

ADHD-FRIENDLY DAILY PLANNER



**FOCUS, MOTIVATION & SELF-
COMPASSION**

Built by someone who gets it — focus without the overwhelm

ABOUT ME

A JOURNEY OF UNDERSTANDING AND GROWTH

For years, I felt like I was **constantly falling behind**—struggling with school, emotions, and self-worth. No matter how hard I tried, I couldn't keep up. My thoughts raced, my energy levels fluctuated, and daily life often felt like an **uphill battle**.

When I was diagnosed with ADHD in adulthood, everything **suddenly made sense**. It was **validating but painful**—it explained my struggles, but also made me reflect on years of frustration, self-doubt, and exhaustion. I had spent so long **fighting my brain** when, in reality, it just **worked differently**.

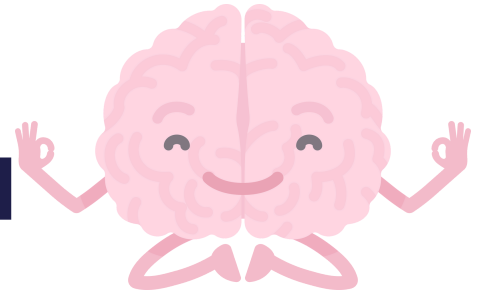
Why I Created This Planner

This planner isn't about **"fixing" ADHD**—because ADHD isn't something to fix. It's about building a system that works for your brain, helping you feel **less overwhelmed, more in control, and confident in your day-to-day life**.

I designed this planner based on my **own lived experience**—what actually worked when everything else failed. I know what it's like to **lose focus, feel stuck, and battle motivation**. My goal is to help you cut **through the chaos, build momentum, and create a structure that works for you**.

ADHD isn't a flaw—it's just a different way of thinking. With the right tools, support, and self-compassion, you can thrive.

WORKING WITH YOUR ADHD BRAIN



A Guide to Tailored Strategies that Work for YOU

ADHD is **not about laziness or lack of willpower**. Your brain is **dopamine-driven**, meaning that we naturally seek **rewarding, interesting, or urgent** tasks. This is why deadlines create motivation while mundane work feels **impossible**.

Rather than forcing yourself into traditional systems that don't work, ADHD brains thrive when using **custom strategies** that fit their strengths:

Practical ADHD-Friendly Strategies

Use External Structure to Support Internal Challenges

Set visual reminders & alarms (out of sight = out of mind).

Use timers, to-do lists, and apps that track tasks.

Time-blocking and scheduling tasks help prevent overwhelm.

Gamify Productivity & Task Initiation

Create mini-rewards for completing tasks.

Use **body doubling** (working alongside someone).

Turn routine tasks into a game (race the clock, set challenges).

Work WITH Your ADHD, Not Against It

Work in **bursts of focused attention**, followed by short breaks.

Learn to pause before making snap commitments.

Experiment with **different work environments** (background noise, movement, lighting).

The key isn't to "fix" your brain, but to learn what helps you thrive. You don't have to work harder—just smarter.

UNDERSTANDING ADHD

ADHD is more than just distraction or hyperactivity—it's a unique way of thinking. It affects focus, motivation, and executive functioning, but it's not about intelligence or effort. Instead of fighting your brain, learning how it works can unlock your hidden strengths.

 MY CHALLENGE	 HIDDEN STRENGTH
Time Management – Losing track of time, struggling to estimate how long tasks take.	Hyperfocus can be a superpower—when engaged, you can work deeply and efficiently.
Memory & Forgetfulness – Struggling to remember steps in a task.	Creative problem-solving allows you to adapt and find unique workarounds.
Task Initiation & Motivation – Feeling overwhelmed or “stuck” even when wanting to start.	Interest-driven work helps you excel in areas you're passionate about.
Emotional Regulation – Strong reactions, difficulty managing frustration.	Heightened emotional intelligence makes you empathetic and intuitive in social settings.
Impulsivity & Overcommitment – Saying “yes” too often, struggling to pause before acting.	Quick thinking and adaptability can help in fast-paced environments.

*ADHD challenges come with hidden strengths
learn how to use yours!*

WEEKLY MOOD & SELF-CARE LOG

Reflect on Mood for Each Day

- ✓ **Balanced & Motivated**
- ⚠ **Stressed or Overwhelmed**
- ✗ **Drained or Unfocused**

What obstacles did you face? What was tough?



What went well? What are you proud of?



How can my past experiences help me in the future?



MONTHLY REFLECTION

Biggest Emotional & Self-Care Wins 🏆



What Helped Me Feel My Best? 💡

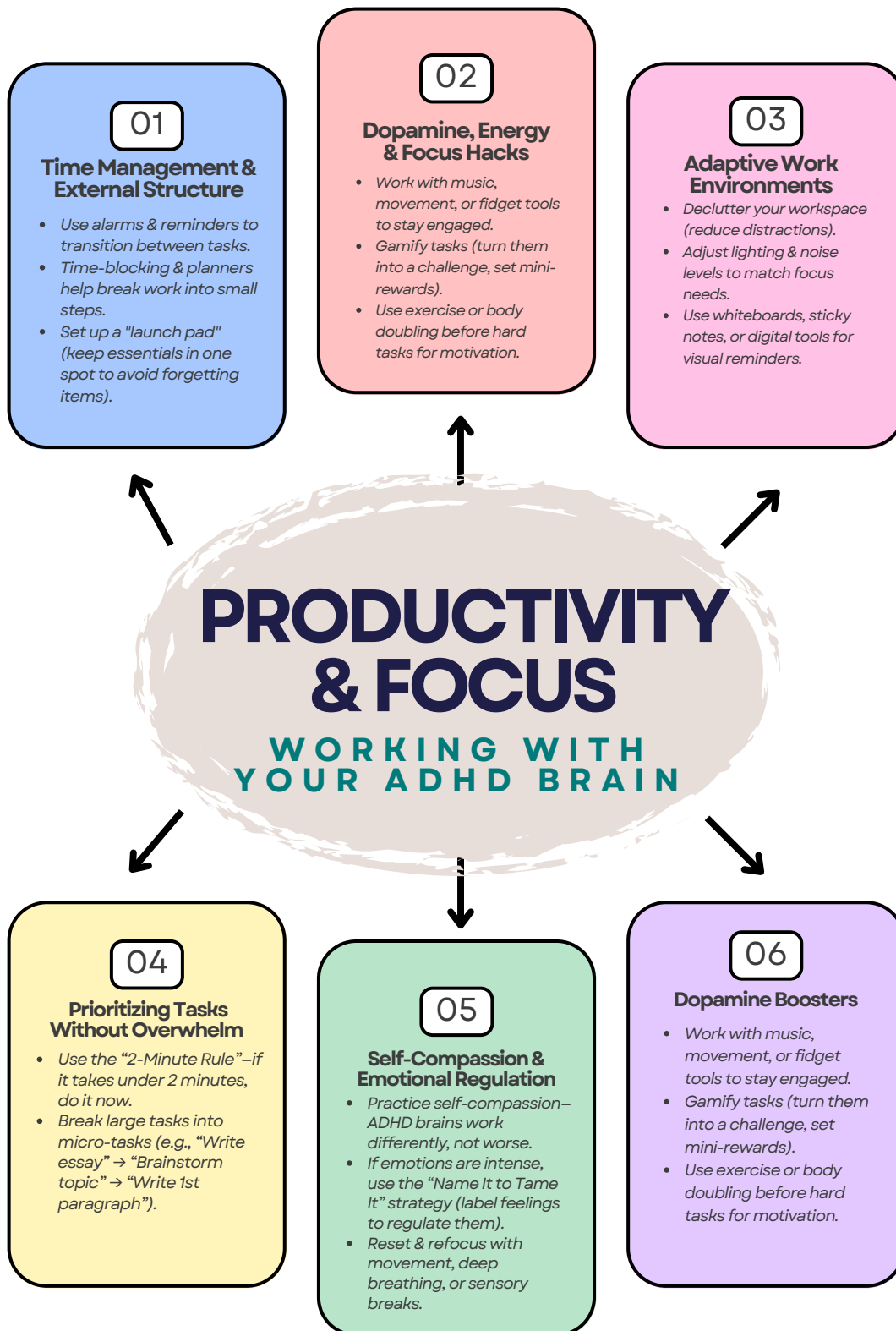
What Can I Improve? 🌸

Did I Notice Patterns in My Mood?

Grateful For? ✨❤️🌿🎵

Biggest Challenges of the Month? 📅

What I Need to Improve? 🧠



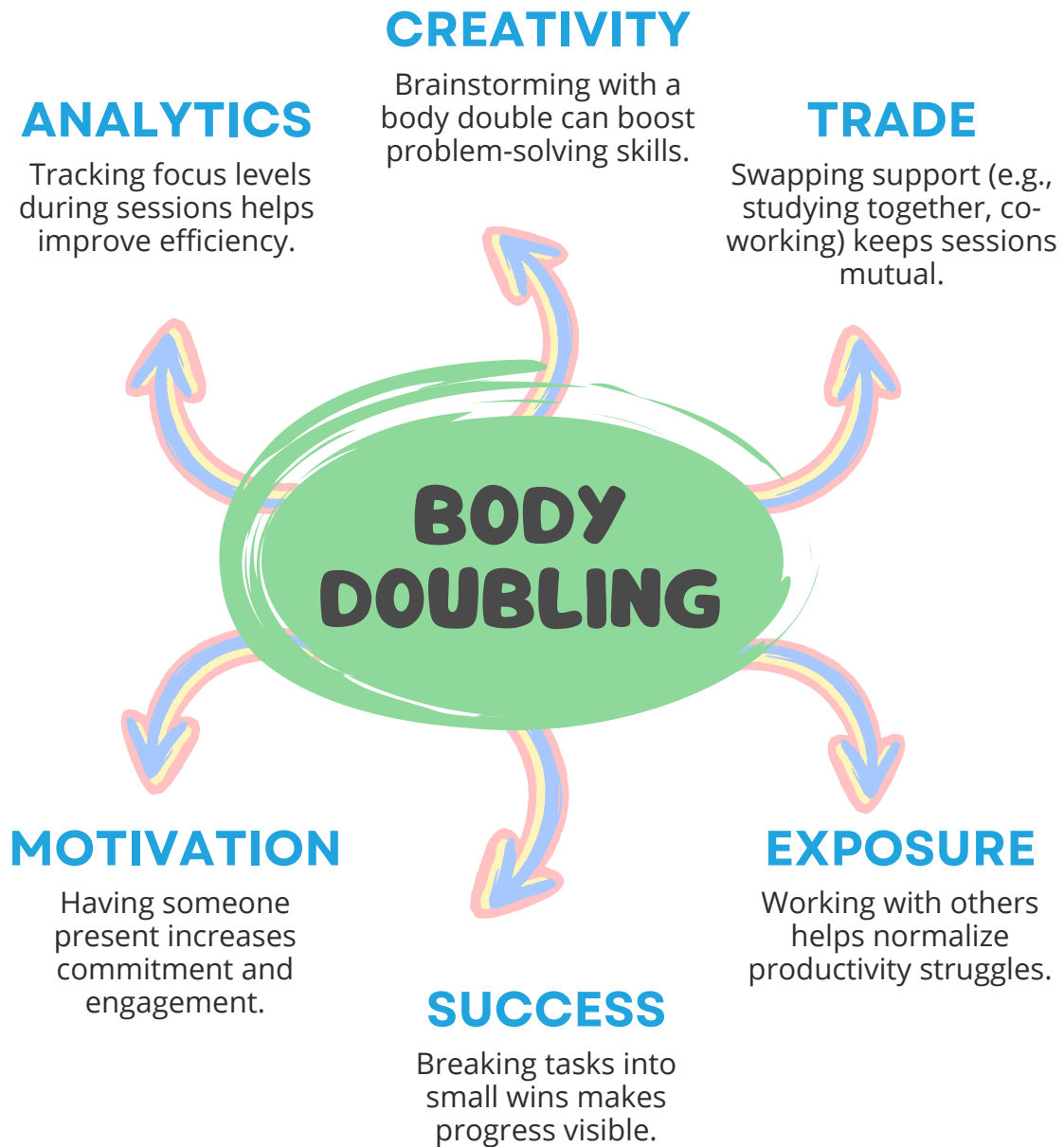
MINDFUL OF CHASING UNHELPFUL DOPAMINE HITS

Tracking your mood helps you recognize patterns, build self-awareness, and take control of your well-being. By identifying emotional shifts early, you can make intentional choices to support your mental health.



Color	Meaning	Signs to Look For	What to Do
Green (Balanced & Motivated)	You feel calm, focused, and engaged.	• Clear thinking • Energy • motivation.	Keep doing what works, set small goals.
Yellow (Stressed or Overwhelmed)	Stress is building, and you're feeling tense or restless.	• Anxious thoughts • Irritability • Difficulty focusing	Pause, breathe, use self-care strategies to reset.
Red (Emotionally Drained or Unfocused)	Feeling exhausted, stuck, or withdrawn.	• Lack of energy • Low motivation • Negative self-talk.	Slow down, prioritize rest, use self-compassion strategies.

CIRCLE YOUR MOOD COLOR FOR TODAY!



Body doubling is an ADHD-friendly strategy where you work alongside someone else (in-person or virtually) to stay focused and complete tasks. It helps reduce procrastination, increase motivation, and make overwhelming tasks feel easier.

THE 5-MINUTE RULE

The 5-Minute Rule is a simple ADHD-friendly trick to help you start difficult or boring tasks. Instead of thinking "I have to finish this," you tell yourself "I'll just do 5 minutes" and see what happens

KEY POINT CHECKLIST

- ✓ **Reduces Overwhelm** – Committing to just 5 minutes makes starting easier.
- ✓ **Activates Dopamine** – Getting started creates momentum, making it easier to continue.
- ✓ **Bypasses Perfectionism** – Instead of overthinking, you take immediate action.
- ✓ **Improves Productivity** – Even if you stop after 5 minutes, you've already made progress!

ADHD-FRIENDLY PRIORITY SYSTEM

Ever feel like everything on your to-do list is urgent? That's ADHD playing tricks on you. The truth is, not everything needs to be done right now. This system will help you separate what truly matters so you can work smarter, not harder.

1

Must-Do Today" (Non-Negotiable)

These are essential tasks that must happen today.
Examples:

- ✓ Attend an important meeting
- ✓ Pay a bill that's due

✓

✓

✓

✓

✓

✓

✓

✓

2

Would Be Nice Today" (Flexible Tasks)

These are things that can wait but would be helpful if done.
Examples:

- ✓ Organize your workspace
- ✓ Answer non-urgent emails
- ✓ Plan tomorrow's meals

✓

✓

✓

✓

✓

✓

✓

✓

3

Not Today, Future Me Can Handle This

Not Today, future me can handle this. Tasks that aren't urgent and can be scheduled for later.

Examples:

- ✓ Deep-cleaning the house
- ✓ Researching a new project
- ✓ Signing up for a new class

✓

✓

✓

✓

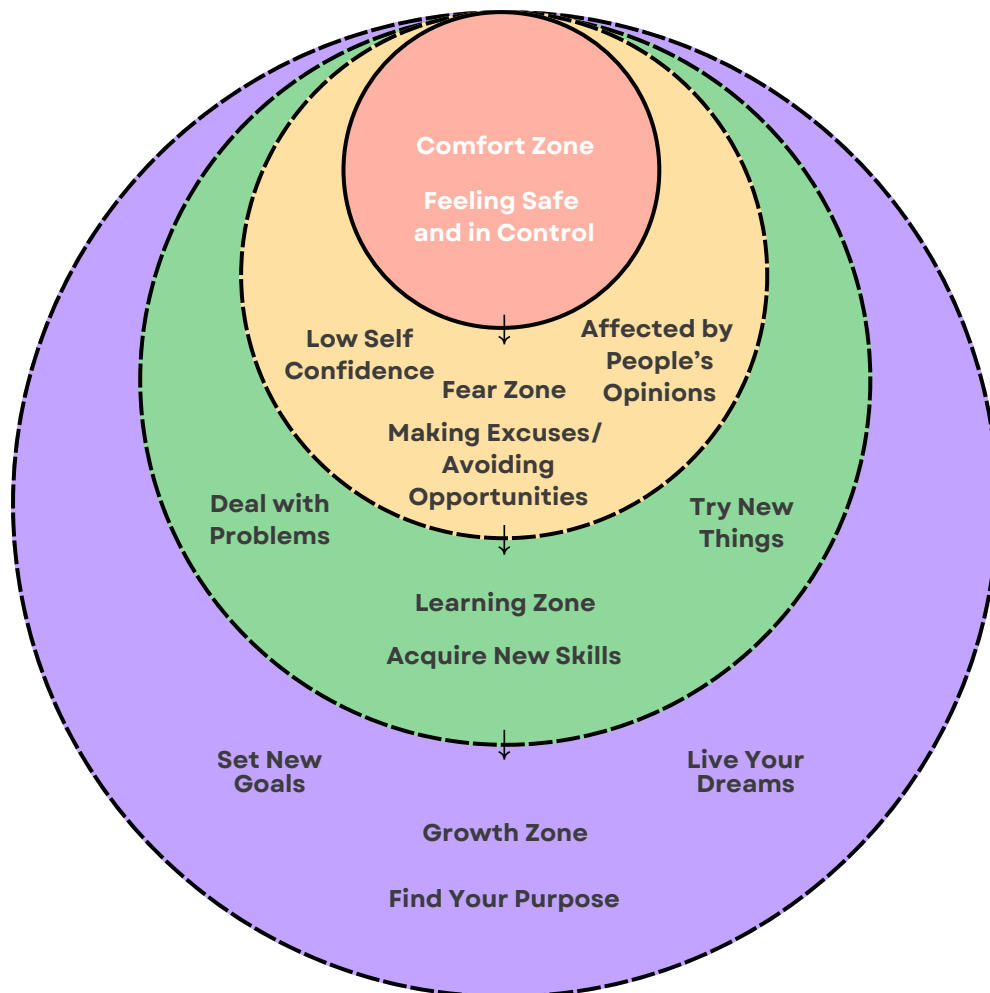
✓

✓

✓

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BREAK OUT OF YOUR COMFORT ZONE



Growth begins at the edge of your comfort zone. While staying in familiar routines may feel safe, it can also keep you stuck in fear and self-doubt. Moving through discomfort—by facing challenges, learning new skills, and embracing change—leads to personal growth and fulfillment. Every step forward expands your confidence, opening the door to new opportunities, self-discovery, and a more purposeful life.

GREEN ZONE COPING STRATEGIES

Activity	How It Helps	Example Actions
Stick to a routine 	Maintains momentum & structure	• Plan your day • Set small goals • Keep consistent sleep
Daily movement 	Boosts energy & mental clarity	• Walk • Stretch • Yoga • Short workout
Mindfulness practices 	Strengthens positive mindset & presence	• Deep breathing • Guided meditation
Social connection 	Prevents isolation & improves emotional well-being	• Call a friend • Join an online group • Meet in person.

**YOUR BRAIN ISN'T
BROKEN. IT'S
WIRED FOR
CREATIVITY,
RESILIENCE, AND
ADAPTABILITY.
YOU JUST NEED
SYSTEMS THAT
WORK FOR YOU**

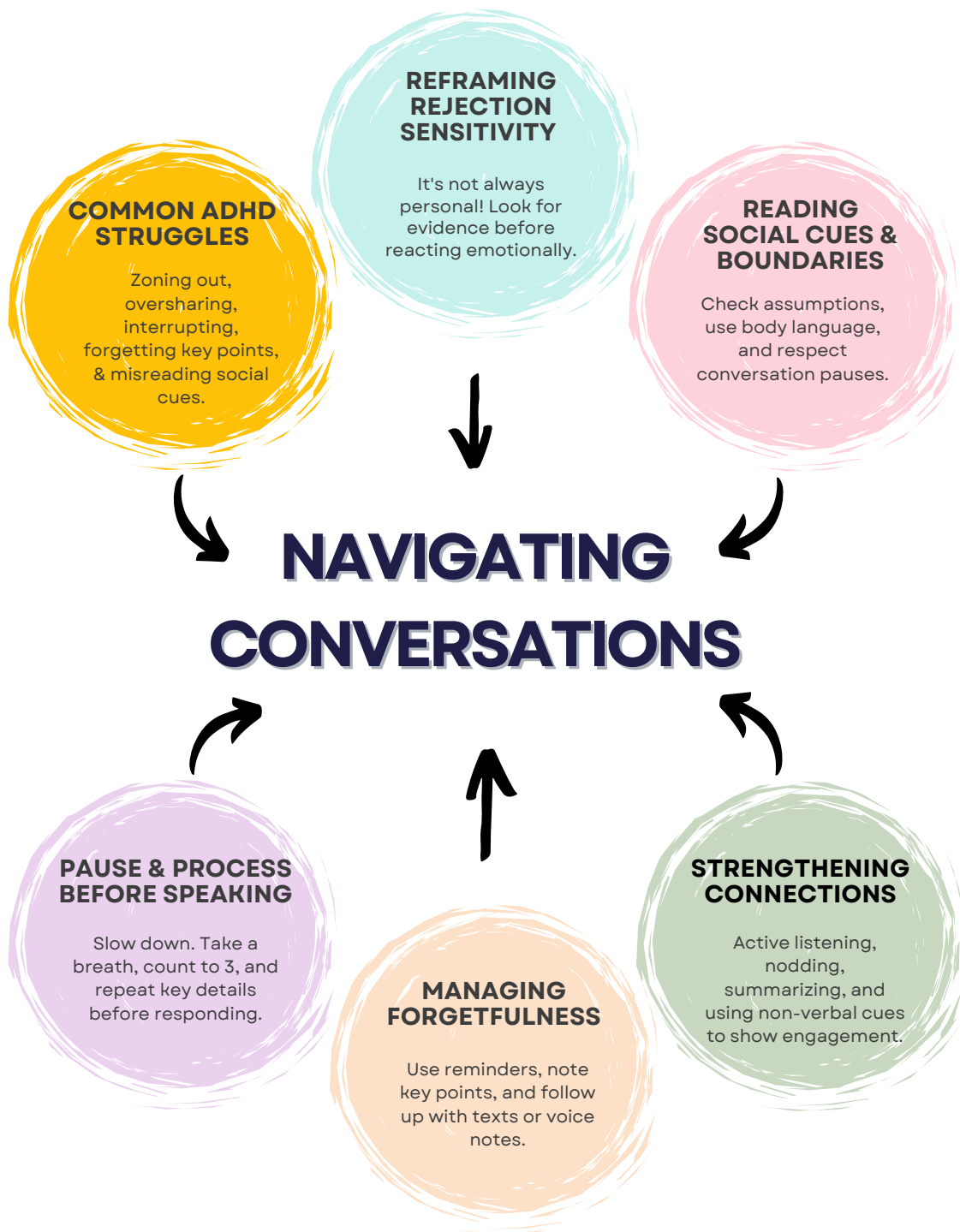
STRENGTHS OVER STRUGGLES

Everyone faces struggles. But for those with ADHD, the challenges can feel overwhelming. However, **every difficulty hides a hidden strength waiting to be recognized.** This guide helps shift your perspective—**recognizing struggles without shame & unlocking the strengths that come with them.**

Turning Struggles into Growth

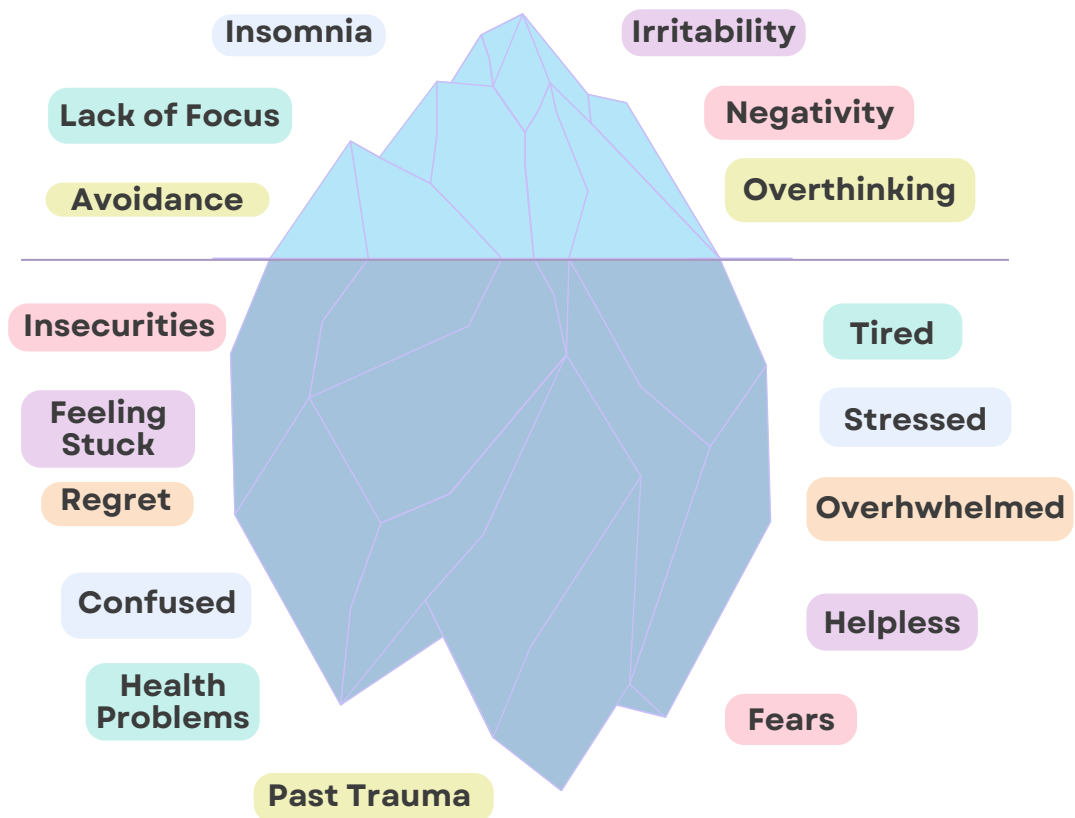
Rather than focusing on what you lack, look for the hidden strength behind each challenge. Ask yourself how your unique abilities have helped you grow and how you can channel your energy into something meaningful.

STRUGGLE I'VE FACED	WHAT IT TAUGHT MEANT
I was always seen as "lazy" because of my ADHD.	I now understand how my brain thinks differently. My strengths: hyper-focus, outside-the-box thinking, innovation.
I struggled with school and felt like I wasn't smart.	I process practical knowledge better and learn in non-traditional ways.
I have felt lost and out of place in social settings.	I've built deep empathy and can support others who feel the same. My experiences make me a better listener and a more compassionate friend.
I struggled with impulsivity and making quick decisions.	This helps me take more risks, push creative boundaries, and explore new ideas faster.
I used to believe my emotions were too intense and made me weak.	My sensitivity is a gift —it helps me read people well, build strong relationships , and notice details others miss.
I battled negative self-talk and feelings of not being enough.	My creativity, resilience, and compassion are strengths—not weaknesses.



Start small—awareness and practice strengthen social skills, reduce rejection sensitivity, and improve relationships. **Progress, not perfection**—communication improves with practice.

THE ANXIETY ICEBERG



Anxiety often presents itself through visible symptoms like insomnia, irritability, or overthinking—what we see above the surface. However, beneath these surface-level experiences lie deeper emotional and psychological struggles, such as past trauma, insecurities, and feelings of helplessness. Understanding the full picture of anxiety can help us address not just the symptoms but also the underlying causes, allowing for deeper healing and self-compassion.

Daily Focus & Task Breakdown

ADHD brains don't thrive with long, overwhelming to-do lists. Instead of trying to do everything, this page helps you focus on what actually matters. Just 3 main tasks—no more. If all you do is one thing today, that's still progress

Top 3 Focus Tasks – Choose Wisely!



Small Wins & Brain Dumps –
Celebrate & Clear Your Mind!



Brain-Dump & Extra Notes –
Empty Your Mind Here



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DONE IS BETTER THAN PERFECT

PERFECTIONISM KEEPS US STUCK—LET'S FOCUS ON PROGRESS INSTEAD

Small Progress List

Affirmation Section

[illegible]

COPING STRATEGIES

QUICK STRATEGIES TO MANAGE STRESS BEFORE IT ESCALATES

Warning Sign	Quick Reset Strategy	Example Actions
Feeling anxious or tense 	Use grounding techniques	• 5-4-3-2-1 sensory grounding, cold water on hands/face.
Racing thoughts 	Break the cycle with a brain dump	• Write out what's on your mind without judgment.
Overwhelmed by tasks 	Prioritize & simplify	• Use the "5-minute rule" to start small.
Easily irritated or overstimulated 	Reduce sensory input	• Dim lights, put on calming music, step outs

PRACTICAL TOOLS FOR MANAGING OVERWHELMING EMOTIONS

Practicing Self-Compassion and Acceptance

I used to believe I had to rely on others to feel good, but I learned that how I **perceive myself** is the key. Instead of focusing on my challenges, I started:

- **Accepting that I will make mistakes**—everyone does.
- **Recognizing that ADHD brings challenges, but fighting against them only makes things harder.**
- **Talking positively to myself** instead of reinforcing negative thoughts.

Taking Proactive Steps When Overwhelmed



When emotions feel too intense, I now focus on actions that I know will help me feel better:

- ✓ **Going for a walk** to clear my mind.
- ✓ **Practicing intensive sport like martial arts or surfing** to release tension.
- ✓ **Spending time with family or friends** for connection.
- ✓ **Controlling my breathing** to slow down my nervous system.
- ✓ **Breaking tasks into small steps** to prove to myself that I can move forward.

Using ADHD-Friendly Tools & Daily Habits



Now, I make sure to maintain **healthy habits** that support my well-being:

- ✓ **Regular sleep & healthy eating**
- ✓ **Reaching out when I need help**
- ✓ **Using ADHD-friendly strategies** to manage daily life
- ✓ **Practicing mindfulness & white noise** to calm my mind
- ✓ **Manifesting positive outcomes & reinforcing self-belief.**

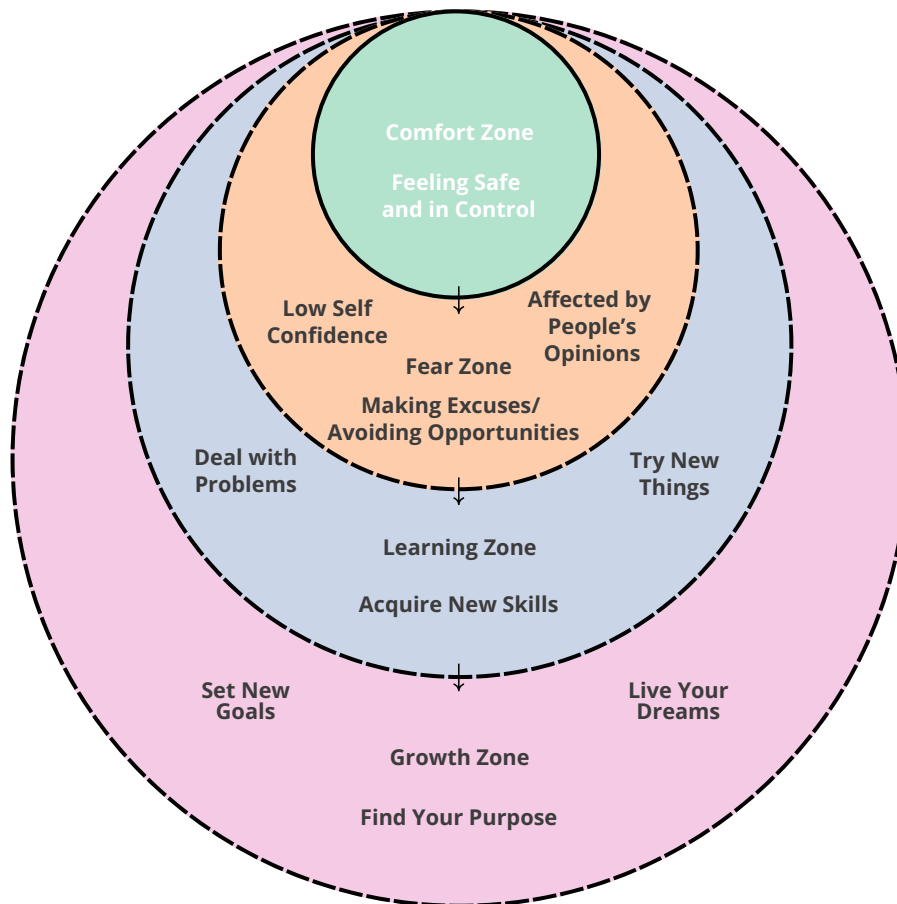
Fixed Mindset vs. Growth Mindset



Growth Mindset		Fixed Mindset	
"I understand that putting in effort is key to improving and achieving my goals"	EFFORT	"Effort is secondary to talent. If I'm not talented, why should I even try?"	
"I wonder what I can learn from them. What has made them successful?"	SUCCESS OF OTHERS	They are successful because they are naturally more talented or luckier than me."	
"This obstacle is difficult, but I am determined to find a way to overcome it."	OBSTACLES	"This is impossible, there's no way I can overcome this."	
"I'm not good at this yet, but I'm willing to put in the effort to improve."	SKILLS	"I'm just not good at this, I'll never be able to learn it."	
"This is a difficult challenge, but I am excited to learn and grow from it."	CHALLENGES	"I can't do this, it's too hard for me."	



BREAK OUT OF YOUR COMFORT ZONE



Growth begins at the edge of your comfort zone. While staying in familiar routines may feel safe, it can also keep you stuck in fear and self-doubt. Moving through discomfort—by facing challenges, learning new skills, and embracing change—leads to personal growth and fulfillment. Every step forward expands your confidence, opening the door to new opportunities, self-discovery, and a more purposeful life.

TIPS FOR

ADHD WELL-BEING & SUCCESS

01 Prioritize Rest & Nutrition

Fuel your brain with proper sleep, balanced nutrition, and movement. A well-rested body improves focus and emotional regulation.

01



02

Reduce Overwhelm & Stress

Manage sensory input, set boundaries, and create structured routines to avoid burnout and overstimulation.



03 Build Support & Connection

Surround yourself with people who understand ADHD and offer encouragement. Seek acceptance in neurodivergent communities.

03



04

Cultivate Self-Compassion

Shift negative self-talk into self-kindness. Progress over perfection—every small win counts!



5-4-3-2-1 COPING TECHNIQUE FOR ANXIETY

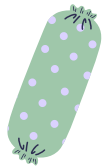
5

Acknowledge 5 things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.



4

Acknowledge 4 things you can touch around you. It could be your hair, a pillow, or the ground under your feet.



3

Acknowledge 3 things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.



2

Acknowledge 2 things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom, or nature outside.

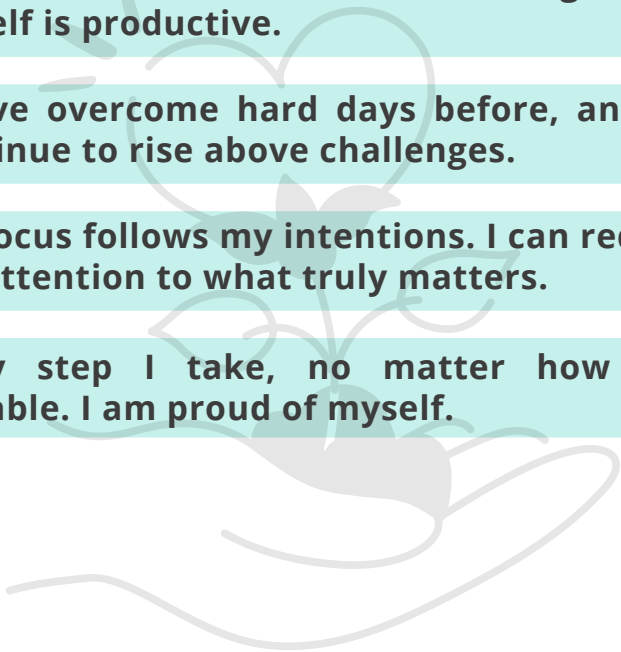


1

Acknowledge 1 thing you can taste. What does the inside of your mouth taste like-gum, coffee, or the sandwich from lunch?



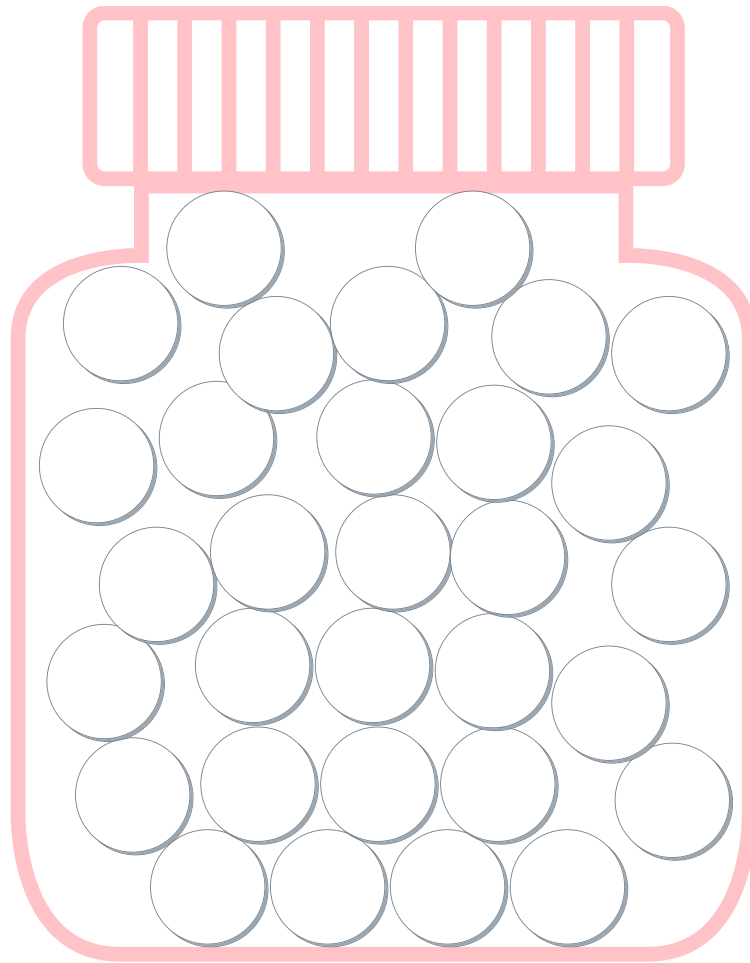
10 EMPOWERING AFFIRMATIONS FOR FOCUS & SELF-COMPASSION

- 1 I am doing my best, and that is more than enough.
 - 2 I am capable of achieving my goals, even if my journey looks different from others'.
 - 3 Small steps still move me forward. I embrace progress, not perfection
 - 4 My ADHD brain is creative, innovative, and filled with ideas that make a difference.
 - 5 I am on my own timeline. There is no 'too late' for my success.
 - 6 I let go of self-judgment and embrace self-kindness. I am learning every day.
 - 7 I do not have to earn rest. Taking care of myself is productive.
 - 8 I have overcome hard days before, and I will continue to rise above challenges.
 - 9 My focus follows my intentions. I can redirect my attention to what truly matters.
 - 10 Every step I take, no matter how small, is valuable. I am proud of myself.
- 

GROWTH OR FIXED MINDSET WORKSHEET

	Tick the correct column then self-assess your work	GROWTH MINDSET	FIXED MINDSET
1.	I'm not good at this		
2.	I love challenges		
3.	I don't like it when I make mistakes		
4.	This is too difficult		
5.	Practise makes perfect		
6.	I want to try again		
7.	When I get frustrated, I persevere		
8.	I can always improve, so I'll keep trying		
9.	When I fail, I learn		
10.	I'll never be as smart as her		

HABIT TRACKER CHALLENGE

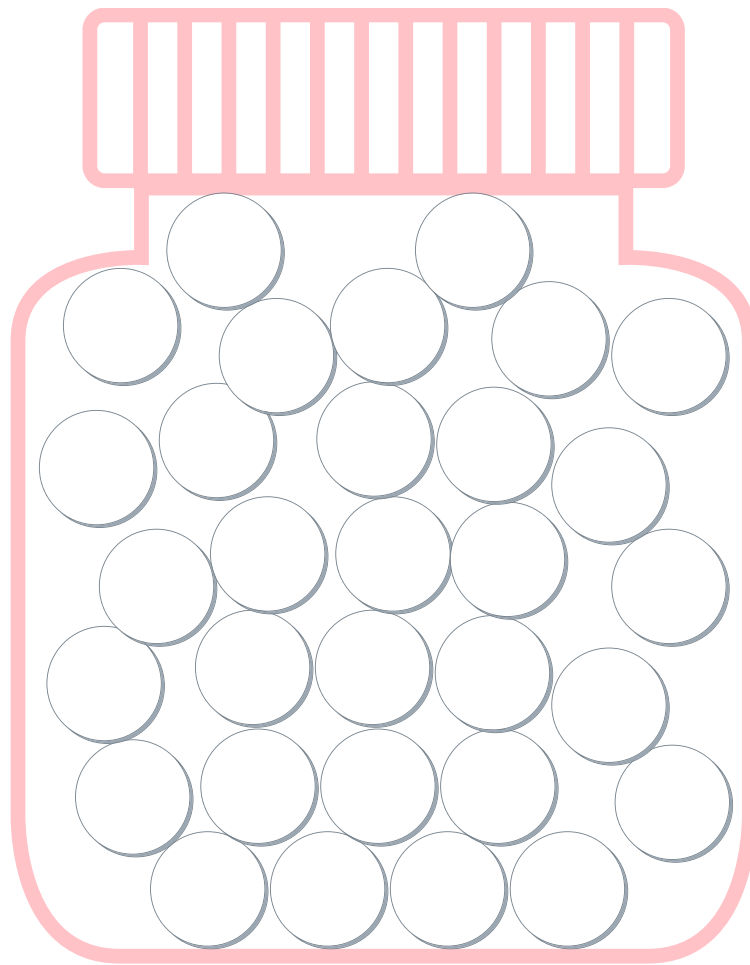


TIPS FOR SUCCESS

- ✓ **Keep habits small and achievable.**
- ✓ **Track progress** consistently, but don't stress about missed days.
- ✓ **Celebrate small wins** to keep motivation high!

***Every small step counts! Even if you miss a day,
keep going—progress over perfection!***

HABIT TRACKER CHALLENGE

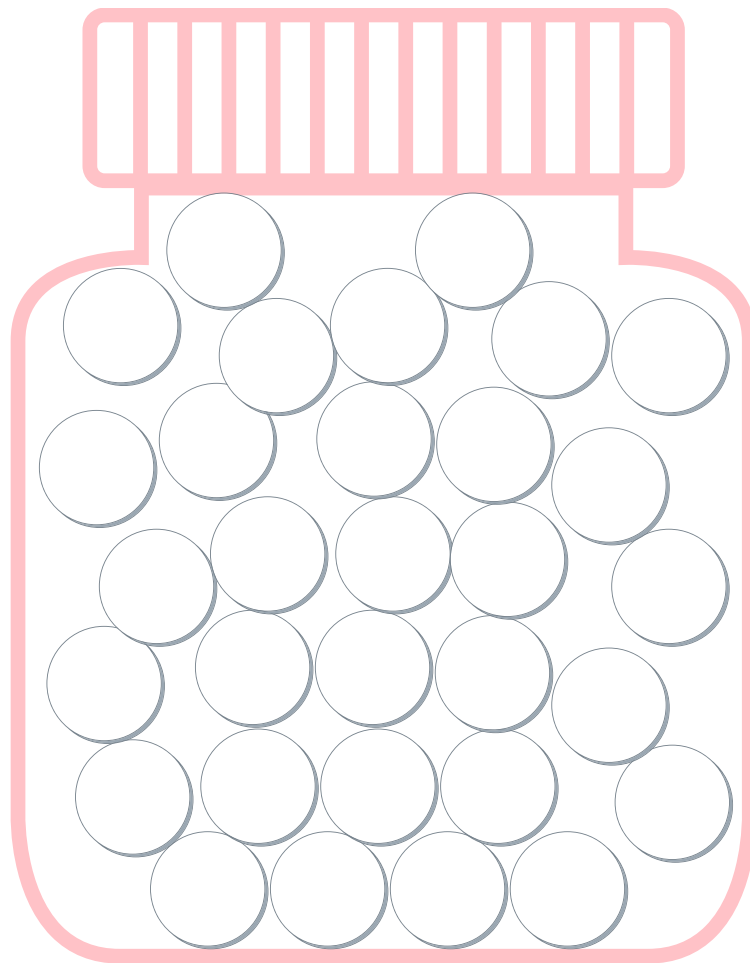


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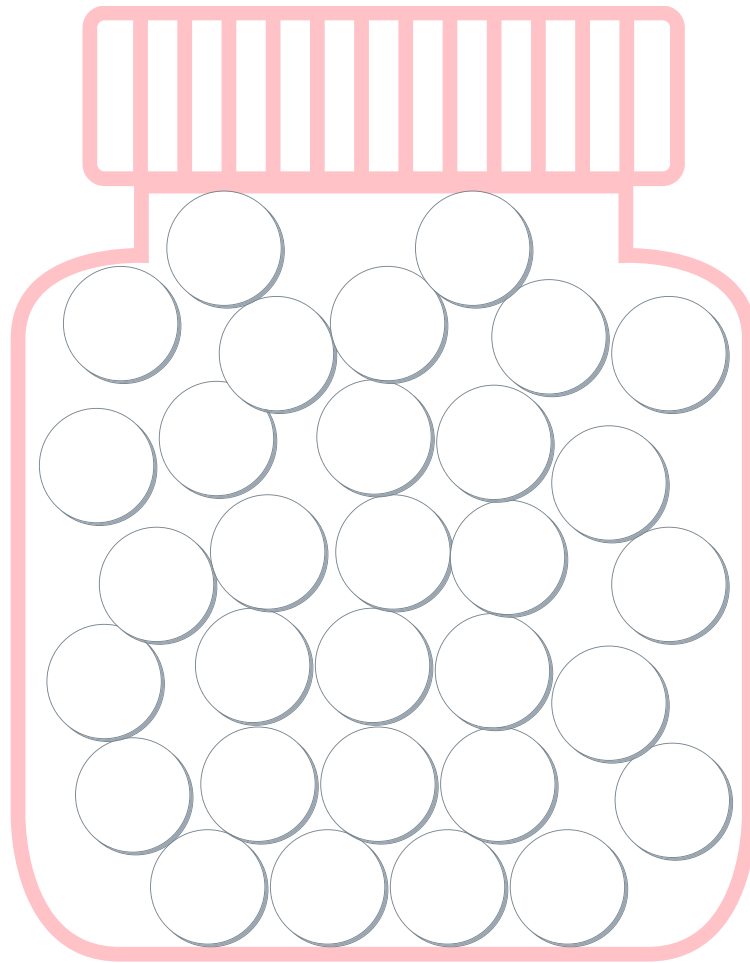


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NOTES & REFLECTIONS

What worked well for me this week?

What could I do differently? Wins (big or small)

I want to celebrate!

[illegible]

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[illegible]

UNMASKING & SELF COMPASSION

Letting Go of Who I Thought I Had to Be

For many of us diagnosed later in life, masking became a way to survive blending in, meeting expectations, or avoiding judgment.

But masking often came at a cost: disconnection, burnout, and never quite feeling like ourselves.

This Page is for gently uncovering those old roles and replacing them with truths that support who you are really are.

What I Used to Hide vs What's True About Me	
Where I Was Making	My Real Experience or Truth
I acted like I was "fine" even when I felt overwhelmed.	It was exhausting to keep up. I deserved support then, and I still do.
I laughed off confusion to avoid feeling dumb.	I process things differently that doesn't make me less intelligent.
I pushed myself to overachieve or people - please	I was trying to feel safe and accepted. I don't have to earn my worth
I blamed myself for being disorganized or forgetful.	These were ADHD symptoms, not moral failings.
I said "yes" to everything so people wouldn't see I was struggling	I'm allowed to have limits, and boundaries are healthy

You don't need to keep pretending to be okay.
You're allowed to take up space just as you are.

STRENGTHS BASED IDENTITY BUILDER

Reframing Who You Are Through the Lens of ADHD

You are not just a diagnosis — you're a full person with experiences, values,
and strengths.

This page is about rebuilding your identity in a way that's true,
empowering, and uniquely yours.

What do I excel at
because of ADHD?

✍️ Write down at least three things you're naturally good at or proud of
that may come from the way your brain works.

(Example: creative thinking, humour, noticing patterns, empathy, intense focus when
interested)

What are my values?

✍️ Consider what matters most to you – not
to society, but to you.

(Examples: honesty, freedom, compassion,
curiosity, authenticity, growth)

My core values are:

When do I feel most
authentic?

✍️ Think about moments when you've felt like
yourself. What were you doing? Who were
you with?

You don't have to rebuild your identity from scratch.

You're just uncovering the parts of yourself that were always there – waiting to be seen.

DAILY PLANNER

DATE

S M T W T F S

6:00	
7:00	
8:00	
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17:00	
18:00	
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21:00	
22:00	
23:00	

TOP 3 PRIORITIES

DAILY AFFIRMATIONS

FOR TOMORROW

Notes

WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

notes

MONTHLY PLANNER

MONTH _____

MON	TUE	WEN	THU	FRI	SAT	SUN

GOALS

☐ _____

☐ _____

☐ _____

☐ _____

NOTES

MONTHLY PLANNER

year

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTHLY PLANNER

year

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTHLY PLANNER

year

March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTHLY PLANNER

year

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTHLY PLANNER

year

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTHLY PLANNER

year

June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTHLY PLANNER

year

July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTHLY PLANNER

year

August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTHLY PLANNER

year

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTHLY PLANNER

year

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTHLY PLANNER

year

November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTHLY PLANNER

year

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

UNDERSTANDING OVERWHELM AND ANXIETY

For years, there were times when overwhelming emotions took control of my life. I battled negativity toward myself—**feeling stupid, forgetful, ugly, compulsive with eating and fitness**, and like I didn't belong. I felt like a burden, and experiences with bullying deepened that toll. When anxiety and depression took over, I was trapped in a **deep sense of shame and isolation**.

It felt like a **heavy cloud weighing me down**. I wanted to cry, but I felt I couldn't as a man. My body wouldn't move the way I wanted, and I carried a sense of darkness with me everywhere. It was a cycle—**negative thoughts led to more shame, which created more barriers, making me feel even more out of control**.

What Helped Me Cope and Overcome?



Through trial and error, I found ways to **navigate and process overwhelming emotions**. Here are some of the key strategies that helped me regain control:

Finding My Peace



Unintentionally, I discovered that **being in the ocean, exercising intensely, and stepping away from the mental health world for a moment** gave me space to breathe and feel grounded. Activities like **surfing, gym, and martial arts** allowed me to release pent-up emotions in a healthy way.

Acknowledging Anxiety as Just a Feeling



Over time, I've learned that anxiety **isn't who I am—it's just a feeling that comes and goes**. When negative thoughts or shame arise, I have two choices:

- **Let it spiral into negativity and self-hate**, making me feel even less in control.
- **Be kind to myself**, even when I make mistakes, and remind myself that this feeling will pass.

FINAL MESSAGE OF ENCOURAGEMENT & SELF-COMPASSION

For most of my life, I saw my struggles as proof of failure—missed deadlines, forgotten tasks, overwhelming emotions. I believed I wasn’t “good enough” or that ADHD made me different in a bad way. But over time, I discovered something powerful: difference isn’t a weakness—it’s a strength.

IF YOU’VE EVER THOUGHT

Why can’t I just get things done like everyone else?

Why do I feel motivated one day and completely exhausted the next?

Is something wrong with me? You are not alone.

Self-Compassion Reminder

This planner isn’t about perfection—it’s about progress. It’s about giving yourself permission to work with your brain, celebrate small wins, and create habits that actually work for you.

- Your worth is not measured by productivity.
- Your brain isn’t broken—it’s just wired differently.
- What works for others may not work for you, and that’s okay.
- You are learning how to work with your brain, not against it. And that is enough.



📌 **Need extra support?** Scan the QR code to connect with resources & ADHD-friendly tools!

