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ADHD-Friendly Daily Routine Template



How to Use This Template



When you need this:

- Feeling scattered and unorganised
- Struggling with daily tasks and self-care
- Want structure but traditional routines don't work
- Need flexibility but also some predictability



How it works:

- Start small - pick just 2-3 things to begin with
- Be flexible - this is a guide, not a rigid schedule
- Adapt it - change times and activities to fit YOUR life
- Celebrate wins - even doing one thing is progress



ADHD-friendly tips:

- Use timers and alarms liberally
- Build in buffer time between tasks
- Link new habits to existing ones
- It's okay to have "chaos days" - you're still winning



Morning Routine (Pick 3-5 that work for you)

Before getting out of bed:

- ☐ Take 3 deep breaths
- ☐ Set intention for the day
- ☐ Check the weather (so you know what to wear)

Getting ready:

- ☐ Drink water (keep a glass by your bed)
- ☐ Take medication (if applicable)
- ☐ Eat something with protein
- ☐ Shower/wash face
- ☐ Get dressed in clothes that feel good
- ☐ Check calendar for the day

Energy boost:

- ☐ 5-minute walk outside
- ☐ Listen to favourite song
- ☐ Do something that makes you smile
- ☐ Text someone you care about

My morning priorities:

- 1.
- 2.
- 3.



Midday Check-In (Pick 2-3)

Energy assessment:

- ☐ How's my battery? (Full/Half/Low/Dead)
- ☐ Do I need food, water, or movement?
- ☐ What's my brain doing right now?

Reset if needed:

- ☐ Step outside for fresh air
- ☐ Do 10 jumping jacks
- ☐ Tidy one small area
- ☐ Listen to calming music
- ☐ Call/text a friend

Afternoon priorities:

- 1.
- 2.



Evening Wind-Down (Pick 3-4)

Transition from day:

- ☐ Change into comfortable clothes
- ☐ Tidy up one area (just 5 minutes)
- ☐ Prepare for tomorrow (clothes, keys, etc.)
- ☐ Review what went well today

Self-care:

- ☐ Take a shower or bath
- ☐ Do skincare routine
- ☐ Read something enjoyable
- ☐ Listen to podcast or music
- ☐ Do gentle stretches

Brain dump:

- ☐ Write down tomorrow's priorities
- ☐ Journal about the day (even just 3 words)
- ☐ Voice memo to yourself about anything important

My evening priorities:

- 1.
- 2.
- 3.

Bedtime Routine (Pick 2-4)

Tech wind-down:

- ☐ Phone on charge away from bed
- ☐ Set alarm for tomorrow
- ☐ Use blue light filters

Calm your brain:

- ☐ Read a few pages of a book
- ☐ Listen to sleep sounds or meditation
- ☐ Practice gratitude (3 things that went well)
- ☐ Do progressive muscle relaxation

Sleep prep:

- ☐ Room temperature comfortable
- ☐ Water by the bed
- ☐ Comfortable clothes
- ☐ Blackout curtains or eye mask

Weekly Planning (Sunday or whenever works)

Review the week:

- ☐ What worked well?
- ☐ What was challenging?
- ☐ What do I want to adjust?

Plan ahead:

- ☐ Check calendar for the week
- ☐ Prep meals or snacks
- ☐ Set out clothes for Monday
- ☐ Charge devices
- ☐ Tidy main living spaces

Remember

- Routines are meant to serve you, not stress you out.
- Some days you'll do everything - celebrate that!
- Some days you'll do nothing - that's okay too.
- Progress isn't linear - bad days don't erase good ones.
- Your routine can change as your life changes.
- You're not failing if you need to adapt this template.

Need support with your routine?

 Text/call Jessica: 07530953169

You've got this! With love and support, Jess 