



2024
ADHD
PLANNER

ADHD GUIDE

EMBRACING ADHD

Discover the challenges and strengths that come with ADHD. Use the Strengths Questionnaire to identify your unique abilities.

AREAS OF CHALLENGE

STRENGTHS IDENTIFICATION

SUMMARY

LIFE BALANCE ASSESSMENT

Extend your exploration to key areas of life. Assess the current state of each aspect and identify areas for improvement.

RELATIONSHIPS

SOCIAL LIFE

GROWTH

CAREER

SPIRITUALITY

FINANCES

FAMILY

HEALTH

VISUALISE YOUR IDEAL LIFE

Use vision boards to create visual representations for the eight major areas of your life. Include images and words that embody your aspirations.

RELATIONSHIPS

SOCIAL LIFE

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SPIRITUALITY

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FAMILY

HEALTH

SET CLEAR GOALS

Define overarching goals after the exercises. Outline annual, monthly and weekly goals. Set specific, achievable goals that fit seamlessly into your envisioned future.

GOALS AT GLANCE

YEARLY GOALS

BUILDING ROUTINES

Develop a well-structured daily routine to support your broader goals. Focus on the key areas of your routine: Fitness, Self Care, Mental Wellbeing, Quality Sleep, Nutrition and Organisation.

ASPIRATIONAL ROUTINE

IDEAL DAILY ROUTINE

CORE DAILY ROUTINE

THRIVING WITH ADHD

Unlock the benefits of improved concentration, better focus, celebration of success and increased energy. By applying these strategies, you'll experience a more empowered and successful journey with ADHD.

ADHD FOCUS BOOSTER

DISTRACTION MANAGEMENT

ENERGY BOOSTING ACTIVITIES

ACHIEVEMENTS AND REWARDS

TEMPLATES

ROUTINES

- WEEKLY ROUTINE CHECKLIST
- DAILY ROUTINE CHECKLIST
- DAILY ROUTINE LIST

FITNESS

- WORKOUT TRACKER
- MONTHLY FITNESS PROGRESS

SELF-CARE

- SELF-CARE CHECKLIST
- WEEKLY SELF-CARE TRACKER

MENTAL CARE

- EMOTIONAL JOURNALING
- GRATITUDE JOURNAL
- AFFIRMATIONS

SLEEP

- BEDTIME ROUTINE
- SLEEP GOALS
- WEEKLY SLEEP REVIEW
- SLEEP JOURNAL
- SLEEP TRACKER

NUTRITION

- MEAL PLANNING CHECKLIST
- WEEKLY MEAL PLANNER
- BATCH COOKING PLANNER
- WEEKLY MEAL PLANNER

CHALLENGES

- 30-DAYS CHALLENGE
- 100-DAYS CHALLENGE

SPACE ORGANISING

- TIME-BASED CLEANING
- CLEANING PLANNER
- CLEANING PLANNER EMPTY
- WORKSPACE DECLUTTERING EMPTY
- WORKSPACE DECLUTTERING
- ROOM-BY-ROOM CLEANING
- ROOM-BY-ROOM CLEANING EMPTY

ADHD FOCUS BOOSTER

- DECISION-MAKING MATRIX
- PRO-CONS LIST
- BREAK DOWN COMPLEX TASK
- IMPACT/EFFORT MATRIX
- ABC METHOD
- THE 1-3-5 RULE
- EISENHOWER MATRIX

ADHD SYMPTOMS TRACKER

- MONTHLY ADHD SYMPTOMS
- WEEKLY ADHD SYMPTOMS

CUSTOM NOTES

- | | |
|---|----|
| 1 | 8 |
| 2 | 9 |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

NOTEBOOK PAGES

2024 2025 2026

JANUARY

	M	T	W	T	F	S	S
W1	1	2	3	4	5	6	7
W2	8	9	10	11	12	13	14
W3	15	16	17	18	19	20	21
W4	22	23	24	25	26	27	28
W5	29	30	31				

FEBRUARY

	M	T	W	T	F	S	S
W5				1	2	3	4
W6	5	6	7	8	9	10	11
W7	12	13	14	15	16	17	18
W8	19	20	21	22	23	24	25
W9	26	27	28	29			

MARCH

	M	T	W	T	F	S	S
W9						1	2
W10	4	5	6	7	8	9	10
W11	11	12	13	14	15	16	17
W12	18	19	20	21	22	23	24
W13	25	26	27	28	29	30	31

APRIL

	M	T	W	T	F	S	S
W14	1	2	3	4	5	6	7
W15	8	9	10	11	12	13	14
W16	15	16	17	18	19	20	21
W17	22	23	24	25	26	27	28
W18	29	30					

MAY

	M	T	W	T	F	S	S
W18			1	2	3	4	5
W19	6	7	8	9	10	11	12
W20	13	14	15	16	17	18	19
W21	20	21	22	23	24	25	26
W22	27	28	29	30	31		

JUNE

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W22						1	2
W23	3	4	5	6	7	8	9
W24	10	11	12	13	14	15	16
W25	17	18	19	20	21	22	23
W26	24	25	26	27	28	29	30

JULY

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W27	1	2	3	4	5	6	7
W28	8	9	10	11	12	13	14
W29	15	16	17	18	19	20	21
W30	22	23	24	25	26	27	28
W31	29	30	31				

AUGUST

	M	T	W	T	F	S	S
W31				1	2	3	4
W32	5	6	7	8	9	10	11
W33	12	13	14	15	16	17	18
W34	19	20	21	22	23	24	25
W35	26	27	28	29	30	31	

SEPTEMBER

	M	T	W	T	F	S	S
W35							1
W36	2	3	4	5	6	7	8
W37	9	10	11	12	13	14	15
W38	16	17	18	19	20	21	22
W39	23	24	25	26	27	28	29
W40	30						

OCTOBER

	M	T	W	T	F	S	S
W40		1	2	3	4	5	6
W41	7	8	9	10	11	12	13
W42	14	15	16	17	18	19	20
W43	21	22	23	24	25	26	27
W44	28	29	30	31			

NOVEMBER

	M	T	W	T	F	S	S
W44					1	2	3
W45	4	5	6	7	8	9	10
W46	11	12	13	14	15	16	17
W47	18	19	20	21	22	23	24
W48	25	26	27	28	29	30	

DECEMBER

	M	T	W	T	F	S	S
W48							1
W49	2	3	4	5	6	7	8
W50	9	10	11	12	13	14	15
W51	16	17	18	19	20	21	22
W52	23	24	25	26	27	28	29
W1	30	31					

2024 2025 2026

GOALS KEY DATES WISH LIST REVIEW NOTES

RELATIONSHIPS

LIFE BALANCE AND VISION BOARD

SOCIAL LIFE

LIFE BALANCE AND VISION BOARD

GROWTH

LIFE BALANCE AND VISION BOARD

CAREER

LIFE BALANCE AND VISION BOARD

SPIRITUALITY

LIFE BALANCE AND VISION BOARD

FINANCES

LIFE BALANCE AND VISION BOARD

FAMILY

LIFE BALANCE AND VISION BOARD

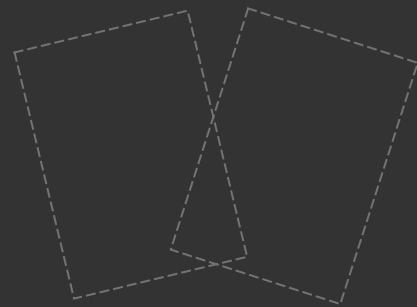
HEALTH

LIFE BALANCE AND VISION BOARD

2024 2025 2026

PEOPLE TO CONNECT WITH:

- _____
- _____
- _____
- _____
- _____



PLACES TO EXPLORE:

- _____
- _____
- _____
- _____
- _____



EXPERIENCES TO ENJOY:

- _____
- _____
- _____
- _____
- _____



BOOKS TO READ:

- _____
- _____
- _____
- _____
- _____



- _____
- _____
- _____
- _____
- _____



2024 2025 2026

GOALS KEY DATES WISH LIST REVIEW NOTES

NEXT >>

PERSONAL GROWTH AND DEVELOPMENT:

Reflect on the personal and emotional growth you've experienced over the past year. How have you developed as an individual and what lessons have you learned?

MAJOR ACHIEVEMENTS:

List and celebrate your major achievements and milestones. What goals have you achieved, and how do they contribute to your long-term goals?

CHALLENGES AND RESILIENCE:

Consider the challenges you have faced and how you have overcome them. What did these challenges teach you, and how did they contribute to your resilience?

GRATITUDE AND POSITIVITY:

Reflect on the moments, people and experiences for which you are most grateful. How has cultivating gratitude positively impacted your overall outlook?

2024 2025 2026

GOALS KEY DATES WISH LIST REVIEW NOTES

<< BACK

HEALTH AND WELLNESS:

Evaluate your physical and mental well-being throughout the year.
What habits have contributed to your well-being and what can be improved?

RELATIONSHIPS:

Evaluate the quality of your relationships with family, friends, and colleagues.
How have these relationships enriched your life and are there areas for growth?

LEARNING AND SKILL DEVELOPMENT:

Identify any new skills or knowledge you've acquired during the year.
How do these new skills contributed to your personal and professional growth?

SET INTENTIONS FOR THE NEW YEAR:

What are your goals and intentions for the coming year?
How can you leverage last year's successes for future plans?

2024 2025 2026

GOALS KEY DATES WISH LIST REVIEW NOTES



EMBRACING ADHD

[NEXT >>](#)

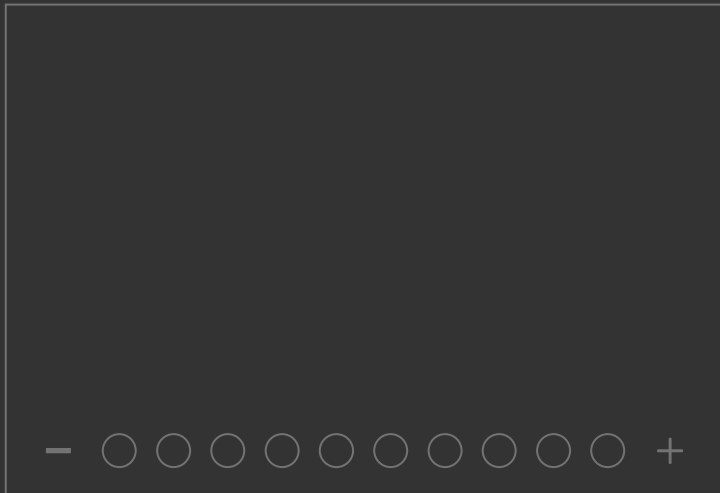
HEALTH AND WELLBEING:

How often do you struggle to maintain a consistent sleep schedule?



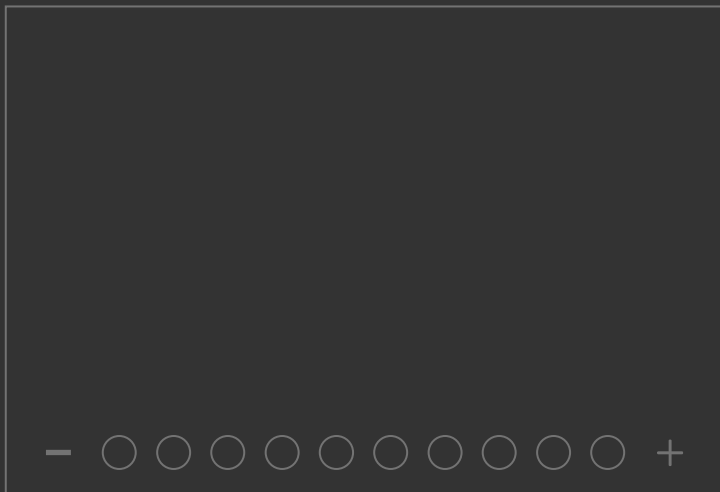
A horizontal scale for rating the frequency of struggling to maintain a consistent sleep schedule. It consists of 11 circles in a row, with a minus sign on the left and a plus sign on the right. The circles are currently empty.

Do you find it difficult to maintain a healthy diet or eating routine?



A horizontal scale for rating the difficulty of maintaining a healthy diet or eating routine. It consists of 11 circles in a row, with a minus sign on the left and a plus sign on the right. The circles are currently empty.

Do you have difficulty managing stress or dealing with emotional ups and downs?



A horizontal scale for rating the difficulty of managing stress or dealing with emotional ups and downs. It consists of 11 circles in a row, with a minus sign on the left and a plus sign on the right. The circles are currently empty.

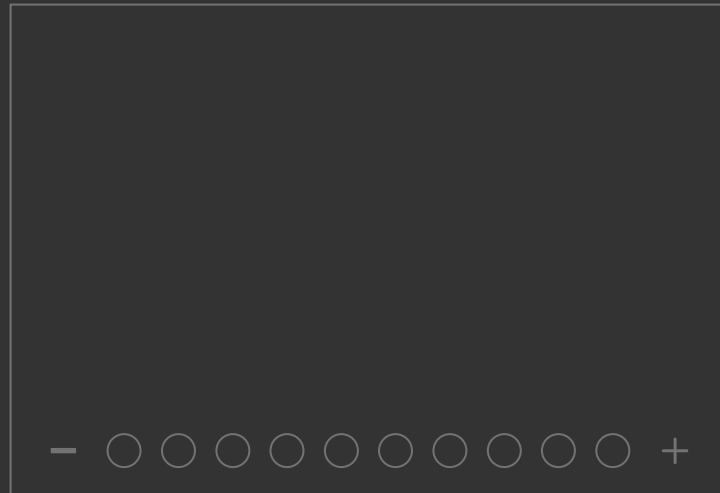
ORGANISATION AND TIME MANAGEMENT:

Do you often lose or misplace items such as keys, wallet or important documents?



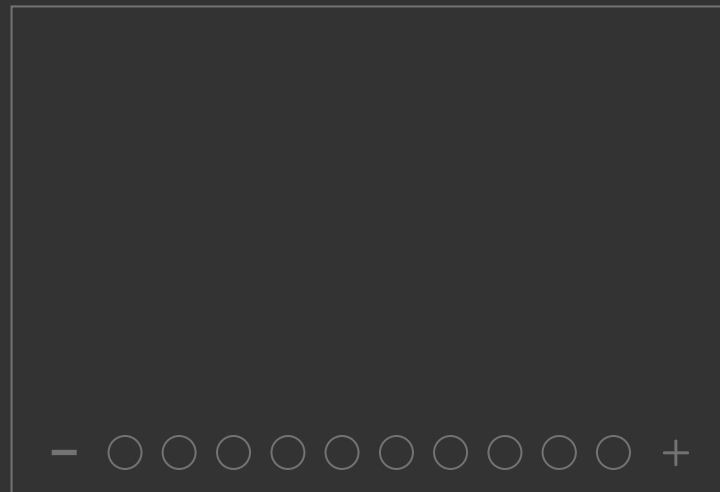
A horizontal scale for rating the frequency of losing or misplacing items. It consists of 11 circles in a row, with a minus sign on the left and a plus sign on the right. The circles are currently empty.

How often do you have trouble keeping track of appointments, deadlines or tasks?



A horizontal scale for rating the frequency of having trouble keeping track of appointments, deadlines or tasks. It consists of 11 circles in a row, with a minus sign on the left and a plus sign on the right. The circles are currently empty.

Are you easily distracted or do you have difficulty concentrating on specific tasks?



A horizontal scale for rating the frequency of being easily distracted or having difficulty concentrating on specific tasks. It consists of 11 circles in a row, with a minus sign on the left and a plus sign on the right. The circles are currently empty.

GRATITUDE JOURNAL

THREE THINGS I AM GRATEFUL FOR:

Think about three things you're grateful for today. They can be small or big - anything that brings you joy, peace or satisfaction.

MY POSITIVE EXPERIENCES:

Recall positive moments or experiences from your day. Acknowledge the good things that happened, no matter how small.

I APPRECIATE:

Think about people, situations or aspects of your life for which you're grateful. Express your gratitude for them and their positive impact on your life.

CLEANING PLANNER

DAILY

- Make the bed
- Wash Dishes
- Wipe Kitchen Table
- Quick bathroom wipe-down
- Vacuum high-traffic areas
- Declutter surfaces
- Wipe Kitchen Table
- Put away belongings and tidy up living areas

WEEKLY

- Clean mirrors and glass surfaces
- Clean Windows
- Dust Furnitures
- Change Beddings
- Do Laundry
- Take out trash and recycling
- Clean Bathroom
- Mop floors

MONTHLY

- Dust blinds and curtains
- Clean Fridge
- Wash windows and mirrors
- Clean and organise pantry shelves
- Wipe and declutter Kitchen Cabinets
- Scrub Stove & Burners
- Wash shower curtains or liners
- Vacuum upholstery

YEARLY

- Sanitise mattresses and pillows
- Vacuum behind large appliances
- Inspect and clean HVAC units
- Launder or dry-clean curtains
- Wash windows, inside and out
- Clean out gutters
- Deep clean carpets or hire professionals
- Pressure wash walls and driveways

MAY 2024

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

TOP PRIORITIES

- 1. _____
- 2. _____
- 3. _____

TO-DO

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

NOTES/BRAIN DUMP

HIGHLIGHTS OF THE MONTH

MAY 2024

RELATIONSHIPS GOALS:

STEPS TO TAKE:

SOCIAL LIFE GOALS:

STEPS TO TAKE:

GROWTH GOALS:

STEPS TO TAKE:

CAREER GOALS:

STEPS TO TAKE:

SPIRITUALITY GOALS:

STEPS TO TAKE:

FINANCIAL GOALS:

STEPS TO TAKE:

FAMILY GOALS:

STEPS TO TAKE:

HEALTH GOALS:

STEPS TO TAKE:

MAY 2024

HABIT:

1	2	3	4	5	6	7	8	9	10
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HABIT:

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HABIT:

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HABIT:

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MAY 2024

NEXT >>

REFLECT ON YOUR OVERALL WELLBEING:

On a scale of 1 to 10, how would you rate your overall well-being this month?
What changes can you make to improve your well-being next month?

ACHIEVEMENTS AND CELEBRATIONS:

List your major achievements and celebrate your successes.
What accomplishments are you most proud of this month?

GRATITUDE:

Recall three things for which you were grateful each week.
What recurring themes or patterns of gratitude do you notice?

CHALLENGES AND LEARNINGS:

Reflect on any challenges you faced. What did you learn from them?
How did you overcome obstacles, and what strategies worked best?

MAY 2024

<< BACK

PERSONAL GROWTH:

How have you grown personally in the last month?
What new skills or knowledge have you gained?

HEALTH AND WELLNESS:

How did you prioritise your physical and mental well-being?
What self-care practices were most beneficial?

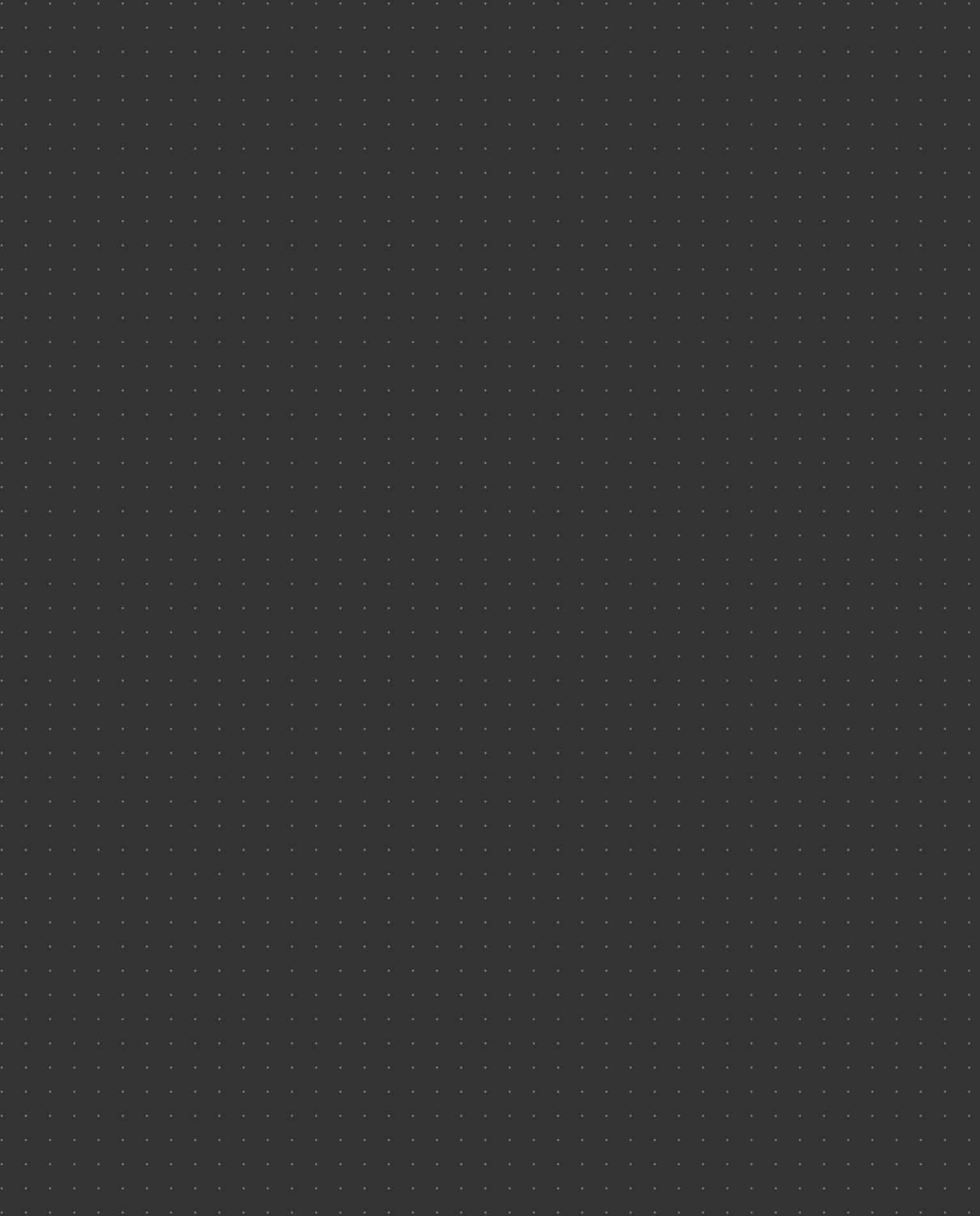
RELATIONSHIPS:

Think about your relationships with family, friends or colleagues.
How did you nurture and strengthen these relationships?

SETTING INTENTIONS FOR THE NEXT MONTH:

What are your goals and intentions for the coming month?
How can you build on the positive aspects of the current month?

MAY 2024

A large grid of small, light-colored dots on a dark background, intended for taking notes or journaling. The grid covers the majority of the page below the header and navigation elements.

