

DAILY PLANNER

A FLEXIBLE GUIDE FOR FOCUS, ENERGY, AND SELF-COMPASSION

MOST IMPORTANT TASK

MOOD TRACKER



HOW I'M FEELING RIGHT NOW:

- ☐ CALM
- ☐ TIRED
- ☐ OVERWHELMED
- ☐ HOPEFUL
- ☐ FIDGETY
- ☐ WIRED



THREE THINGS THAT MATTER TODAY

(Not a long to-do list – just the essentials.)

Ask yourself: which one truly matters most if my day goes off track?

TODAY'S ENERGY LEVEL:

LOW ☐ MEDIUM ☐ HIGH ☐

WHAT MY BODY NEEDS THIS MORNING:

WHAT MY MIND NEEDS:

ENERGY REGULATION CHECK-IN

MORNING ☐ MIDDAY ☐ EVENING ☐

I FEEL...

I CAN TRY...

IT HELPS BECAUSE...

OVERWHELMED

STEP OUTSIDE, STRETCH

RE-SETS MY SENSES

FLAT OR TIRED

MUSIC, SUNLIGHT, SNACK

BOOSTS ENERGY GENTLY

RESTLESS

WALK, MOVEMENT

BURNS EXCESS ENERGY

DISTRACTED

SHORT PAUSE, DEEP BREATHS

BRINGS ME BACK

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FOCUS SUPPORT

(Little things that help my ADHD brain stay steady)

MOVEMENT BREAK ☐

CHANGE OF SCENE ☐

NOISE OR SILENCE? _____

TIMER ON? ☐

QUICK TIDY OR CLEAR SPACE ☐

IF I LOSE FOCUS, I'LL TRY:

PERSONAL REFLECTION

☐ I SHOWED MYSELF KINDNESS

☐ I RESTED WHEN I NEEDED TO.

☐ I'LL TRY AGAIN TOMORROW —
DIFFERENTLY, NOT PERFECTLY.

*You don't need to do everything today.
Progress is showing up, noticing, and
trying again — differently, not
perfectly.*



EVENING REFLECTION

(End the day with awareness, not guilt.)

WHAT WENT RIGHT TODAY — NO MATTER HOW SMALL?

WHAT DID I LEARN ABOUT MY ENERGY, FOCUS, OR NEEDS?

ONE THING I CAN LET GO OF BEFORE TOMORROW:
