

Daily Top 3

Pick three. Anything else is a bonus.

Date _____

1

↳ first tiny step...

☐

done

2

↳ first tiny step...

☐

done

3

↳ first tiny step...

☐

done



If I only do one:

→ **CARRY FORWARD** Not done? Park it here. It moves to the next page, no guilt.

☐

☐

☐

☐

Top 3 + Time Blocks

Three things, three rough blocks. No hourly grid.

Date _____

TOP 3 Tick when done.

1

☐

2

☐

3

☐

 **MORNING**

 **AFTERNOON**

 **EVENING**

→ **CARRY FORWARD** Not done? Park it here. It moves to the next page, no guilt.

☐

☐

☐

☐

Brain Dump

Empty your head. Sort it later.

Date _____

Dopamine Menu

Your own list of things that help you get going. Fill it on a good day.



STARTERS

about 5 minutes

☐

☐

☐

☐

☐



MAINS

30 minutes or more

☐

☐

☐

☐

☐



SIDES

while you do the task

☐

☐

☐

☐

☐



DESSERTS

nice, but use with care

☐

☐

☐

☐

☐

Stuck? Pick one starter, set a timer, begin. Tick it when it helped.

Free sample • Full 40-page pack: phien0618.github.io/products/adhd-printable-planner-pack

Never-Miss-Twice Tracker

Six habits, one week. Missed a day? Just restart.

Week of _____

Missed a day? Just restart. Write the day you picked it back up in the last column.

Habit	M	T	W	T	F	S	S	Restart day
habit	☐	☐	☐	☐	☐	☐	☐	
habit	☐	☐	☐	☐	☐	☐	☐	
habit	☐	☐	☐	☐	☐	☐	☐	
habit	☐	☐	☐	☐	☐	☐	☐	
habit	☐	☐	☐	☐	☐	☐	☐	
habit	☐	☐	☐	☐	☐	☐	☐	

Free sample • Full 40-page pack: phien0618.github.io/products/adhd-printable-planner-pack