Adhd-Friendly Simple Digital Planner

Preview: file inventory and watermarked sample pages. Not the full product.

Files in the download

Simple-Focus-Planner-ADHD-Friendly-Printable-Letter.pdf
Printable edition, US Letter portrait, 130 pages, 0.65 in margins.

Simple-Focus-Planner-ADHD-Friendly-Digital-Hyperlinked.pdf
Hyperlinked digital edition, landscape 4:3 for tablets, 130 pages with side tabs and 1178 internal links.

Simple-Focus-Planner-ADHD-Friendly-User-Guide.pdf
How to print, how to navigate the digital edition, and tips (2 pages).

README.txt
Quick start and license summary.

Start here

HOW THIS PLANNER WORKS

- Use one daily page at a time. Undated pages mean a skipped day costs nothing - just turn to the next blank page.
- Pick only three must-dos. If you finish them, anything else is a bonus.
- Write tasks as the very first physical step: 'open the laptop and find the form', not 'do taxes'.
- The done list counts everything you finished, including things that were not planned.
- Use the brain dump whenever your head feels crowded, then sort it on a brain dump page later.
- This is a planning tool with fewer fields and bigger boxes. It is not a medical or treatment product.

SAMPLE

THREE THINGS THAT HELP ME GET STARTED

Today

Day 1 of 90

Date _____ **Energy now: low / medium / high** _____

☐ **Must do 1**

☐ **Must do 2**

☐ **Must do 3**

MORNING

AFTERNOON

EVENING

BRAIN DUMP (ANYTHING ON YOUR MIND)

DONE LIST (COUNT EVERYTHING!)

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

How did today go? ① ② ③ ④ ⑤

SAMPLE

Brain dump sort

Write each item in one box, then cross it out here when it's handled

DO NOW (UNDER 10 MIN)

SCHEDULE (PICK A DAY)

SOMEDAY / MAYBE

LET IT GO / DELEGATE

SAMPLE

Today

Day 1 of 90

Date _____ **Energy now: low / medium / high** _____

- [ ] **Must do 1**
- [ ] **Must do 2**
- [ ] **Must do 3**

MORNING

AFTERNOON

EVENING

BRAIN DUMP (ANYTHING ON YOUR MIND)

DONE LIST (COUNT EVERYTHING!)

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

How did today go? 1 2 3 4 5

SAMPLE