

20

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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

GROWTH

CAREER

SPIRITUALITY

FINANCES

FAMILY

HEALTH

## SET CLEAR GOALS

Define and set your overarching goals. 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
- WEEKLY TO-DO LIST
- TO-DO LIST
- START STOP LIST

## FITNESS

- WORKOUT TRACKER
- MONTHLY FITNESS PROGRESS

## SELF-CARE

- SELF-CARE CHECKLIST
- WEEKLY SELF-CARE TRACKER

## MENTAL CARE

- EMOTIONAL JOURNALING
- GRATITUDE JOURNAL
- AFFIRMATIONS
- DAILY GRATITUDE
- MONTHLY GRATITUDE
- DAILY MANIFESTATION
- DAILY REFLECTION

## 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
- RECIPE CARD
- RECIPE SHEET

## 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

## CHALLENGES

- 30-DAYS CHALLENGE
- 100-DAYS CHALLENGE

## CUSTOM NOTES

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

## NOTEBOOK PAGES

2024 2025 2026

GOALS KEY DATES WISH LIST REVIEW NOTES

### JANUARY

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

### FEBRUARY

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

### MARCH

	S	M	T	W	T	F	S
W9						1	2
W10	3	4	5	6	7	8	9
W11	10	11	12	13	14	15	16
W12	17	18	19	20	21	22	23
W13	24	25	26	27	28	29	30
W14	31						

### APRIL

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

### MAY

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

### JUNE

	S	M	T	W	T	F	S
W22							1
W23	2	3	4	5	6	7	8
W24	9	10	11	12	13	14	15
W25	16	17	18	19	20	21	22
W26	23	24	25	26	27	28	29
W27	30						

### JULY

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

### AUGUST

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

### SEPTEMBER

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

### OCTOBER

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

### NOVEMBER

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

### DECEMBER

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

2024 2025 2026

GOALS KEY DATES WISH LIST REVIEW NOTES

**RELATIONSHIPS**

LIFE BALANCE AND VISION BOARD

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**SOCIAL LIFE**

LIFE BALANCE AND VISION BOARD

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**GROWTH**

LIFE BALANCE AND VISION BOARD

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**CAREER**

LIFE BALANCE AND VISION BOARD

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**SPIRITUALITY**

LIFE BALANCE AND VISION BOARD

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**FINANCES**

LIFE BALANCE AND VISION BOARD

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**FAMILY**

LIFE BALANCE AND VISION BOARD

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**HEALTH**

LIFE BALANCE AND VISION BOARD

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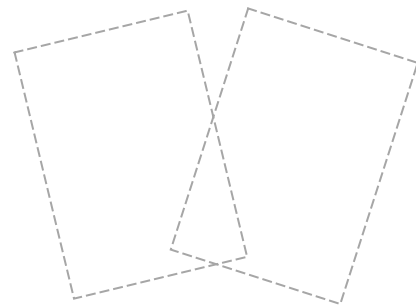


2024 2025 2026

GOALS KEY DATES WISH LIST REVIEW NOTES

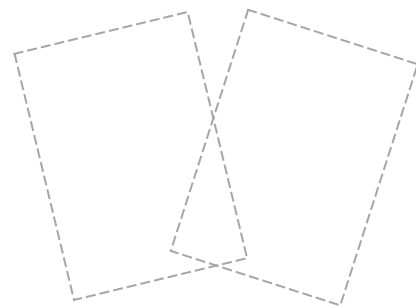
PEOPLE TO CONNECT WITH:

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



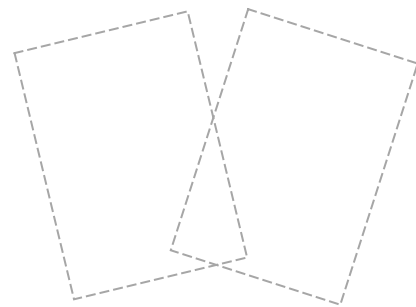
PLACES TO EXPLORE:

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



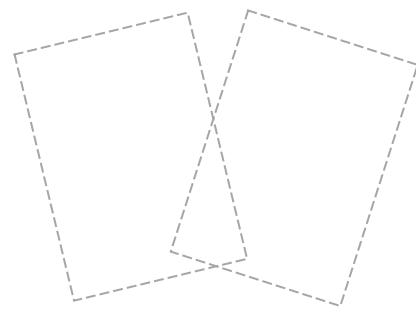
EXPERIENCES TO ENJOY:

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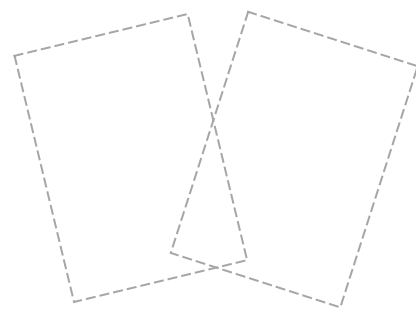


BOOKS TO READ:

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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?

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**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?

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**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?

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**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?

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2024 2025 2026

GOALS KEY DATES WISH LIST REVIEW NOTES

<< BACK

**HEALTH AND WELLNESS:**

Evaluate your physical and mental wellbeing throughout the year.

What habits have contributed to your wellbeing and what can be improved?

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**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?

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**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?

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**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?

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2024 2025 2026

GOALS KEY DATES WISH LIST REVIEW NOTES



# 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.

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## MY POSITIVE EXPERIENCES:

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

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## 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.

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# SELF-COMPASSION AFFIRMATIONS

- I deserve love and kindness.
- I accept my imperfections; they make me unique.
- I am allowed to prioritise my wellbeing.
- My self-worth is inherent, not dependent on achievements.
- I forgive myself for past mistakes; they do not define me.
- I honour my feelings and give myself permission to feel.
- I am worthy of compassion and understanding.
- I treat myself with the same kindness I extend to others.
- I release self-judgment and embrace self-acceptance.
- My worthiness is not determined by external validation.
- I recognise my strengths and honour my journey.
- I am capable of growth and learning from each experience.
- I have confidence in my ability to overcome challenges.
- I am worthy of self-care and nurturing my wellbeing.
- I set boundaries that prioritise my mental and emotional health.
- I am enough as I am at this moment.
- I show myself grace in moments of difficulty or setback.
- I embrace the journey of self-discovery with patience and understanding.
- I acknowledge my efforts and progress, no matter how small.
- I release the need for perfection and accept myself as a work in progress.
- I recognise my strengths and value them, even in times of doubt.
- I let go of self-criticism and choose self-compassion instead.
- I embrace my unique way of thinking; it adds depth to my perspective.
- I give myself the gift of time and patience to overcome challenges.
- In moments of overwhelm, I extend kindness to myself, knowing that it's OK not to have all the answers.
- I choose compassion over comparison, recognising my unique journey.
- I honour my efforts, even when the results differ from my expectations
- I allow mistakes to be lessons, not sources of shame.
- I learn to embrace my quirks as part of what makes me unique.

# RECIPE:

REVIEW:     

## INGREDIENTS:

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

## PREP TIME

## COOK TIME

## DIRECTIONS:

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## NOTES

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# 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

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

HABIT:

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

HABIT:

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

HABIT:

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

# MAY 2024

NEXT >>

## REFLECT ON YOUR OVERALL WELLBEING:

ON A SCALE OF 1 TO 10, RATE YOUR OVERALL WELLBEING THIS MONTH?

WHAT CHANGES CAN YOU MAKE TO IMPROVE YOUR WELLBEING NEXT MONTH?

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## ACHIEVEMENTS AND CELEBRATIONS:

List your major achievements and celebrate your successes.

What accomplishments are you most proud of this month?

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## GRATITUDE:

Recall three things for which you were grateful each week.

What recurring themes or patterns of gratitude do you notice?

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## 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?

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# MAY 2024

<< BACK

## PERSONAL GROWTH:

How have you grown personally in the last month?

What new skills or knowledge have you gained?

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## HEALTH AND WELLNESS:

How did you prioritise your physical and mental wellbeing?

What self-care practices were most beneficial?

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## RELATIONSHIPS:

Think about your relationships with family, friends or colleagues.

How did you nurture and strengthen these relationships?

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## 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?

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# MAY 2024





# WEDNESDAY, MAY 1, 2024

 [REVIEW](#)



Think of three things you feel  
blessed to have in your life

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Consider and set positive  
intentions for the day ahead

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Affirmations of the day  
to support your intentions

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How do you want to feel  
at the end of the day?

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Reflect on the opportunities of today  
and how you can embrace them

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Celebrate three small victories or  
accomplishments from the day

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Express gratitude for the support  
you have received today

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What are you looking forward  
to doing tomorrow?

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