

ADHD

ADULT PLANNER



This Book Belongs To

ANNUAL OVERVIEW

YEAR: _____

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

FRESH ADHD

MONTHLY PLANNER

MONTH OF: _____

MY FOCUS IS ON

MY VISION IS

I'M EXCITED FOR

I'M GRATEFUL FOR

TO-DO

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

MAIN GOALS

- n.1 _____
- n.2 _____
- n.3 _____
- n.4 _____
- n.5 _____
- n.6 _____
- n.7 _____
- n.8 _____

APPOINTMENTS & DEADLINES

BIRTHDAYS

WEEKLY PLANNER

WEEK OF _____

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

PRIORITIES

-
-
-
-
-
-

TO-DO

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

Notes



FRESH ADHD

DAILY PLANNER

Date : _____

Schedule

6.00 Am	
7.00 Am	
8.00 Am	
9.00 Am	
10.00 Am	
11.00 Am	
12.00 pm	
1.00 pm	
2.00 pm	
3.00 pm	
4.00 pm	
5.00 pm	
6.00 pm	
7.00 pm	
9.00 pm	
8.00 pm	
10.00 pm	
11.00 pm	
12.00 pm	

This Week's Focus

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Priorities

To Do List

Notes

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TO DO LIST



GRATITUDE JOURNAL

WEEK : _____

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	



SELF-CARE GOAL PLAN

MAIN GOAL:

MENTAL & SPIRITUAL

PHYSICAL

SOCIAL

START DATE : _____ END DATE : _____ DURATION : _____

OBJECTIVES

ACTION STEPS

DUE

ACTION STEPS	DUE

RESULTS

DAILY SELF-CARE

DATE : _____

M T W T F S S

TODAY'S GOAL : _____

TO-DO LIST

<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

WHAT AM I GRATEFUL FOR TODAY:

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

MEALS

B	L	D
KCAL:	KCAL:	KCAL:

WATER INTAKE : 

TODAY'S EXERCISE

<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

✦ ✦ ✦ DAILY *check in*

DATE:

DAY:

TODAY'S I AM CAREFUL FOR

1. _____>
2. _____>
3. _____>
4. _____>
5. _____>
6. _____>
7. _____>

WHAT WAS THE BEST THINGS TODAY

THINGS I DID TODAY

TODAY'S AFFIRMATION



FRESH ADHD

PEOPLE I MEET TODAY

ABOUT TODAY

TODAY'S I FEEL IT



MY RANKING OF TODAY



NOTES

30 DAY SELF-CARE CHALLENGE

DAY 1 Start a gratitude journal	DAY 2 Learn to meditate	DAY 3 Spend the day social media free	DAY 4 Call someone you love	DAY 5 Take a 15 minute walk outdoors
DAY 6 Listen to a podcast	DAY 7 Learn to cook a new recipe	DAY 8 Stretch for 10-15 minutes	DAY 9 Listen to your favorite song	DAY 10 Practice deep breathing
DAY 11 Try a free online workout	DAY 12 Read a book for 15 minutes	DAY 13 Write a list of short-term goals	DAY 14 De-clutter a room or desk	DAY 15 Go to bed 30 minutes earlier
DAY 16 Have a game night	DAY 17 Wake up 15 minutes earlier	DAY 18 Make your favorite meal	DAY 19 Buy yourself something nice	DAY 20 Create a bucket list
DAY 21 Watch a movie or series	DAY 22 Write down your thoughts	DAY 23 Take a long shower or bath	DAY 24 Have a home spa day	DAY 25 Read inspirational quotes
DAY 26 Create a vision board	DAY 27 Spend some time outside	DAY 28 Do a hair mask	DAY 29 Write it all down in a journal	DAY 30 Take a power nap



THANK
YOU