W	T	F	S	S
	_____	<input type="checkbox"/>						
LIKES SUN: Y / N	_____	<input type="checkbox"/>						
NEEDS WATER:	_____	<input type="checkbox"/>						

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



# Pet feeding tracker

Unless your furry friend has magically evolved to have opposable thumbs and can open the cupboard and feed itself, you're gonna need this template. ;)

FURRY FRIEND:	NOTES:	M	T	W	T	F	S	S
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						

FURRY FRIEND:	NOTES:	M	T	W	T	F	S	S
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						

FURRY FRIEND:	NOTES:	M	T	W	T	F	S	S
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						

FURRY FRIEND:	NOTES:	M	T	W	T	F	S	S
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						

FURRY FRIEND:	NOTES:	M	T	W	T	F	S	S
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						
	_____	<input type="checkbox"/>						

# Meal planner

Tip! Novelty = motivation, so add a new recipe you haven't made before

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST OPTIONS (ROTATE):

<input type="checkbox"/>

LUNCH OPTIONS (ROTATE):

<input type="checkbox"/>

SNACKS & CRAVINGS:

<input type="checkbox"/>

NEED MOTIVATION TO EAT WELL? DO A HABIT VISUALISATION JOURNAL PAGE

# Family meal planner

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**BREAKFAST OPTIONS (ROTATE):**

**LUNCH OPTIONS (ROTATE):**

**BABY/ TODDLER FOOD:**

**SNACKS & CRAVINGS:**

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NEED  
MOTIVATION  
TO EAT WELL?  
DO A HABIT  
VISUALISATION  
JOURNAL  
PAGE



# Grocery list

VEGGIES & FRUITS

DAIRY

FROZEN

PANTRY

PROTEIN

BAKERY

HYGIENE & MEDICAL

CLEANING

OTHER

DRINKS



JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC





# Unwind

## un-mind



In this section:

(TAP TO NAVIGATE QUICKLY)

How it works

Don't think, just do



Colour to calm (pink)



When I feel anxious



Colour to calm (blue)



Wind down strategies



Colour to calm (red)



Fave playlists for...



Colour to calm (orange)



Fave playlists



Symmetry stress relief (cat)



Colour to calm (green)



Symmetry stress relief (owl)



Colour to calm (yellow)



Symmetry stress relief (fox)



Colour to calm (purple)



Symmetry stress relief (puma)



# Unwind un-mind

## How to use:

-  In this section, you'll find unique, offbeat tools I've created myself in an effort to disrupt my own self-defeating thought patterns and calm my hyperactive brain. They look deceptively simple, but they work because they trick the mind into finding more convergent strategies and getting out of the rut of divergent thinking we can find ourselves visiting often (see the [Divergent thinking](#) science page for more info).
-  Don't know where to start? Use the 'Don't think, just do', 'Colour to calm' or 'Symmetry stress-relief' pages. They're in an easy location on the home screen for when overwhelm and intense emotion hits!

JUST IN  
CASE  
YOU'RE  
*Curious*

## The science bits

### ADHD NEUROLOGICAL TRAIT

ADHD BRAINS ARE PRONE TO AN OVER-EMPHASIS ON DIVERGENT THINKING OVER CONVERGENT THINKING. IT'S EXHAUSTING FOR US WHEN WE LIVE IN THE HIGHLY STIMULATING DIVERGENT THINKING HEADSPACE ALL DAY, EVERY DAY

WHEN OUR BRAINS ARE OVERWHELMED BY DIVERGENT THINKING AND ARE PRESENTED WITH OPEN-ENDED CHOICES, WE MOVE TO OUR AMYGDALA FREEZE RESPONSE AND SHUT DOWN

### OUR PLANNER DESIGN

THIS SECTION AIMS TO BRING BALANCE. IF YOU WANT TO SLOW THE 'PINGING' IDEAS, TRY THE SYMMETRY TRACING EXERCISES 'SYMMETRY STRESS-RELIEF' TO ACTIVATE YOUR CONVERGENT THINKING BRAIN, AND FLEX THAT MUSCLE

OUR 'DON'T THINK JUST DO' & 'COLOUR TO CALM' WORKSHEETS INCLUDE MODIFICATIONS FOR THE ADHD BRAIN SO THE DECISION IS TAKEN OFF YOUR PLATE AND YOU CAN TAKE FAST ACTION INSTEAD OF WALLOWING IN INDECISION & FAILURE

# Don't think, just do



Feeling frazzled? I've got you! Often, we just need to calm our over-stimulated ADHD nervous system before we can make the next decision or next move. Self-care is a matter of priority - like putting fuel in your car. My tip? Don't overthink, just pick one thing from this cheat sheet and DO IT RIGHT NOW!! :) If you can't decide, pick number #1.

1 TRY A COLOURING/DRAWING EXERCISE IN OUR UNWIND UN-MIND SECTION TAP HERE

2 MAKE YOURSELF A CUP OF TEA (OR YOUR FAVE HOT BEVERAGE - PLAIN HOT WATER IS GREAT TOO!) THE WARM LIQUID HELPS GROUND YOU IN YOUR BODY

3 HIDE FROM THE WORLD - TAKE A LONG SHOWER AND BURN A CANDLE TO CREATE A RETREAT/SPA VIBE

4 GET MOVING AND RE-FOCUS YOUR MIND... PODCAST, EARPHONES AND A BRISK WALK

5 TRY EFT TAPPING - IT REALLY HELPS! OR CLOSE YOUR EYES AND BALANCE ON ONE LEG - THIS HELPS TONE THE CEREBELLUM IN YOUR BRAIN

6 BRAIN DUMP - USE OUR TEMPLATES TO WRITE, OR RECORD YOURSELF INTO THE VOICE NOTES APP ON YOUR PHONE, YOU CAN DELETE LATER IF YOU WANT

7 DANCE PARTY (I HAVE A PLAYLIST CALLED 'ADHDANCE' ESPECIALLY FOR MOMENTS WHERE I NEED TO DANCE OUT MY NERVOUS/FRUSTRATED ENERGY)

8 MINDFUL EATING - TRY TO EAT SOMETHING REALLY SLOWLY, CLOSE YOUR EYES AND NARROW YOUR FOCUS ON THE SENSATIONS, SMELLS, FLAVOURS AND SOUNDS

# When I feel anxious...



List the calming strategies that have worked in the past - Duplicate this page first and move it (the duplicated page) into the current month so it can be a helpful reminder this month.

1	<input type="checkbox"/>
2	<input type="checkbox"/>
3	<input type="checkbox"/>
4	<input type="checkbox"/>
5	<input type="checkbox"/>
6	<input type="checkbox"/>
7	<input type="checkbox"/>
8	<input type="checkbox"/>

# Wind-down strategies

Because our ADHD brain can be a tad forgetful sometimes, we'll discover an awesome new hack or strategy that our brain loves, do it a million times in a week and then get so over it, we'll drop it and forget about it. The information seems to fall right out of our brain, because the next obsession is so immersive that it consumes our working memory. Before this happens, note your current obsession - fave music playlists, apps, stretching/yoga exercises and go-to meditations so you can find them again.

MEDITATIONS

STRETCHING/YOGA EXERCISES

APPS

MUSIC PLAYLISTS

Tip: Binaural beats have been shown to be really effective for ADHD.

# Fave playlists for...

All in one space, for when you need one to match your mood or activity.

CLEANING

HYPERFOCUS/WORK

COMMUTE

CHILLING

EXERCISE

COOKING

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC





# Fave playlists

Add your own categories! 

All in one space, for when you need one to match your mood or activity.


JAN

FEB

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APR

MAY

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JUL

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DEC



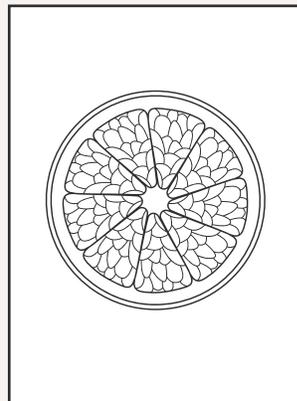
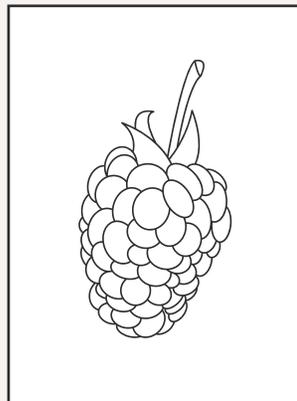
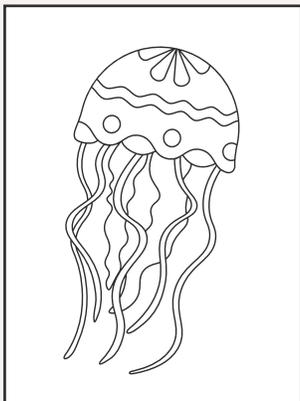
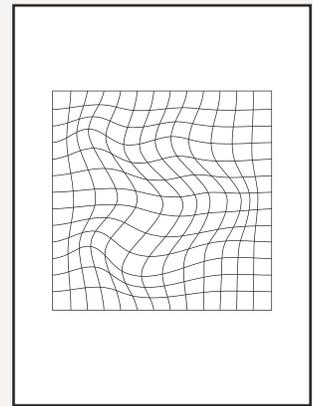
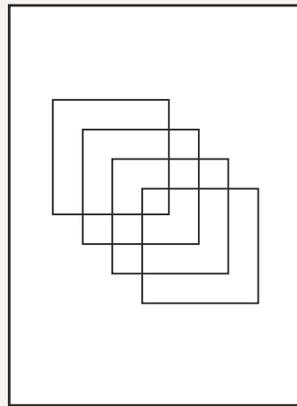
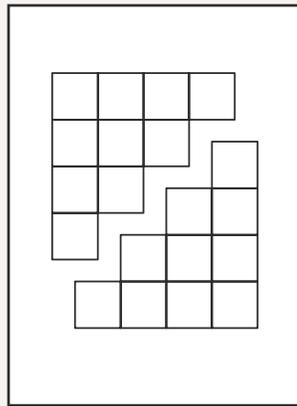
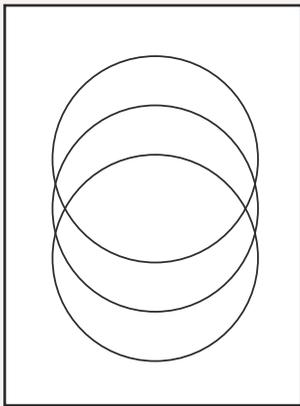
# Colour to calm

Too many thoughts?  
Try this!



One way to calm the hyperactive or over-stimulated ADHD brain is to give it fewer choices and more boundaries. Colouring in is an effective way to take the chaos of thoughts and direct them between the lines - even if just to give you temporary relief and a sense of peace.

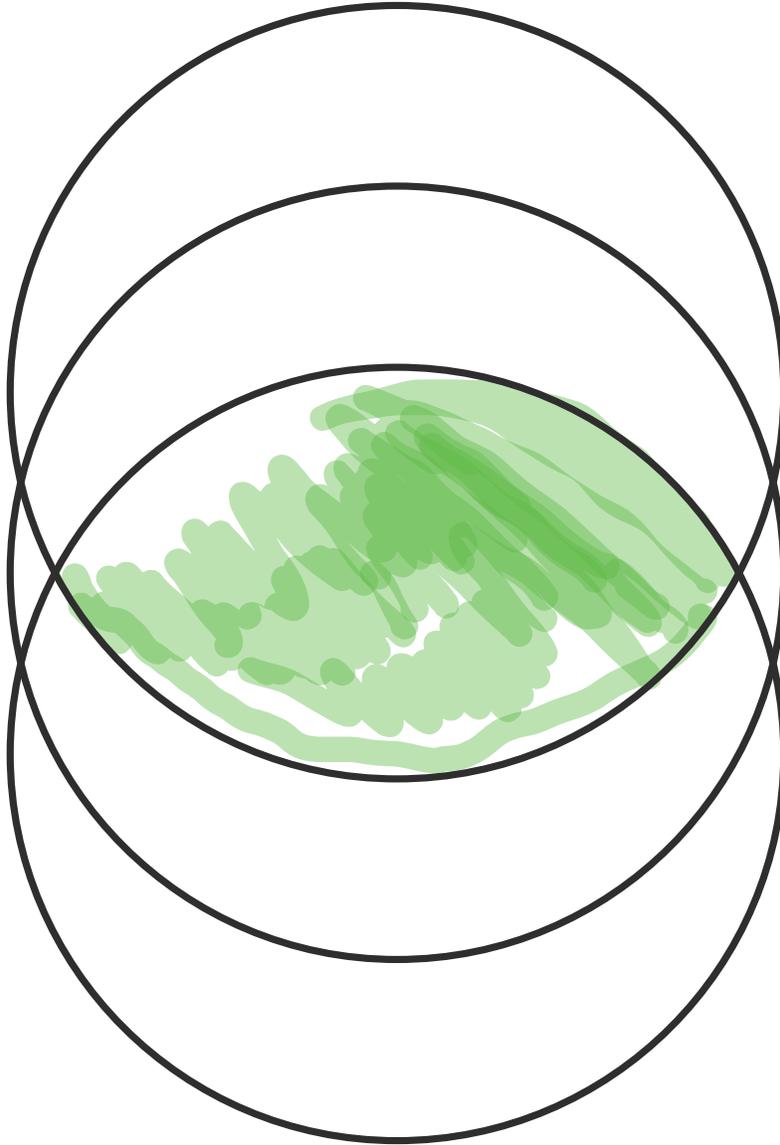
**To reduce overwhelm and barriers**, each page includes directions on which colour & shades to use. One less decision to make! I've included multiple designs ranging from simple to more complex. **See what your mind is drawn to in the moment.**



\* You also get a bonus printable mini version of these cards - so you can put them in your wallet or purse! Find them in your download link.

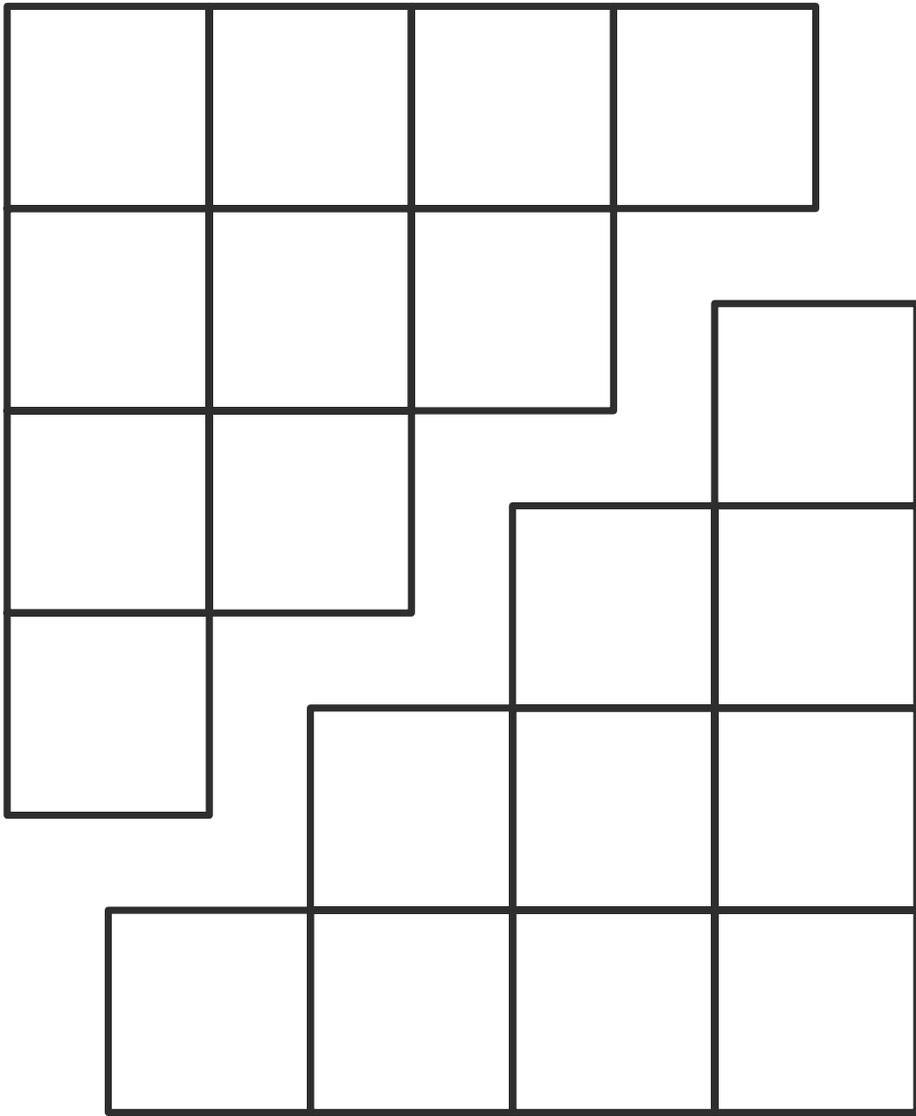


Colour in this line drawing only using **shades of green.**



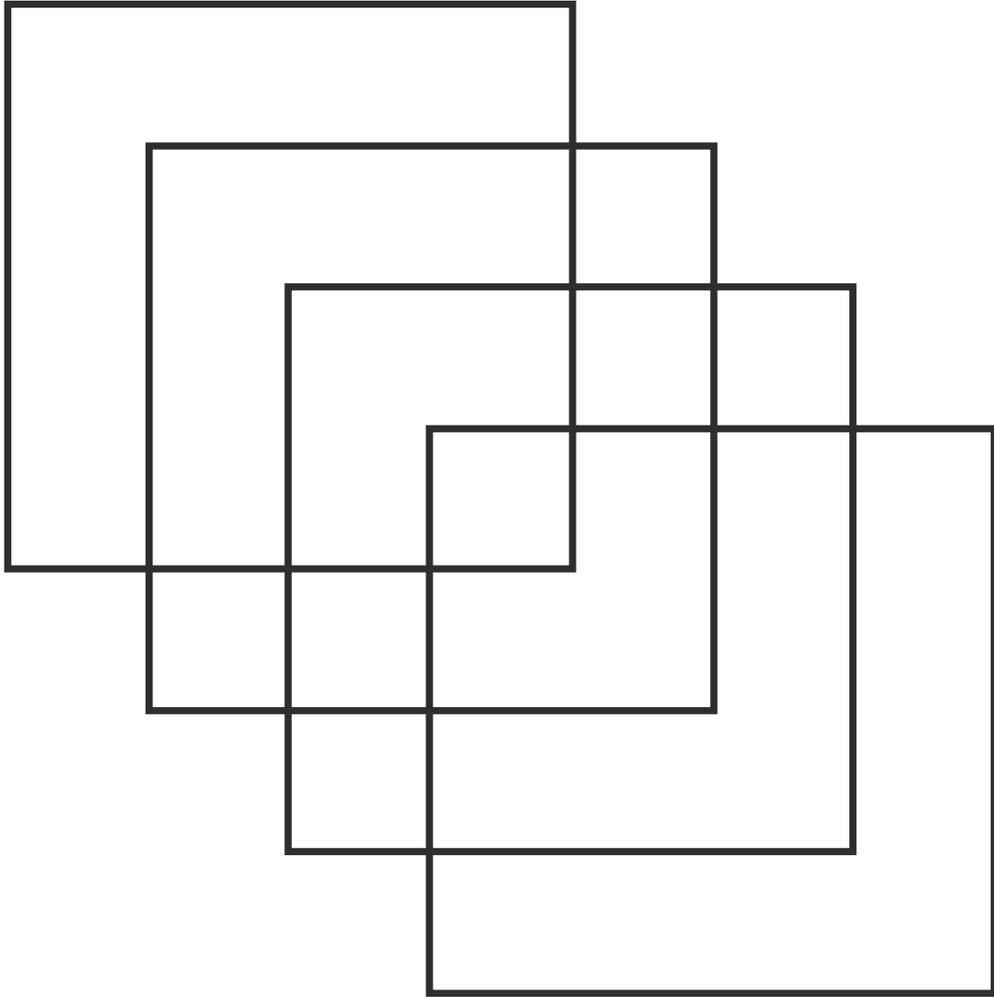


Colour in this line drawing only using **shades of yellow**.



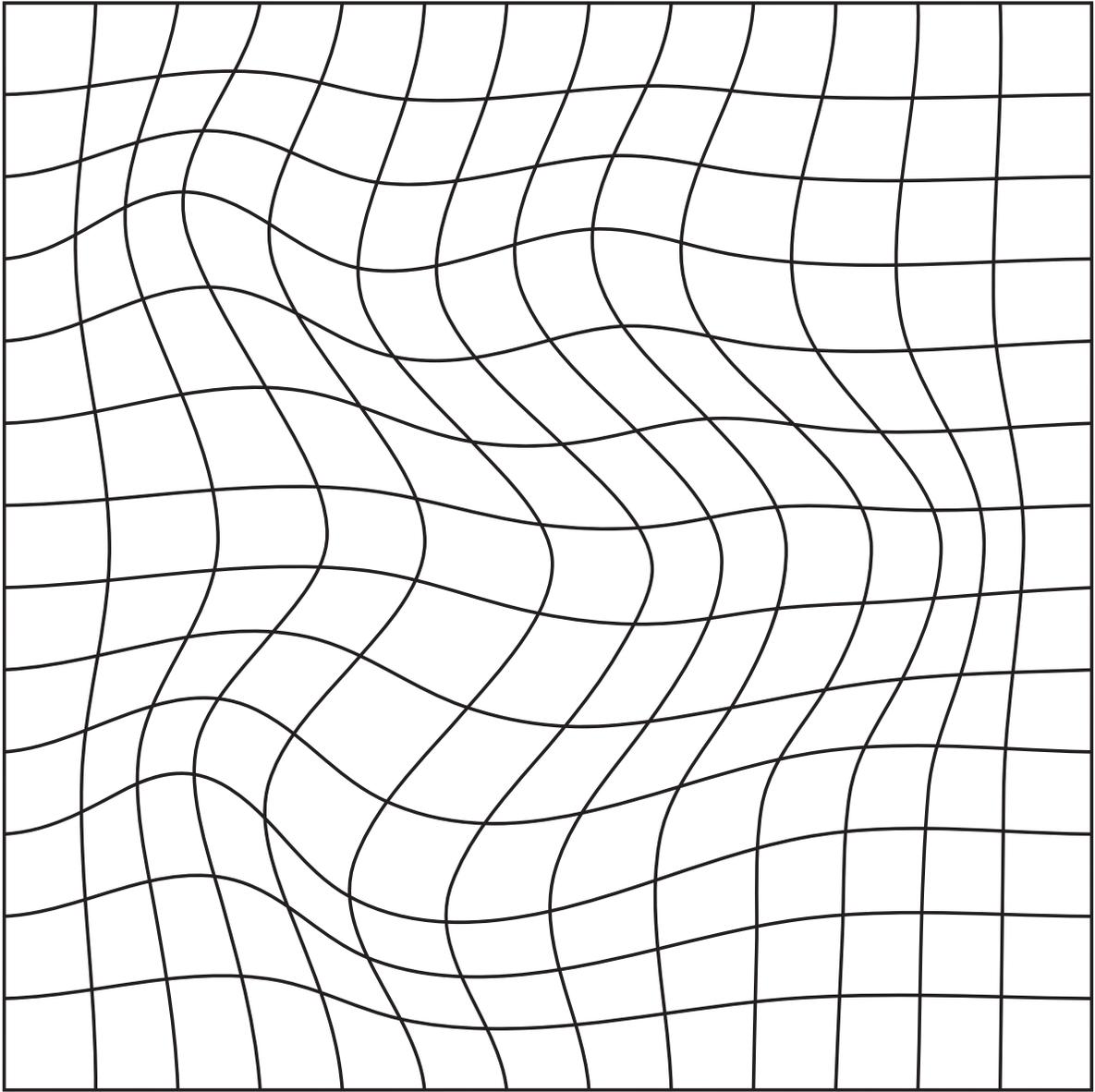


Colour in this line drawing only using **shades of purple**.



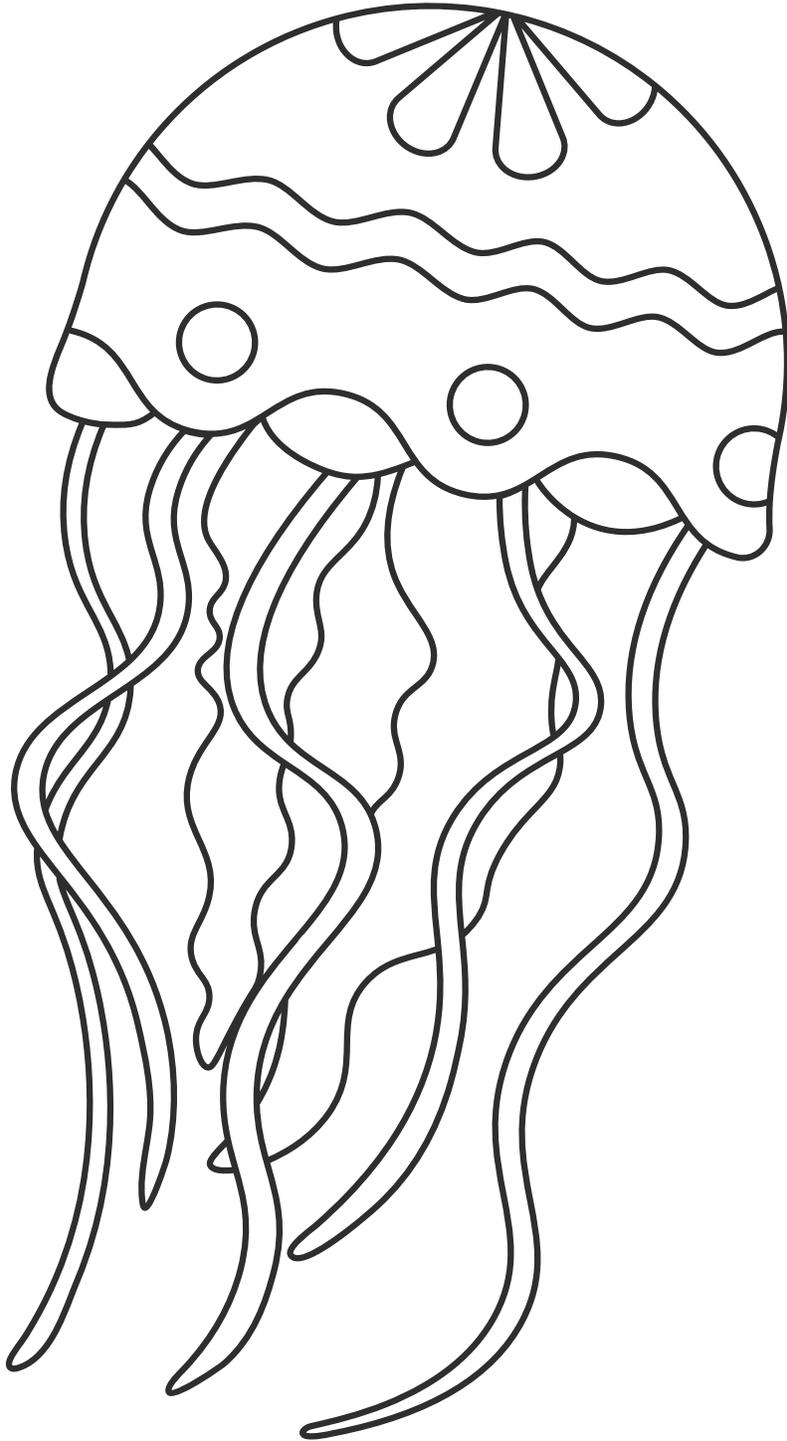


Colour in this line drawing only using **shades of pink**.



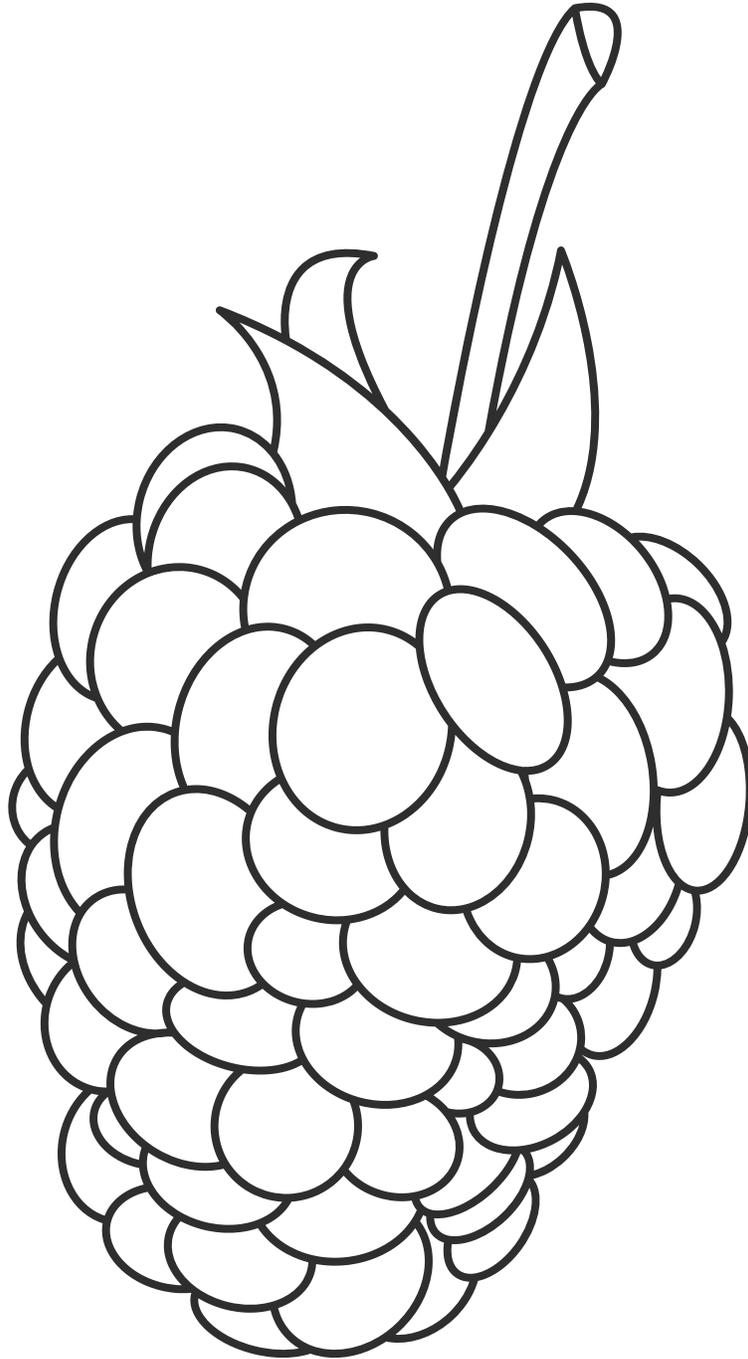


Colour in this line drawing only using **shades of blue.**



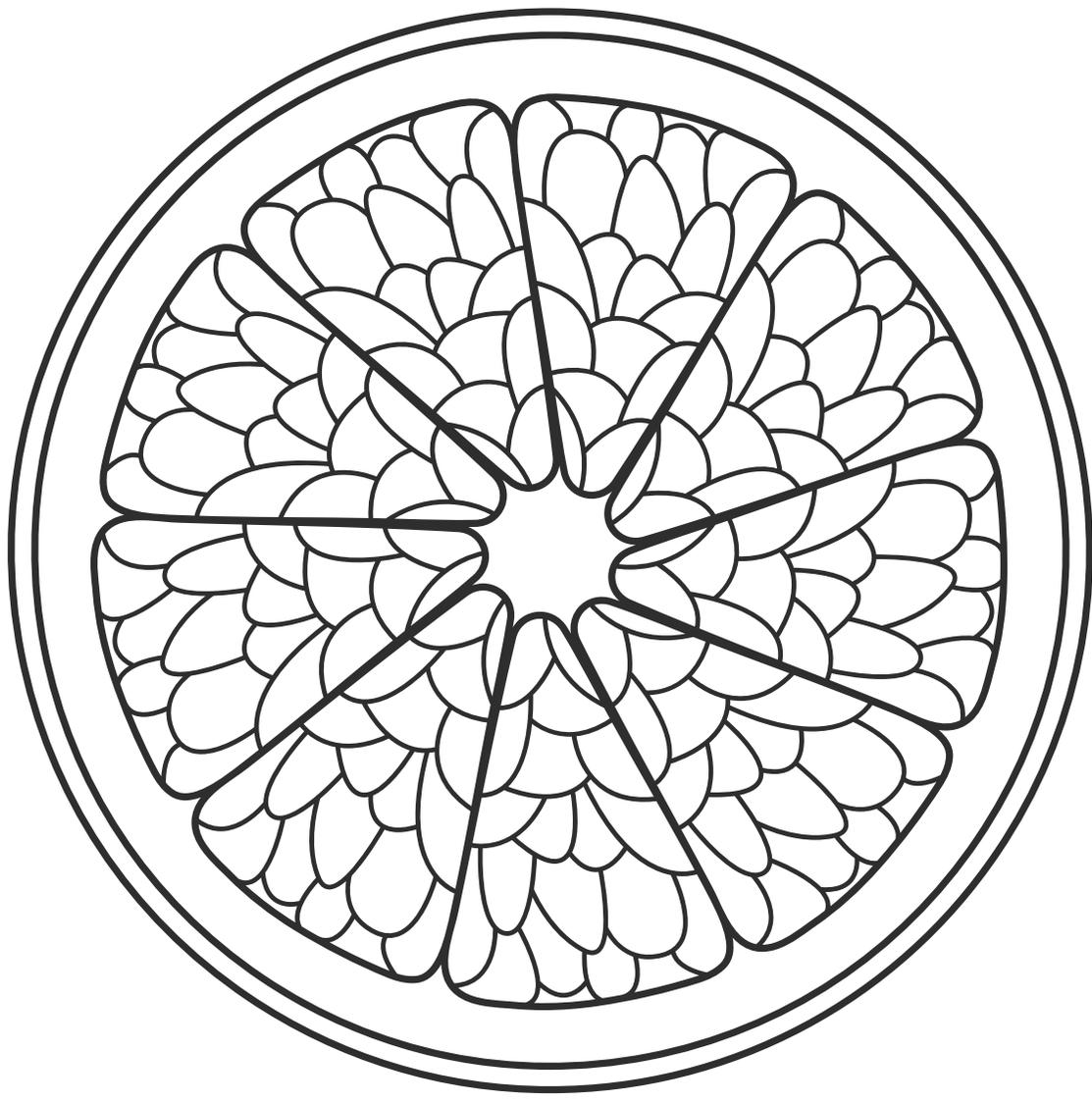


Colour in this line drawing only using **shades of red.**





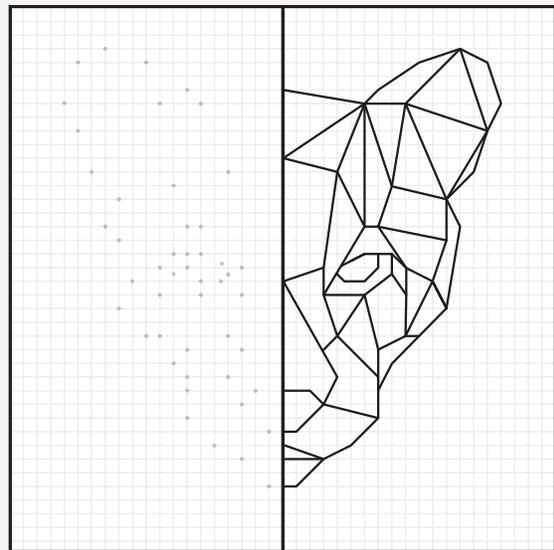
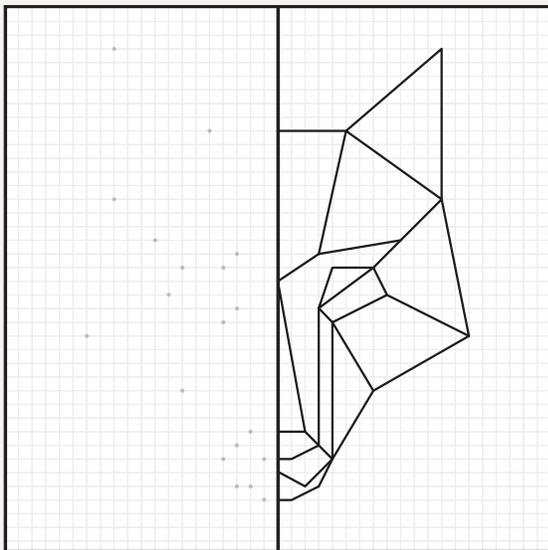
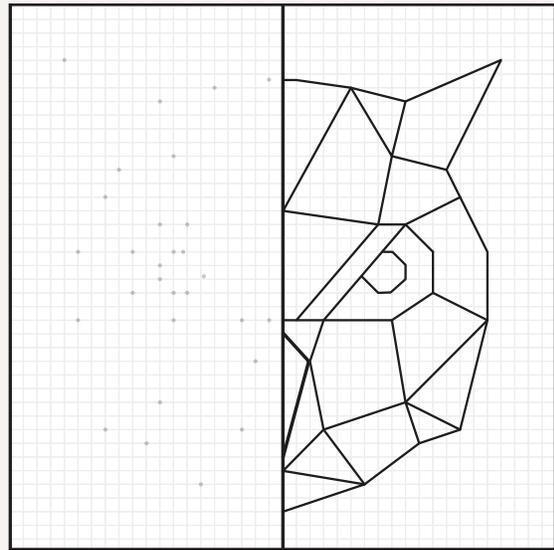
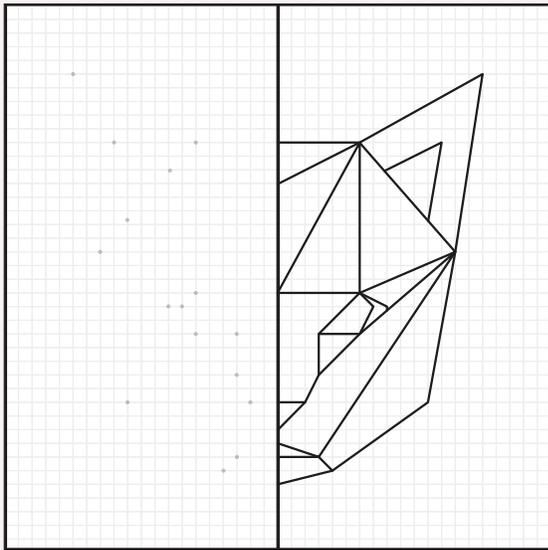
Colour in this line drawing only using **shades of orange**.



# Symmetry stress-relief

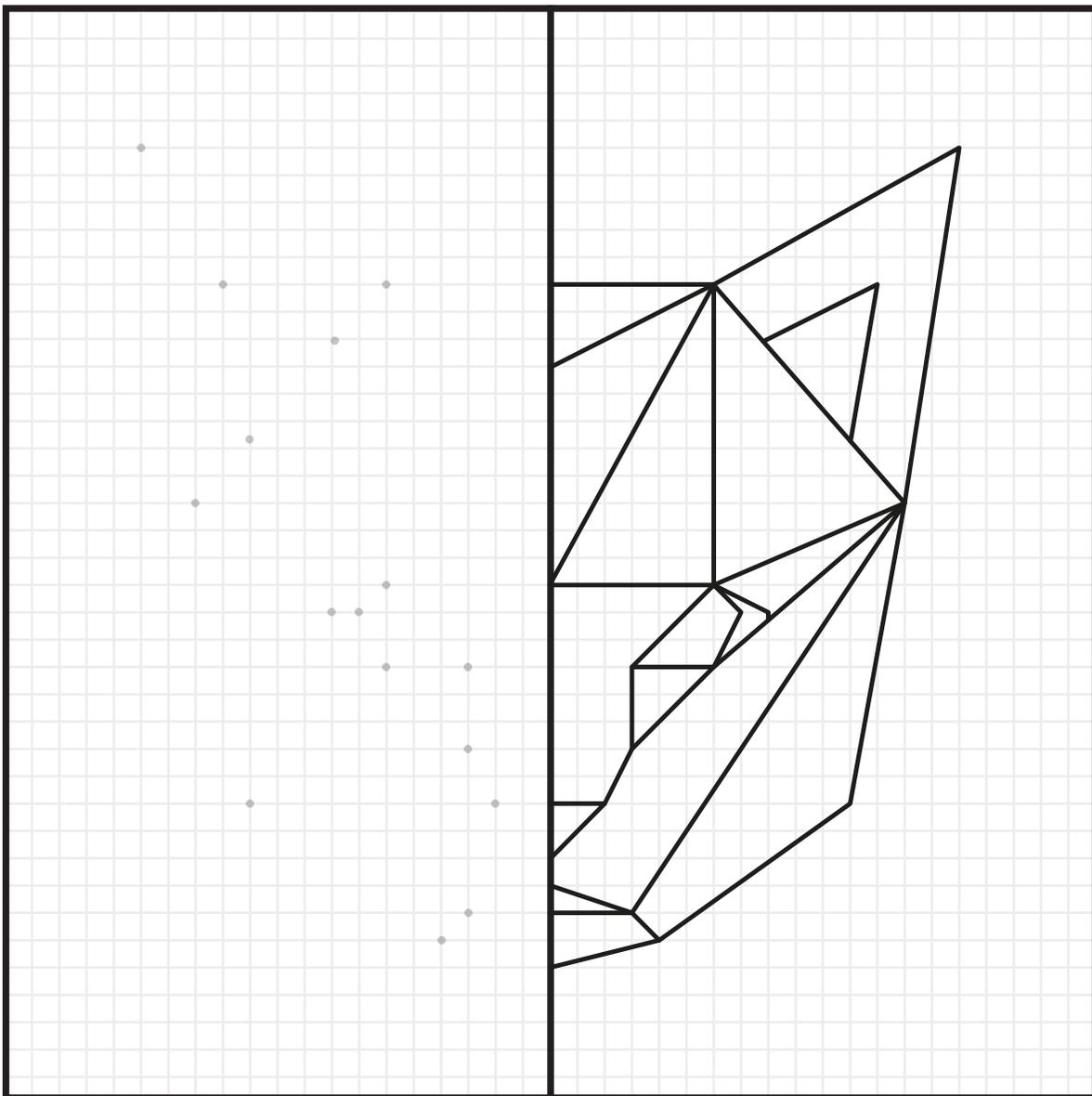
Stressed?  
Try this! ↘

Dr. Tamara Rosier explains that ADHD brains are prone to an over-emphasis on divergent thinking over convergent thinking. Divergent thinking is highly inventive, and develops in several different directions at once, at a prolific rate. While it's a creative way to make sure our brains are stimulated, divergent thinking is exhausting day-in and day-out. Try these symmetry tracing exercises to activate your convergent thinking brain, and flex that muscle so you can switch more frequently between both types of thinking. The symmetry element subconsciously reinforces the idea of balance.





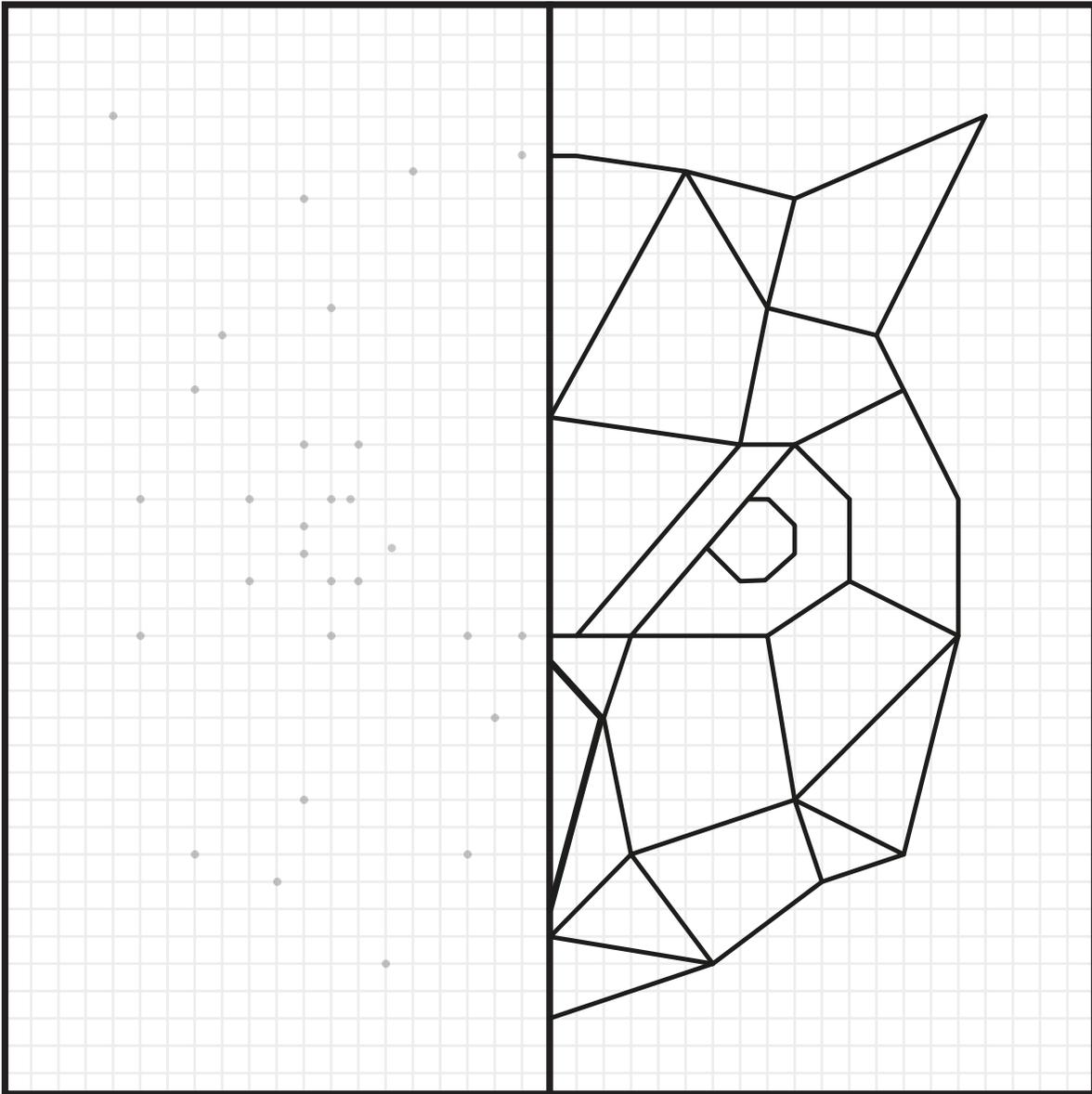
Complete the animal's face using the grid for symmetry and the dots to guide you. Colour if you desire.



CAT



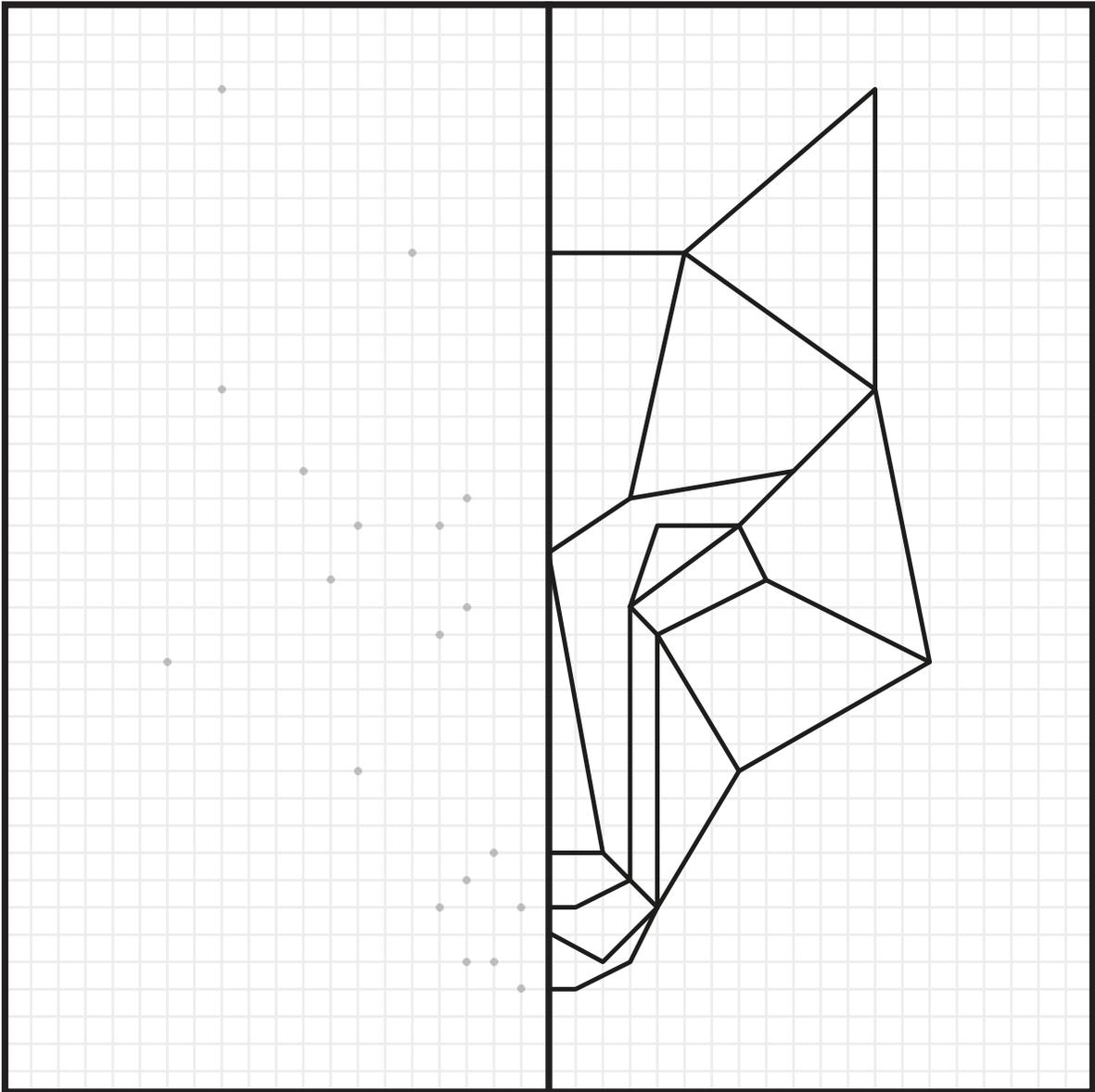
Complete the animal's face using the grid for symmetry and the dots to guide you. Colour if you desire.



OWL



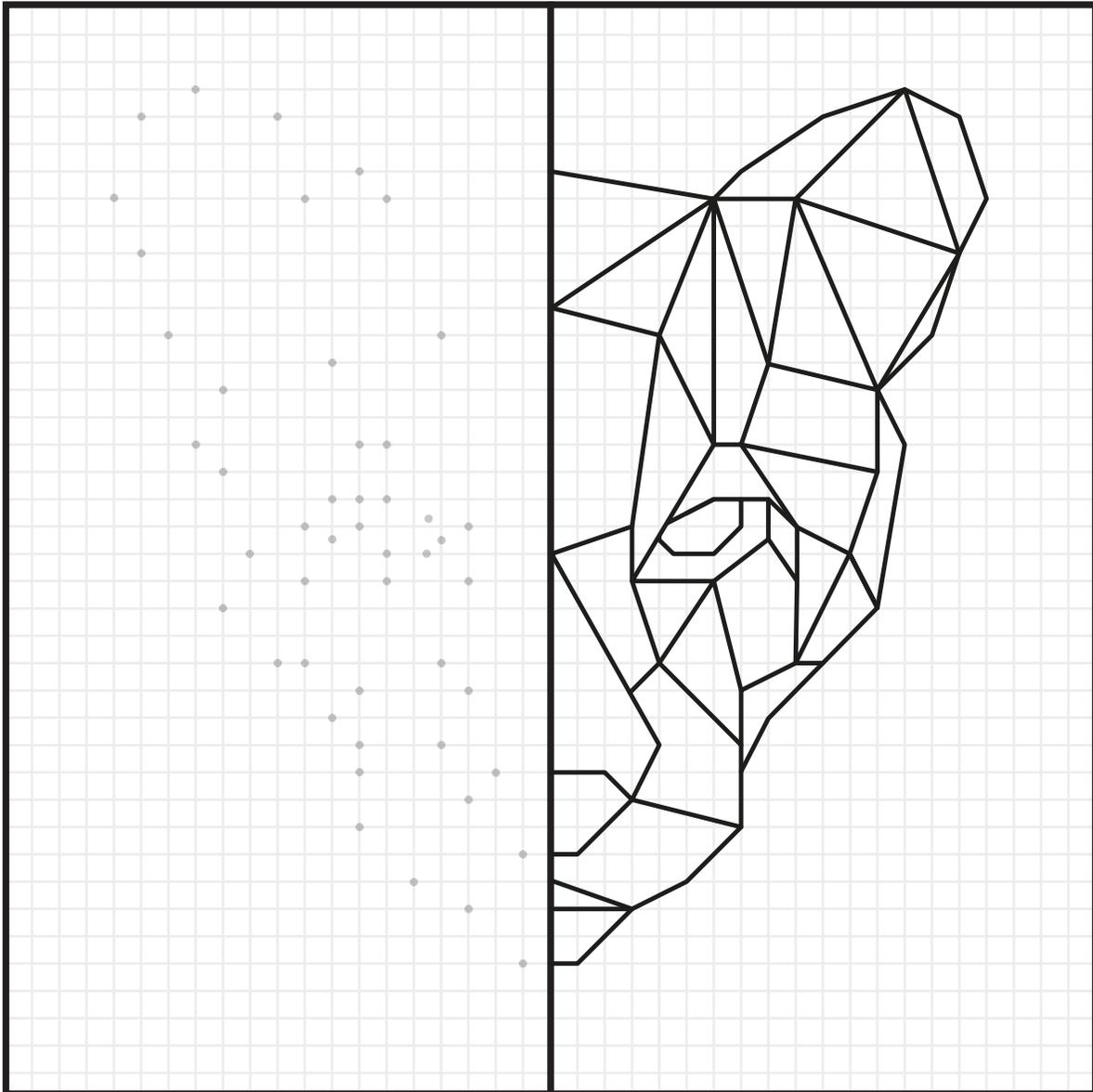
Complete the animal's face using the grid for symmetry and the dots to guide you. Colour if you desire.



FOX



Complete the animal's face using the grid for symmetry and the dots to guide you. Colour if you desire.



PUMA

# Focus flowers



In this section:

(TAP TO NAVIGATE QUICKLY)

How it works

Focus flower (sunflower)



Focus flower (daisy)



Focus flower (lily)



Focus flower (rose 2)



Focus flower (rose 1)



Hyperfocus lotus



Focus flower (bluebell)



Productivity power petals



# Focus flowers

## How to use:

- ✓ I've developed three powerful tools to help you manage hyperfocus challenges in everyday life and work life.
- ✓ The 'Phone call focus flowers' help your mind focus (when it would usually wander) when you're talking to your parents, sister, friend etc on the phone. The 'Hyperfocus lotus' and 'Productivity power petals' are both tools to use as self-care prompts when you're deep in hyperfocus work / study mode.



## The science bits

### ADHD NEUROLOGICAL TRAIT

OUR MINDS TEND TO WANDER AS DIVERGENT THOUGHTS RACE THROUGH AT A 100 MILES A SECOND, AND WE CAN SPACE OUT WHEN SOMEONE IS TALKING TO US AND WE'RE BORED

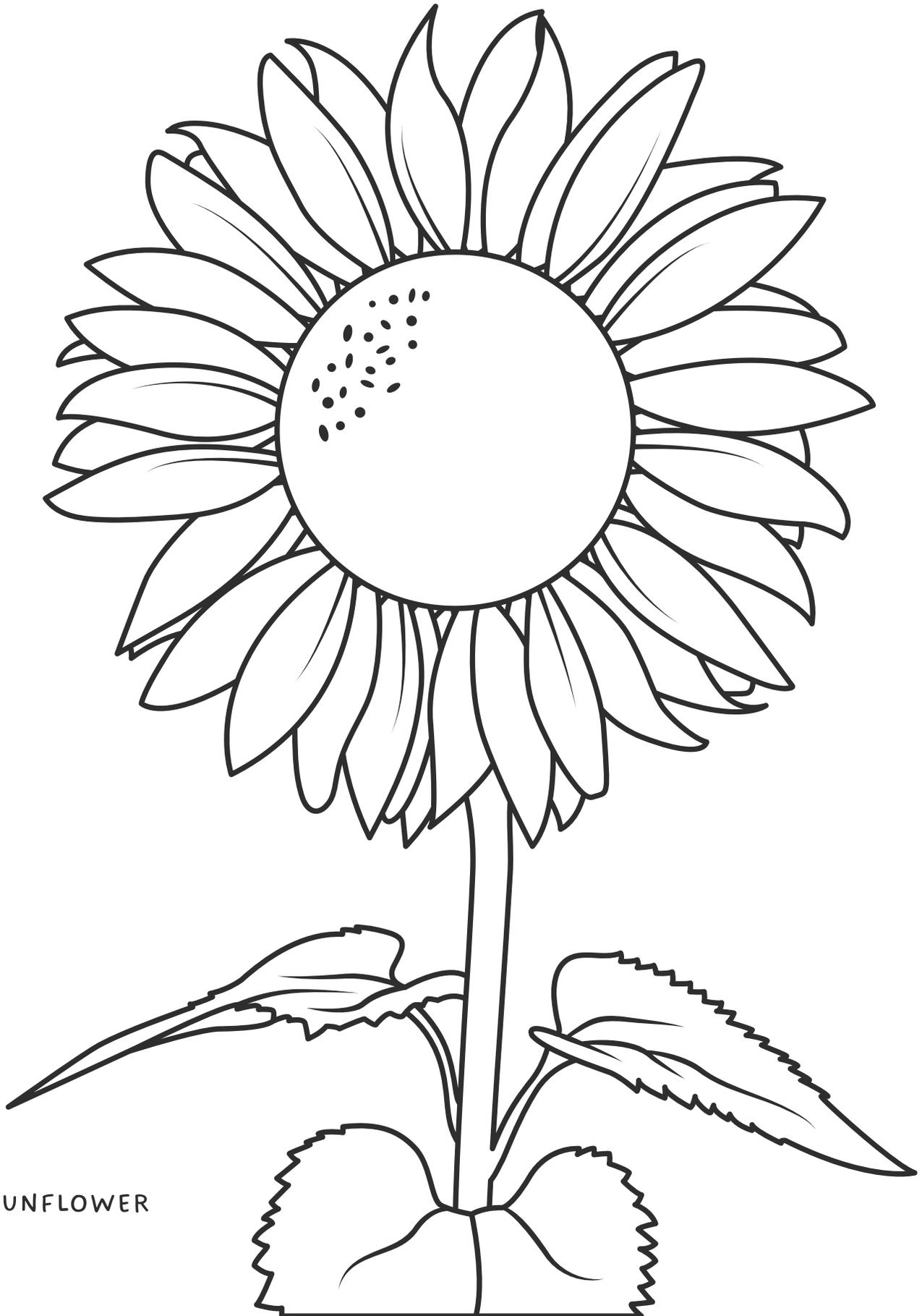
### OUR PLANNER DESIGN

WE KNOW YOU WANT TO LISTEN WHEN YOUR FRIEND IS VENTING ABOUT HER TERRIBLE BOSS, SO USE THE 'PHONE CALL FOCUS FLOWER' TO ENGAGE YOUR BRAIN WHILE YOU CHAT ON THE PHONE

WHEN WE HYPERFOCUS WE BECOME SO IMMERSUED THAT WE FORGET TO EAT, DRINK AND MOVE, SOMETIMES FOR 6 HOURS OR MORE

PUT OUR SIGNATURE 'HYPERFOCUS LOTUS FLOWER' OR 'PRODUCTIVITY POWER PETALS' NEXT TO YOU WHILE YOU'RE DEEP DIVING INTO HYPERFOCUS, TO MAKE SURE YOU REMEMBER TO TAKE BREAKS AND LOOK AFTER YOURSELF. COLOUR IN A PETAL EVERY TIME YOU COMPLETE A MINI BREAK

# Phone call focus flower



SUNFLOWER

# Phone call focus flower



LILY

JAN

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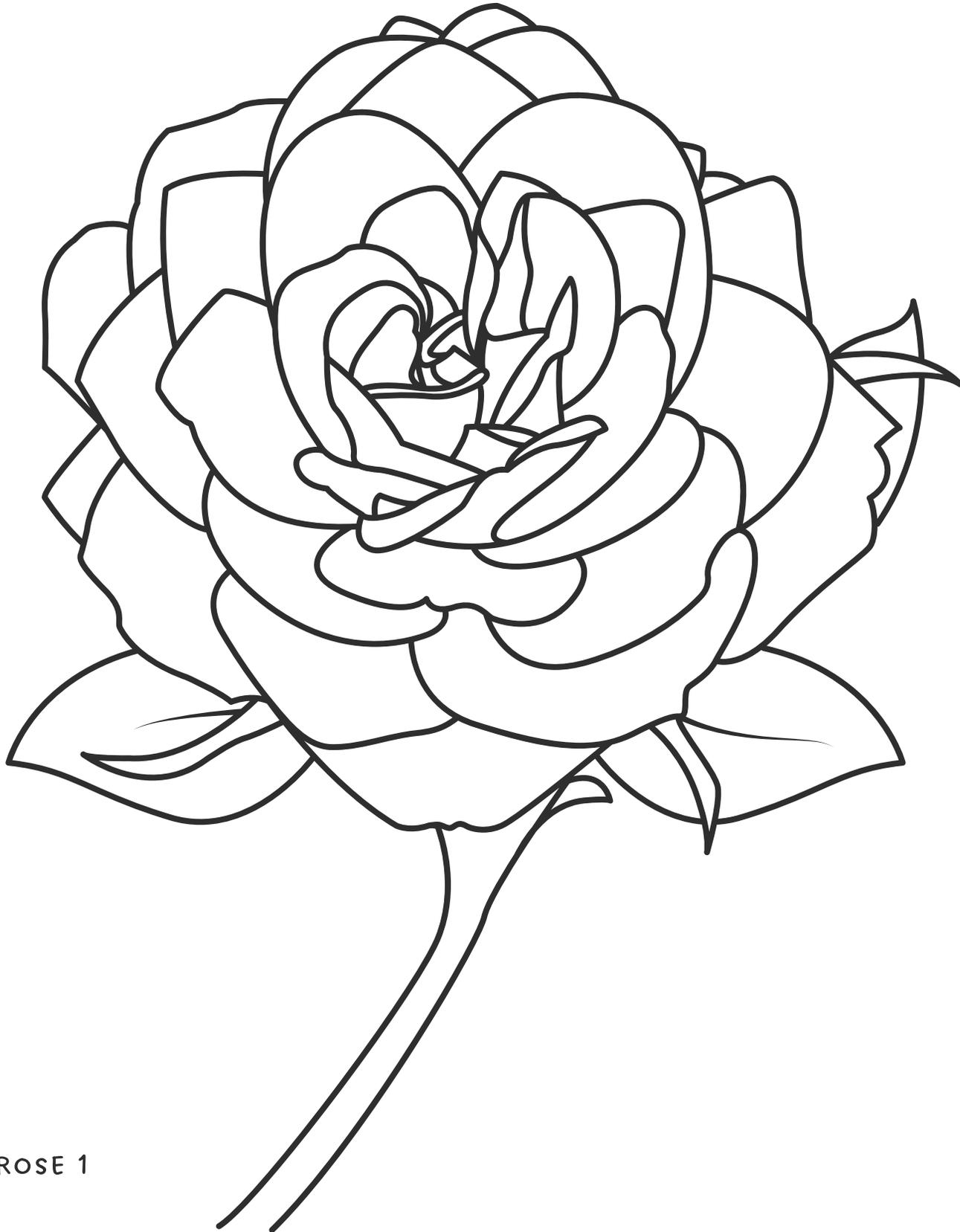
OCT

NOV

DEC



# Phone call focus flower



ROSE 1

JAN

FEB

MAR

APR

MAY

JUN

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AUG

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OCT

NOV

DEC



# Phone call focus flower



BLUEBELL

# Phone call focus flower

JAN

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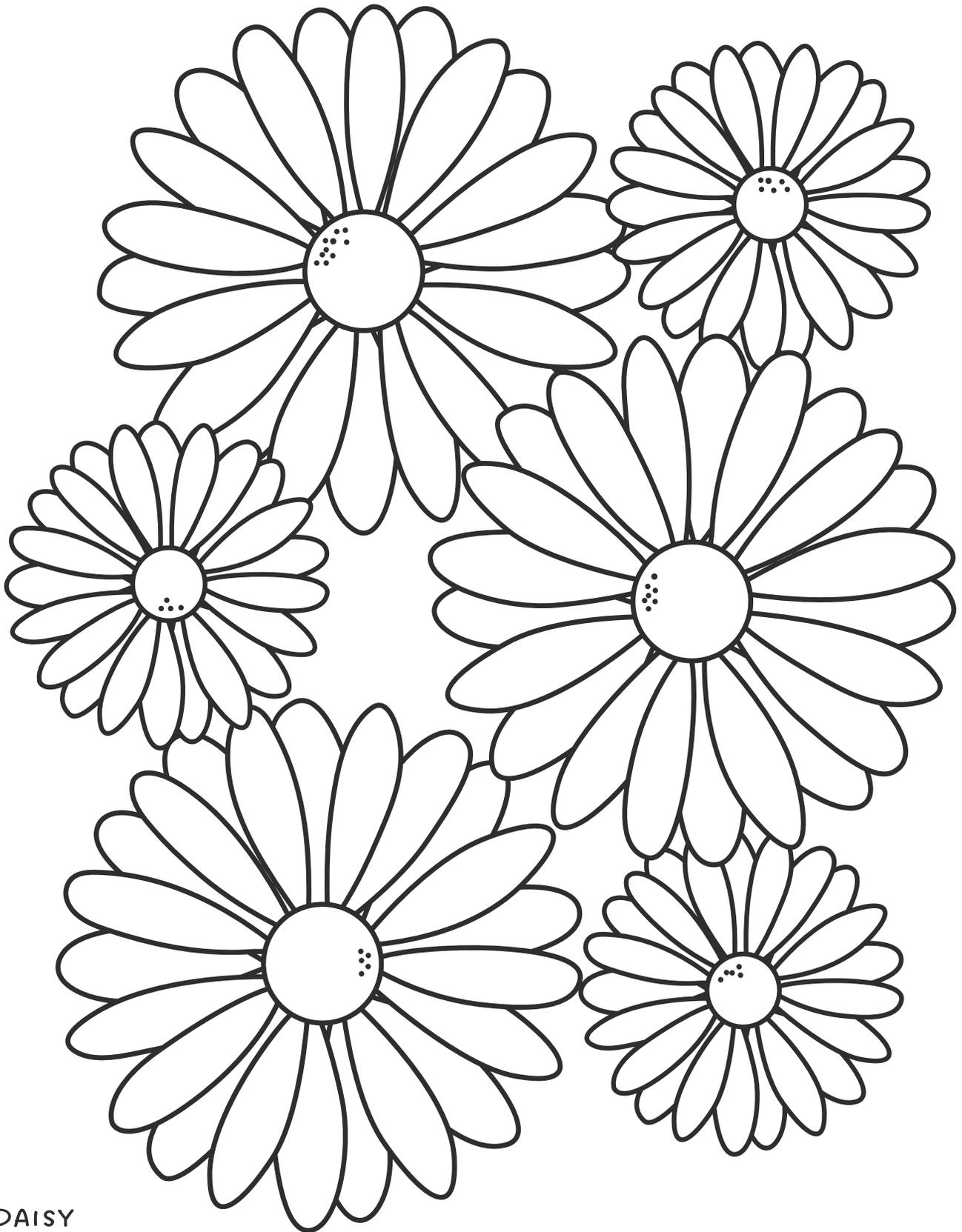
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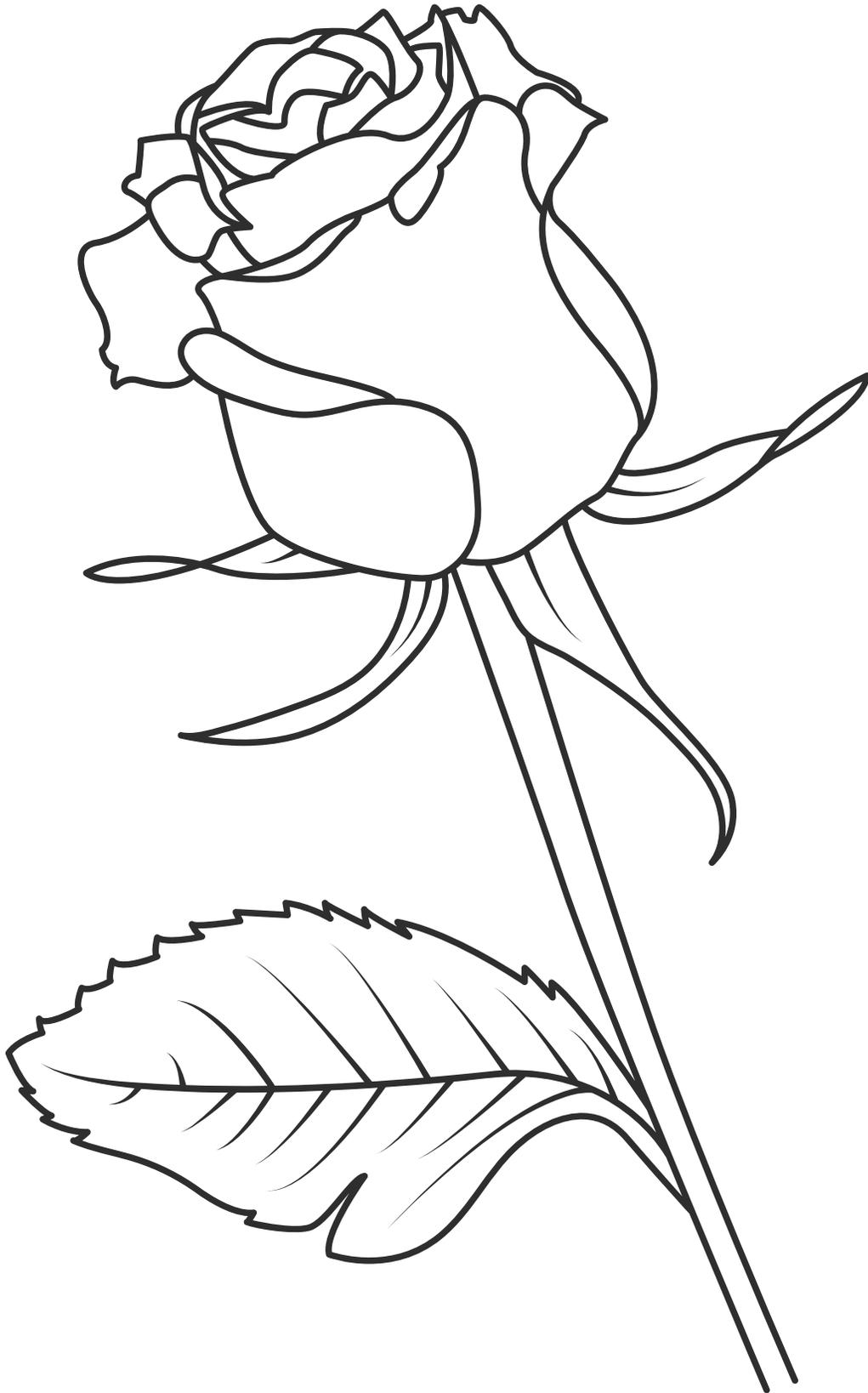
NOV

DEC



DAISY

# Phone call focus flower



ROSE 2

JAN

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MAR

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MAY

JUN

JUL

AUG

SEP

OCT

NOV

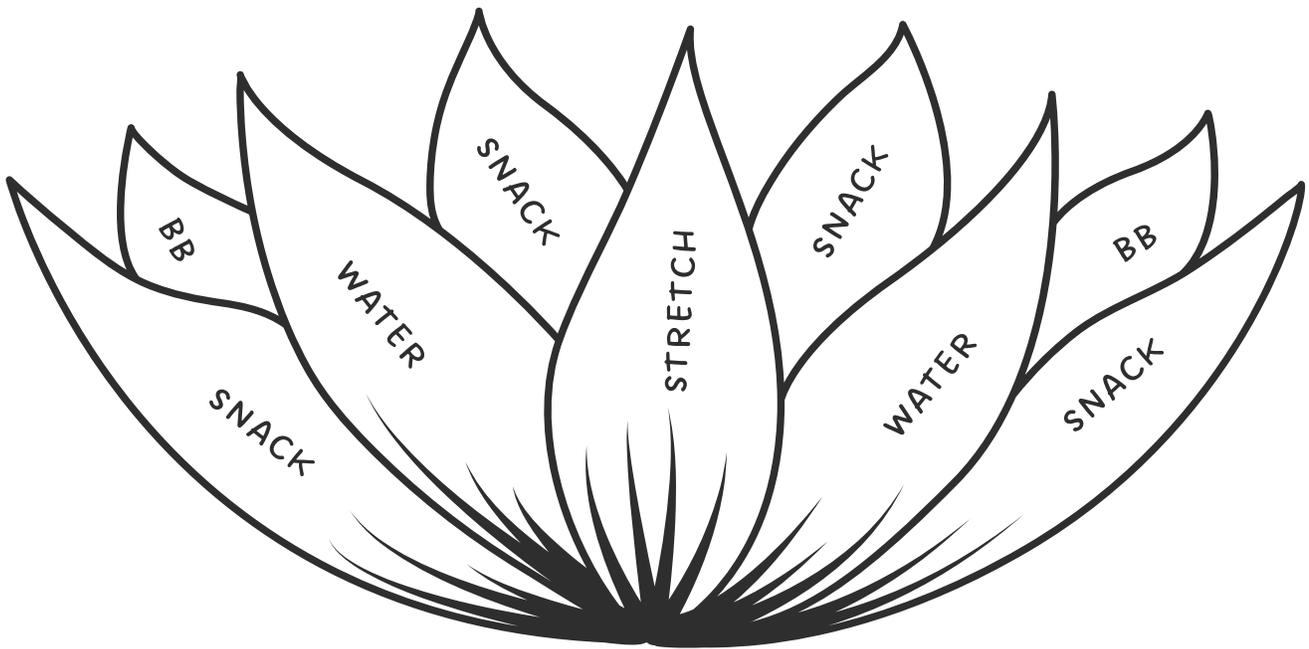
DEC



# Hyperfocus lotus

Put this lotus flower next to you while you're deep diving into hyperfocus, to make sure you remember to take breaks and look after yourself. Colour in a petal every time you complete a mini break.

\*BB = bathroom break



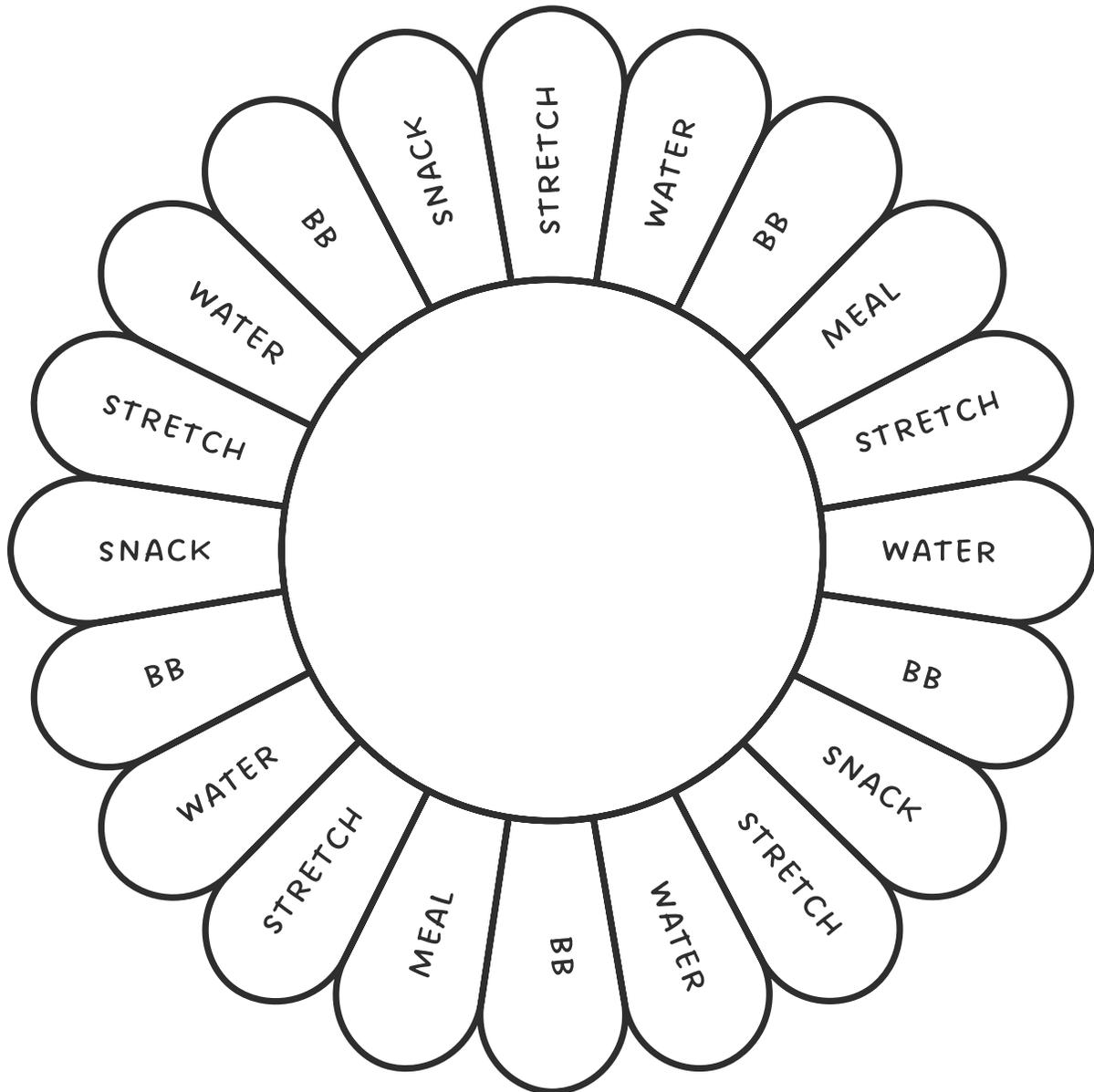
\* LEAVE IT FOR LATER \* BRAIN DUMP

A large area of dotted lines for writing notes.

# Productivity power petals

Put this flower next to you while you're deep diving into hyperfocus, to make sure you remember to take breaks and look after yourself. Colour in a petal every time you complete a mini break.

\*BB = bathroom break



# Conscious cash



In this section:

(TAP TO NAVIGATE QUICKLY)

How it works

Science tip

You don't have to use them all! Just start with one!



PLAN

Start here: money tips →

My money history →

Money honey dates →

Account visibility →

My money future →

Money honey tasks →

TRACK

Household budget →

Subscription tracker →

Takeout tracker →

Household (blank) →

Debt check-in →

Spending habit tracker →

Holiday budget →

Debt dissolver →

Bill tracker →

Income vs expenses →

Impulse buy checklist →

Blank tracker (monthly) →

Income vs exp (blank) →

24 Hour cart rule →

Blank tracker (annual) →

SAVE

Savings wishlist →

Div/Con savings goal →

Clutter cash →

Future self savings jar →

The 10 & 10 rule →

Gift budget →

# Conscious cash

## How to use:

-  We innovated, refined and tested the following pages with the aim to create finance templates that would truly motivate and interest ADHD brains. This finance section is the biggest section in the planner, so think of it like a big buffet, and choose what you like! You don't have to use them all. Finances can feel overwhelming so go slow, one small bite at a time!
-  Our templates include reward zones, prompted questions to help you think about your unconscious habits and structured trackers and lists to help you break down tasks, prioritise & link to your why / motivation.



## The science bits

### ADHD NEUROLOGICAL TRAIT

STRONG AVERSION TOWARDS UNDERSTIMULATING TASKS LIKE FINANCES, BECAUSE OUR BRAINS PREFER DIVERGENT THINKING

TENDENCY TOWARDS IMPULSE SPENDING AND AN 'OUT OF SIGHT, OUT OF MIND' MENTALITY TO ALL THINGS FINANCE

DESIRE FOR HEALTHY FINANCIAL HABITS, BUT OVERWHELMED BY THE NUMBER OF STEPS AND EXECUTIVE FUNCTIONING REQUIRED TO BUDGET & SAVE EFFECTIVELY

### OUR PLANNER DESIGN

UNIQUE, NEVER-BEFORE-SEEN TEMPLATES TO BOOST NOVELTY, LIKE MY 10 & 10 RULE AND MONEY HISTORY & IMPULSE BUY CHECKLIST

FOCUS ON TYPICAL ADHD SPENDING AREAS WITH TEMPLATES TO TRACK TAKEOUT, IMPULSE SPENDING, ONLINE SHOPPING & AUTOMATED SUBSCRIPTIONS

THE TEMPLATES ARE VARIED, AND DESIGNED TO BE COMPLETED IN SHORT BURSTS SO IT'S NOT OVERWHELMING. WE ALSO RECOMMEND DOING IT WITH AN ACCOUNTABILITY BUDDY

①

**Plan**

# Start here: money tips

Here are some of the grounding principles and tips we've used to create these finance and budgeting templates. Pop back here any time you need a reminder!

1

WANT TO KNOW THE SECRET TO SAVING WHEN YOU HAVE ADHD? AUTOMATE. SET UP AUTOMATIC TRANSFERS TO A SAVINGS ACCOUNT SO YOU DON'T HAVE TO THINK ABOUT IT/DECIDE! USE THAT 'OUT OF SIGHT, OUT OF MIND' BRAIN TO YOUR ADVANTAGE!

2

BUDDY UP WITH A TRUSTED FRIEND OR RELATIVE TO MAKE FINANCES MORE FUN & KEEP YOU ACCOUNTABLE. WE LIKE TO CALL THIS PERSON YOUR MONEY HONEY. LOOK OUT FOR MONEY HONEY DATE NIGHT & TASK CHECKLIST TEMPLATES INSIDE!

3

THIS FINANCE SECTION IS FOR INFORMATION PURPOSES ONLY AND DOESN'T TAKE INTO ACCOUNT YOUR PERSONAL CIRCUMSTANCES. WANT INVESTMENT ADVICE? SPEAK TO A PROPER FINANCIAL ADVISOR - OUTSOURCE THE BORING THINGS TO PEOPLE WHO LIKE IT!

4

IMPROVING FINANCIAL HABITS IS A GRADUAL PROCESS - IT'S NOT 'ALL OR NOTHING'. IT'S OKAY TO MAKE CHANGES IN PARTS. SPENDING 20 MINUTES TO SEE HOW OFTEN YOU GOT TAKEOUT LAST MONTH MIGHT HELP YOU ADJUST FOR THE REST OF THE YEAR. EVERYTHING COUNTS!

5

REMEMBER, BUDGETING IS JUST KNOWING. AND WHERE YOUR FOCUS GOES, YOUR ENERGY (OR IN THIS CASE, MONEY) FLOWS. IF YOU DON'T TRACK IT, HOW WILL YOU KNOW? MAYBE YOU'RE FREAKING OUT AND NOT SPENDING AS MUCH AS YOU THOUGHT.

6

UNDERSTAND YOUR VALUES. KNOWING WHAT YOU WANT TO SAVE FOR AND WHY ARE A GREAT WAY TO GET CLEAR ON WHAT YOU REALLY WANT. USE TEMPLATES LIKE DIV/CON SAVINGS, MY MONEY HISTORY & MY MONEY FUTURE FOR THIS.

7

DEBT IS THE AFTERMATH OF PAST SPENDING. YOU DON'T GET ANYTHING MORE BY HOLDING ONTO A DEBT BALANCE. SO THE CONVENTIONAL WISDOM IS TO START BY KNOCKING OFF DEBTS. LITTLE CONTRIBUTIONS MAKE A BIG DIFFERENCE IN THE LONG RUN.

8

OUR 'TIME BLINDNESS' OFTEN MEANS WE DON'T CONSIDER THE LONG-TERM IMPACT OF OUR CURRENT DECISIONS. IMAGINE IF, WHEN YOU'RE 90, YOU FALL DOWN THE STAIRS AND NEED SURGERY OR MOBILITY ASSISTANCE. GUESS WHO PAYS FOR THAT? CURRENT YOU.

9

IF YOU DON'T LIKE WRITING DOWN DEBITS AND CREDITS REGULARLY, USE THESE TEMPLATES ALONGSIDE APPS OR SPREADSHEETS TO TRACK YOUR SPENDING HABITS. TECHNOLOGY IS INCREDIBLE, SO STREAMLINE THE BASICS TO REDUCE COGNITIVE OVERLOAD.

# Account visibility

Let's start with the basics. Just having a list of all your accounts and the cards associated with them gives you a clear picture of your banking setup (so it's not 'out of sight, out of mind.')

When it's all listed here, you may even find an old/unused account that you want to close and save on some fees.

ACCOUNT NAME	LINKED CARD/S	WHAT I USE IT FOR

# My money history

Journey layout



These questions are designed to get you thinking about your relationship to money... often shaped by our childhood, positive/negative money experiences and early habits formed around finances and budgeting. There are no right or wrong answers!

DATE:

What words come up as you think about money in general, or not having enough money?

How do you approach tax time?

- A) ORGANISED WITH TAX SUBMISSION
- B) AVOIDING UNTIL THE LAST MINUTE
- C) AVOIDING - OVERDUE TAX BILLS

How do you feel about spending on yourself? What amount is too extravagant?

What are some of the ways you've handled finances well in the past?

EVEN IF YOUR EXAMPLE IS SMALL  
- SAVED UP FOR SOMETHING?  
SAID NO TO AN IMPULSE SPEND?

Great job!

What's your reaction when bills land in your mailbox/inbox?

Are you always on the hunt for a deal or sale, or prefer to pay full price for items of quality?

How was money talked about in your childhood?

If you knew your budget inside out, how would that change your life and how you spend?

NOW THAT YOU'VE LOOKED AT YOUR MONEY HISTORY, LET'S FOCUS ON THE FUTURE :) 

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# My money future

Keep your eyes on the prize! Write yourself a little pep talk for those moments when you want to impulse spend or max out your credit card. You may want to give yourself compassion, or swear like a sailor. Whatever helps you cut through your own BS!

WRITE YOURSELF A PEP TALK FOR WHEN IT GETS HARD:

FINANCE BOOKS/RESOURCES TO MOTIVATE ME:

<input type="checkbox"/>	_____

# Money honey: date nights

Find your #rideordie Money Honey - a friend or family member you trust and feel comfortable to discuss your finances with. Use this list to keep track of your *money honey* date nights or meetups. Keep each other accountable as you look at your finances, and remember to follow up!

MY MONEY HONEY IS:

MEETING EVERY:

WKS / MTHS

	DATE	FINANCIAL DECISIONS MADE/NOTES	DONE!
1			<input type="checkbox"/>
2			<input type="checkbox"/>
3			<input type="checkbox"/>
4			<input type="checkbox"/>
5			<input type="checkbox"/>
6			<input type="checkbox"/>
7			<input type="checkbox"/>
8			<input type="checkbox"/>

# Money honey tasks

Bring this list to your date night with your *money honey*, and don't leave until you have some finance tasks added to smash out. Boring tasks are better done together! #bodydoubling

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 REWARD TO MYSELF AFTER:

---

---

 REWARD TO MYSELF AFTER:

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---

 KNOCK OFF & RELAX:

②

**Track**



# Household budget

FREQUENCY:

EXPENSES	BUDGETED	ACTUAL	DIFFERENCE	NOTES
<b>HOUSING</b>				
Mortgage / rent				
Home insurance				
Property taxes				
Misc.				
<b>TOTAL:</b>				
<b>VEHICLE</b>				
Registration / fees				
Servicing				
Tyres				
Fuel / gas				
Parking fees / tolls				
<b>TOTAL:</b>				
<b>GROCERIES</b>				
Weekly groceries				
Lunches				
Snacks				
Alcohol				
Takeout				
Meal kit subscription				
<b>TOTAL:</b>				
<b>UTILITIES</b>				
Electricity				
Water				
Gas				
HVAC				
Council rates				
<b>TOTAL:</b>				
<b>PERSONAL</b>				
Medical / dental				
Phone plan				
Internet				
Gym				
On-demand TV				
Child care				
<b>TOTAL:</b>				

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC





# Holiday budget

TRIP DATES:  
 LOCATION(S):  
 \$ CONV. RATE:



JAN
FEB
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AUG
SEP
OCT
NOV
DEC
+

EXPENSES	BUDGETED	ACTUAL	DIFFERENCE	NOTES
<b>TRANSPORT</b>				
Airfare(s)				
Airport parking				
Checked luggage				
Car rental / fuel				
Bus / taxi / train				
<b>TOTAL:</b>				
<b>ACCOMMODATION</b>				
Hotel				
Airbnb				
Parking				
<b>TOTAL:</b>				
<b>FOOD &amp; DRINK</b>				
Eating out				
Snacks				
Groceries				
Coffee / tea				
<b>TOTAL:</b>				
<b>ENTERTAINMENT</b>				
Attractions				
Sightseeing				
Organised tours				
Nightlife				
Shopping				
<b>TOTAL:</b>				
<b>OTHER</b>				
Travel insurance				
Passport(s) & Visa(s)				
Vaccinations				
Medications				
Mobile phone plans				
Currency exchange				
<b>TOTAL:</b>				

# Income vs. expenses

This simple cashflow template allows you to easily see whether you're earning more than you're spending. I've left the income blank because we all have different jobs/businesses etc. and then I've included some typical expenses (and you can add your own). Break everything down to weekly amounts (e.g annual expenses ÷ 52) to help make easier comparisons.

INCOME	ANNUALLY	MONTHLY	WEEKLY
<b>TOTAL:</b>			
<b>EXPENSES</b>			
Mortgage / rent			
Utility bills			
Groceries			
Eating out			
Phone & internet			
Vehicle & maintenance			
Fuel / transport			
Clothing			
Pets			
Kids			
Subscriptions			
Medical & dental			
Gifting			
Entertainment			
Car loan			
Student loan			
Personal loan			
Credit card / Buy Now Pay Later (e.g Afterpay)			
<b>TOTAL:</b>			

Now you can calculate your total weekly income minus your total weekly expenses:

(Income)                      (Expenses)

-  =



# Subscription tracker

Keep on top of your subscription services (especially the sneaky ones... I'm looking at you Audible!). Every time you subscribe to a new service (e.g. Netflix, Apps, music streaming, News, YouTube, Instagram in-app, cloud storage, etc). write the cost down here. No more #outofsightoutofmind! Add all your existing subscriptions too!

Tip: If payments are annual, set a reminder on your phone 5 days before your subscription auto-renews reminding you to cancel.



NAME/ DESCRIPTION	MONTHLY	QUARTERLY	ANNUALLY	



Handy tip: Apple, Android and Windows all have the ability to check and manage your subscriptions at a glance. Go to your profile (iOS) or your App Store profile page and choose 'Subscriptions'.





# Impulse buy checklist

Before you impulse purchase that shiny, tempting new thing, PAUSE! Slow down, and fill out the impulse buying checklist below. You've gotta tick every box & follow the arrows.

☹️ \$ \$ ITEM I WANT TO BUY:

1. Do I have the money to cover the cost?

YES!  NO → Hard pass! Back away slowly...



2. Have I budgeted for this item?

YES!  NO → No plan, no play! Review your budget and goals.



3. Have I paid all my incoming bills yet?

YES!  NO → Running water is important. Pay for that stuff first!



4. If I waited for 24 hours, would I still want this?

YES!  NO → Leave it 24 hours (use the 24 hour cart template!)



5. Am I owning this decision (no one is pressuring me)?

YES!  NO → Reconsider. Call your Money Honey...?



6. Is it a good investment?

YES!  NO → There's your answer. Put it back & waaalk away.



BUY IT!



Good job being conscious with your cash!

PUT IT BACK!







# Takeout tracker

MONTH:

This monthly tracker can help you **reduce** the number of days you buy takeout on impulse. Fill out the key, and colour the squares based on your spending. Assess & set goals if needed.

TAKEOUT LIMIT:

WEEKDAYS:
WEEKENDS:

COLOUR KEY:

No spend day!	<input type="checkbox"/>	\$20-40	<input type="checkbox"/>
\$0-10	<input type="checkbox"/>	\$40-60	<input type="checkbox"/>
\$10-20	<input type="checkbox"/>		<input type="checkbox"/>

*Tip: Using stickers makes this waaay more fun!*

1	2	3	4	5	6
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	<p>Tip: If meal planning &amp; grocery shopping makes you want to scream (believe me, I relate!), consider trying a meal kit subscription so you don't have to think about ingredients or worry about food wastage. It will work out much cheaper than getting takeout every night. Or you could try a hybrid approach of meal kits 4 nights a week, &amp; takeout/leftovers the other nights.</p>				

- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC
- +

# Spending habit tracker

Use this tracker if you want to assess your spending habits or reduce your number of unplanned purchases.

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
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20												
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23												
24												
25												
26												
27												
28												
29												
30												
31												

The goal of this tracker isn't to force yourself to create a lengthy no-spend streak (which only causes shame when you fall off the bandwagon), but to promote mindful and conscious spending that aligns with your values and supports your future self.

## DAILY SPEND LIMIT:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

## COLOUR KEY:

- No spend day!
- \$0-10
- \$10-20
- \$20-50
- \$50-100
- \$100-500
- \$500+



# Track:

Blank monthly tracker for you to add your own goals to track.

MONTH:

LIMIT / GOAL:

WHY AM I TRACKING THIS:

WEEKDAYS:

WEEKENDS:

*Tip: Using stickers makes this waaay more fun!*

1	2	3	4	5	6
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					

COLOUR KEY:

# Track:

Blank annual tracker for you to add your own financial specifics to track.

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
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25												
26												
27												
28												
29												
30												
31												

WHY I'M TRACKING THIS:

SPEND LIMIT:

WEEKDAYS:

WEEKENDS:

COLOUR KEY:

③

**Save**

# Savings wishlist

Keep track of gadgets, holidays, courses, tech tools, clothing and personal items you want to save up for here. Then use the '10 & 10 rule' or the Div/Con Savings Goal templates to make your savings goals a reality!

PRIORITY	I WANT TO SAVE UP FOR	WHY I WANT IT	DONE!
			<input type="checkbox"/>

# Future self savings jar

If you want to go with a more ad-hoc savings method (great for smaller goals < \$200), use this motivating money jar to track your progress. Write your goal on the lid of the jar and use colours to make it motivating to complete the entire jar. Your future self will thank you!

	DATE:	
	GOAL:	
\$		/ /
\$		/ /
\$		/ /
\$		/ /
\$		/ /
\$		/ /
\$		/ /
\$		/ /
\$		/ /
\$		/ /
	START	/ /

# Div/Con savings goal

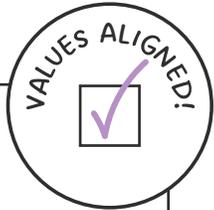
Constraints on divergent and convergent thinking come in handy when tackling learned behaviours like financial planning and control, that may not come naturally to us.

## 1. WHAT DO I WANT TO SAVE FOR:

Be direct and clear here. We'll get to emotions in the next step.

A car - I want a station wagon or van (no more than 8 years old)

## 2. WHY IS THIS IMPORTANT TO ME? HOW DO I WANT TO FEEL:



I want to be independent and in control of my own schedule

This checkbox reminds you to keep your reasons aligned with your core values.

Being on time to events is really important to me

A car is also a place to store my stuff at uni, so I don't have to lug it all around

I want the freedom to go on roadtrips and adventures to national parks

Sometimes I'm late using public transport, and that makes me angry (when things are out of my control)

I want a car that's big enough to sleep in, so I can go overnight camping with a friend

3. HOW MUCH I NEED TO SAVE: \$10,000

DEADLINE: Jan 2025

## 4. MAKE IT HAPPEN! CONVERGENT THINKING SAVINGS PLAN:

What practical steps do I need to take, that will help me achieve my financial goal?

- Calculate how much spare \$\$ I have to save per week
- Research online to do price comparisons and check my savings goal is on target
- Lock down the savings - make sure it's inaccessible (account without card, cash box with combination lock)
- Choose a method - cash, a specific account etc. where I will put the savings
- Final check - Does this plan meet SMART goals criteria?
- 

Stuck in a state of divergent thinking? Try asking a friend to help, or body doubling by both doing it.

# Div/Con savings goal

Constraints on divergent and convergent thinking come in handy when tackling learned behaviours like financial planning and control, that may not come naturally to us.

## 1. WHAT DO I WANT TO SAVE FOR:

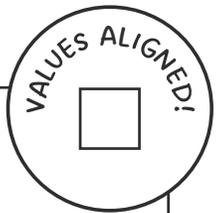
Be direct and clear here. We'll get to emotions in the next step.

---

---

## 2. WHY IS THIS IMPORTANT TO ME? HOW DO I WANT TO FEEL:

This checkbox reminds you to keep your reasons aligned with your core values.



## 3. HOW MUCH I NEED TO SAVE:

## DEADLINE:

## 4. MAKE IT HAPPEN! CONVERGENT THINKING SAVINGS PLAN:

What practical steps do I need to take, that will help me achieve my financial goal?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Stuck in a state of divergent thinking? Try asking a friend to help, or body doubling by both doing it.

TAP HERE FOR EXAMPLE

# The 10&10 rule

Need motivation to save for that larger \$\$ goal? I developed a method I call the '10 & 10 rule'. When I come up with a savings plan, I add an extra 10% to my savings goal. Then that 10% extra I split up and use as rewards throughout my savings journey. I find this method works well for goals anywhere up to \$5000. I also break down my savings goal into 10 bite-sized chunks.

Follow the numbered steps below to build an achievable savings goal with my 10 & 10 rule.

**1 WHAT ARE YOU SAVING FOR?**  
*A DSLR camera*

**WHY DO YOU WANT IT?**  
*To take nicer holiday photos I can print as larger sizes & frame*

**2 AMOUNT YOU NEED TO SAVE:**  
*\$1500*

**3 10 & 10 RULE CALCULATOR:**

SAVINGS GOAL:	<i>\$1500</i>
10% OF GOAL:	<i>\$150</i> (REWARD BUDGET)
NEW TOTAL:	<i>\$1650</i>
DIVIDE BY 10:	<i>\$165</i> PER WK / MTH

**4 CHOOSE YOUR REWARDS**

Take your 10% reward budget & divide it into three. They can be even or uneven amounts. Put a reward in each 🎉 slot.

**5 START TRACKING SAVINGS**

Track each \$ instalment, and work your way up to your goal. Colour in or add stickers - whatever keeps the dopamine flowing & motivation high!

SAVINGS GOAL: (INCL. EXTRA 10%) **\$1650**

**YOU DID IT!** 🎉

	10
	9
REWARD: <i>\$90 Massage</i>	🎉
<i>Make your last reward really juicy!</i>	8
	7
	6
REWARD: <i>\$30 New skincare item</i>	🎉
	5
<i>\$165 saved</i>	4
<i>\$165 saved</i>	3
REWARD: <i>\$30 Uber eats delivery</i> ✓	🎉
<i>\$165 saved</i>	2
<i>\$165 saved</i>	1

# The 10&10 rule

Need motivation to save for that larger \$\$ goal? I developed a method I call the '10 & 10 rule'. When I come up with a savings plan, I add an extra 10% to my savings goal. Then that 10% extra I split up and use as rewards throughout my savings journey. I find this method works well for goals anywhere up to \$5000. I also break down my savings goal into 10 bite-sized chunks.

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WHY DO YOU WANT IT?

**2 AMOUNT YOU NEED TO SAVE:**

**3 10 & 10 RULE CALCULATOR:**

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10% OF GOAL:	(REWARD BUDGET)
NEW TOTAL:	
DIVIDE BY 10:	PER WK / MTH

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SAVINGS GOAL: \$ (INCL. EXTRA 10%)	
	10
	9
REWARD: 🎉	
Make your last reward really juicy!	8
	7
	6
REWARD: 🎉	
	5
	4
	3
REWARD: 🎉	
	2
	1



TAP HERE FOR EXAMPLE

# Clutter cash

Need some quick cash to pay off debt, or want to save extra \$\$\$ for one of your savings goals? Looks like it's time to get rid of your old stuff! Take a look around your house, and what you might be able to **sell on Facebook Marketplace or Craigslist** for some money. Keep track of what you list & sell here.

ITEM TO SELL	LISTING PRICE	SOLD 	SALE PRICE



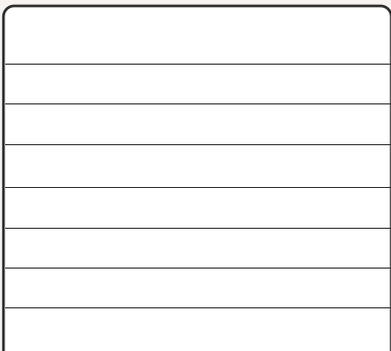
# Brain dump & journal



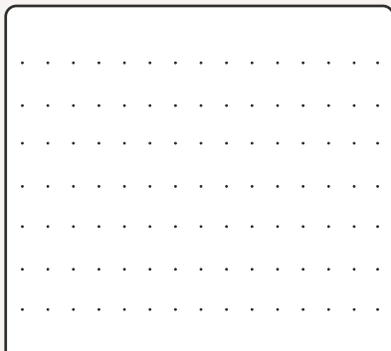
In this section:

(TAP TO NAVIGATE QUICKLY)

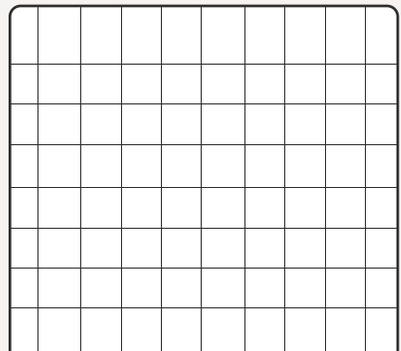
How it works



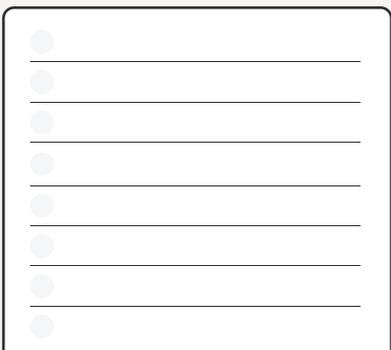
Brain dump (lined) →



Brain dump (dot) →



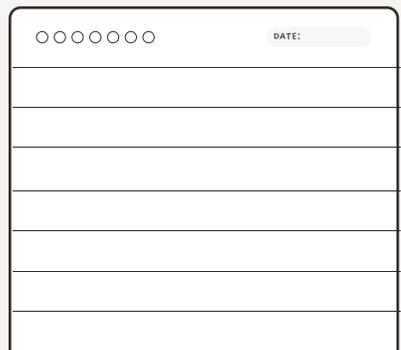
Brain dump (grid) →



Brain dump (list) →



Brain dump →



Journal →

# Brain dump & journal

## How to use:

- Use these brain dump & journal templates to get those whizzing thoughts out of your head and onto the page.
- Our templates include monthly brain dumps to categorise and find ideas easily later, and multiple layout options including lined, bullet journal, grid, checklist and blank. Find what works for you or mix it up!

JUST IN  
CASE  
YOU'RE  
*Curious*

## The science bits

### ADHD NEUROLOGICAL TRAIT

DELUGE OF CONSTANT THOUGHTS  
PINGING IN OUR BRAIN LEADING TO  
OVERWHELM AND FORGETFULNESS

### OUR PLANNER DESIGN

BRAIN DUMP PAGES WITH MULTIPLE  
LAYOUTS - LINED, GRID, CHECKLIST,  
BULLET JOURNAL AND BLANK PAGES

PREFERENCE FOR DIVERGENT (HIGHLY  
CREATIVE) THINKING AND AVERSION/  
APATHY TOWARDS CONVERGENT  
(LOGICAL, CATEGORICAL) THINKING

CONVERGENCE-MODIFIED BRAIN DUMPS  
FOR EACH MONTH OF THE YEAR, SO YOU  
CAN EASILY CATEGORISE AND FIND IDEAS  
BY EACH MONTH



# Brain dump

MON   
 TUE   
 WED   
 THU   
 FRI   
 SAT   
 SUN

DATE:

JAN
FEB
MAR
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# Brain dump

MON TUE WED THU FRI SAT SUN  
○ ○ ○ ○ ○ ○ ○

DATE:



JAN
FEB
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OCT
NOV
DEC
+



# Brain dump

MON TUE WED THU FRI SAT SUN  
○ ○ ○ ○ ○ ○ ○

DATE:

JAN
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DEC
+



# Journal



JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



MON TUE WED THU FRI SAT SUN

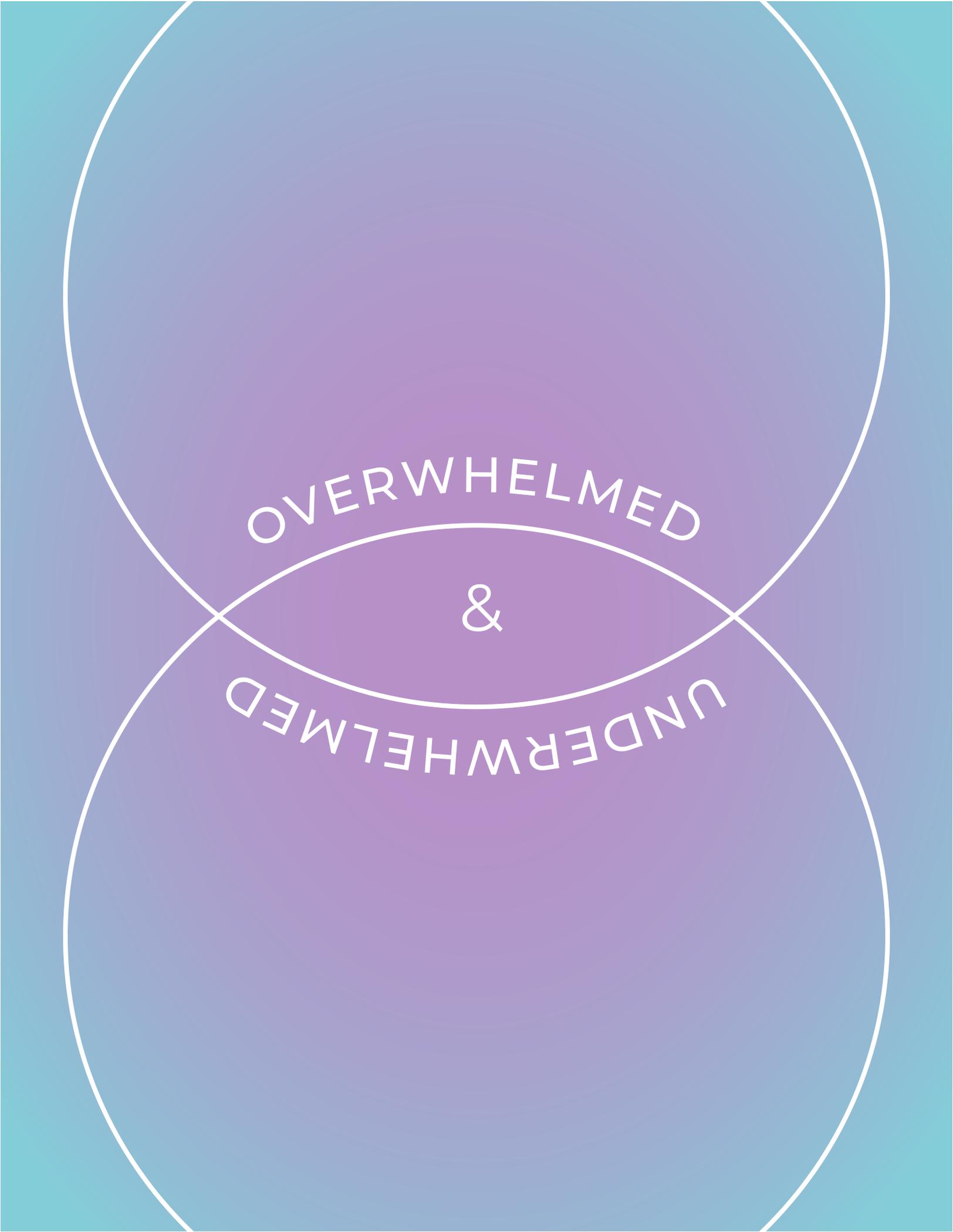


DATE:



# Cover Options

✦✦ Changing your cover is simple. Take your fave cover from the following templates, and click copy (usually from a drop down menu on the top right of your page) and then go to the top of the document and paste. You can then delete or copy/paste the old cover back to this section. Voila! ✦✦

A Venn diagram consisting of two overlapping circles. The top circle is light purple and the bottom circle is light blue. The intersection of the two circles is a darker purple. In the center of the intersection is a white ampersand (&). The text 'OVERWHELMED' is written in white, uppercase letters along the top inner edge of the purple circle. The text 'UNDERWHELMED' is written in white, uppercase letters along the bottom inner edge of the blue circle.

OVERWHELMED

&

UNDERWHELMED

*attention*  
**DIFFERENT**

**DOPAMINE  
MOTIVATED**



**OVERTHINKING 24/7**  
**OVERTHINKING 24/7**  
**OVERTHINKING 24/7**  
**OVERTHINKING 24/7**

**NEURODIVERGENT PLANNER**  
**NEURODIVERGENT PLANNER**  
**NEURODIVERGENT PLANNER**  
**NEURODIVERGENT PLANNER**

# LIFE PLANNER

**DOPAMINE  
MOTIVATED**

GOALS #GOALS

#GOALS #GOALS

LS #GOALS #GOALS

GOALS #GOALS

#GOALS #GOALS

LS #GOALS #GOALS

GOALS #GOALS

*daily  
focus  
friend*