

# 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:

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## 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?

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

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ONE THING I CAN LET GO OF BEFORE TOMORROW:

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## READY FOR MORE STRUCTURED SUPPORT?

These free resources are designed as starting points.  
If you're looking for deeper guidance, my therapist-designed workbooks and journals offer step-by-step support, psychoeducation, practical tools, and space for reflection.  
Explore the full collection via my website or Etsy.

<https://thehealingspaceuk.etsy.com>

