

UNDATED · DIGITAL + PRINTABLE

ADHD Focus Planner

Built for brains that jump, stall, and restart.
Fewer decisions. More permission to begin again.
No dates. No guilt. Start any day.



Brain Dump

Get it out of your head

Top 3

One clear focus

Safe-to-Spend

Money without shame

Reset Day

Start over clean

How to use this planner

Read once. Then ignore the rules when you need to.

1. Capture first

Use the Brain Dump page when your head feels loud. No order. No ranking. Just empty it.

2. Pick only three

Every day, choose up to three things that would make the day feel okay if they got done.

3. Use energy, not time

Mark high / medium / low energy. Match tasks to the energy you actually have.

4. Safe-to-Spend

Write what you can spend without checking accounts again. Reduces decision fatigue.

5. Reset is allowed

Missed a week? Use the Reset page. Cross nothing out. Start from today.

6. Leave blank space

Blank is not failure. It is room for a better day.

Tip: Duplicate daily pages in your annotation app as often as you need.

Brain Dump

Get everything out. Sort later. Or never.

Date / context: _____

THOUGHTS / TASKS / WORRIES

LATER / SOMEONE ELSE / MAYBE

Permission note: You do not have to act on every item. Dumping is the win.

Today's Top 3

If only three things get done, make them these.

Date: _____ Energy today: ☐ High ☐ Medium ☐ Low

1

ONE

2

TWO

3

THREE

PARKING LOT (not today)

Daily Focus

One day. One page. Enough.

Date: _____

Energy: ☐ High ☐ Med ☐ Low

Mood: _____

MUST DO (MAX 3)

- ☐ _____
- ☐ _____
- ☐ _____

TIME BLOCKS (OPTIONAL)

Morning _____

Midday _____

Afternoon _____

Evening _____

BRAIN PARKING

- _____
- _____
- _____
- _____
- _____

BODY & BASICS

- ☐ Water
- ☐ Food
- ☐ Meds / vitamins
- ☐ Move a little
- ☐ Outside air

ONE NICE THING

DONE LIST (ANYTHING COUNTS)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

END OF DAY (optional)

What worked a little? _____ What can wait?

Daily Focus

One day. One page. Enough.

Date: _____

Energy: ☐ High ☐ Med ☐ Low

Mood: _____

MUST DO (MAX 3)

- ☐ _____
- ☐ _____
- ☐ _____

TIME BLOCKS (OPTIONAL)

Morning _____

Midday _____

Afternoon _____

Evening _____

BRAIN PARKING

- _____
- _____
- _____
- _____
- _____

BODY & BASICS

- ☐ Water
- ☐ Food
- ☐ Meds / vitamins
- ☐ Move a little
- ☐ Outside air

ONE NICE THING

DONE LIST (ANYTHING COUNTS)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

END OF DAY (optional)

What worked a little? _____ What can wait?

Daily Focus

One day. One page. Enough.

Date: _____

Energy: ☐ High ☐ Med ☐ Low

Mood: _____

MUST DO (MAX 3)

- ☐ _____
- ☐ _____
- ☐ _____

TIME BLOCKS (OPTIONAL)

Morning _____

Midday _____

Afternoon _____

Evening _____

BRAIN PARKING

- _____
- _____
- _____
- _____
- _____

BODY & BASICS

- ☐ Water
- ☐ Food
- ☐ Meds / vitamins
- ☐ Move a little
- ☐ Outside air

ONE NICE THING

DONE LIST (ANYTHING COUNTS)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

END OF DAY (optional)

What worked a little? _____ What can wait?

Weekly Overview

Look ahead without planning every hour.

Week of: _____

[illegible]

THIS WEEK'S INTENTION

WINS (any size)

Habit Tracker

Track only what helps. Skip freely.

Month / stretch: _____ Goal: progress, not streaks.

	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
Took meds / vitamins	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Drank water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Moved body	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Ate a real meal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Went outside	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Brain dump done	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Top 3 written	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Screen-free wind-down	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
-----	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
-----	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
-----	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
-----	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Empty boxes are normal. Fill what you can. Restart any day.

Energy & Focus Map

Plan with the battery you have, not the one you wish you had.

HIGH ENERGY

Hard tasks, decisions, calls, deep work

MEDIUM ENERGY

Admin, errands, replies, light creative

LOW ENERGY

Rest, easy wins, body care, nothing

Today I will protect: _____

Example: one focus block, or a real lunch, or leaving on time.

Safe-to-Spend

Decide once. Reduce money decisions all week.

Week of: _____ Pay cycle: _____

THIS WEEK I CAN SPEND (without checking again)

\$ _____

ALREADY COMMITTED (BILLS, RENT, MUST-PAYS)

Housing / utilities

Debt minimums

Groceries baseline

Transport

Other fixed

FLEXIBLE SPENDING LOG

What	Amount	Still safe?

Shame-free rule
If you go over: note it, adjust next week. No catching up required on this page.

Reset Day

You are allowed to start from today.

Missed days do not need to be recovered. Cross nothing out. Write a new Top 3.
This page exists so restarting feels intentional, not like failure.

WHAT I AM PUTTING DOWN (FOR NOW)

MY NEW TOP 3 (FROM TODAY)

☐ 1

☐ 2

☐ 3

ONE BODY NEED RIGHT NOW

Starting again is a skill. You just practiced it.

Self-Care Menu

Pick from the list. No inventing required.

Body

- ☐ Stretch 5 min
- ☐ Shower / wash face
- ☐ Change clothes
- ☐ Drink water
- ☐ Eat something with protein
- ☐ Lie down 10 min

Brain

- ☐ Brain dump page
- ☐ Put phone in another room
- ☐ Timer for 15 min
- ☐ Outside air
- ☐ Noise / quiet change
- ☐ Ask for body double

Connection

- ☐ Text one safe person
- ☐ Voice note
- ☐ Pet time
- ☐ Sit with someone
- ☐ Cancel one thing
- ☐ Say no once

Joy / softness

- ☐ Favorite song
- ☐ Warm drink
- ☐ Show / comfort media
- ☐ Hobby for 10 min
- ☐ Sunlight
- ☐ Nothing — rest counts

Check one. That is enough for this page.

Open Notes

Overflow, ideas, scripts, reminders.

Label: _____