



ADHD-Friendly Planner

A gentle approach to planning

Weekly Overview

Plan your week with kindness and intention. Prioritize tasks and schedule relaxation

Priorities:

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Letting Go:

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Appointments:

- _____
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- _____
- _____

Meals:

Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Gentle To-Dos:

Notes/Doodles:

ADHD Brain Dump

Sometimes our brains needs a clear-out to help find a calm space; use this space to record your thoughts, feelings, ideas, and anything else that you need to remove from your working memory.

Soothing Prompts: *Clear your mind by writing down everything that's swirling around. No judgment, just release.*

What's on your mind?

What are you grateful for today?

What are you looking forward to?

Soft Focus Page

Daily Focus: *A space to gently direct your attention and intention. Use it to visualize, meditate, or simply daydream.*

[] Task 1:

[] Task 4:

[] Task 2:

[] Task 5:

[] Task 3:

[] Task 6:

Circle the emoji that matches your current mood: 😊 😐 😞

Gentle Reminders: 💧 Drink water. 💧 🧘♀️ Take breaks. 🧘♂️ 🤗 Be kind to yourself. ❤️

Morning Routine Builder

List your ideal morning routine. Consider things that set a positive tone for the day.

Example Icons/Activities: ☀️ Wake up 💧 Drink water 🧘♀️ Meditate 💪 Exercise 📖 Read 📝 Journal
☕ Coffee/Tea 🍳 Breakfast 🚿 Shower

My Morning Routine:

Evening Wind Down

Prepare for restful sleep with a calming evening routine. Reduce screen time and embrace relaxation.

Sleep Prep:

- ☐ Dim lights
- ☐ Read a book/Journaling
- ☐ Gentle stretching/Yoga
- ☐ Calming/Herbal tea
- ☐ Set intentions for tomorrow

Reflection: What went well today?








- _____
- _____
- _____

Gratitude: What are you grateful for?

- _____
- _____
- _____

Hydration Tracker

Keep track of your daily water intake with this gentle tracker. Each drop represents a glass of water. Stay hydrated and circle each drop after each glass. 💧

- Monday: 
- Tuesday: 
- Wednesday: 
- Thursday: 
- Friday: 
- Saturday: 
- Sunday: 

Reset Checklist

Use this checklist to gently reset your energy and create a fresh start.

Weekly Reset:

- ☐ Clean workspace
- ☐ Meal plan
- ☐ Laundry
- ☐ Review schedule
- ☐ Plan soft activities

Monthly Reset:

- ☐ Deep clean
- ☐ Review finances
- ☐ Declutter
- ☐ Check in with goals
- ☐ Plan self-care activities

Gentle Goal Planner

Plan your goals with compassion and flexibility. Break them down into smaller, manageable steps.

Goals:

Obstacles:

Steps:

Supports:

Celebration Ideas:

Note to Self

A space for personal reflections, affirmations, and self-compassionate messages.

Prompt: What is one thing you appreciate about yourself?

Affirmation Page

Daily/Weekly Affirmations:

- I am worthy of love and happiness.
- I am capable of achieving my goals.
- I choose peace and calm in my life.
- I am grateful for all that I have.
- I trust in my journey.

Calming Prompts:

- What am I grateful for today?
- What is one act of self-compassion I can offer myself?
- What small step can I take towards my goals?

This planner is designed to be a gentle companion on your journey to focused living. Remember to be kind to yourself, celebrate small victories, and embrace the soft moments in life.