

# Welcome to Your Adventure in Organizing!

#### Hey there, Awesome Planner!

Welcome to a world where your thoughts, tasks, and dreams find a cozy, organized home. This isn't just any planner; it's your new best friend in the realm of organization, tailored for the wonderfully unique way your brain works.

# 1. Embrace Your Uniqueness:

You've got a mind that runs a million miles a minute, right? That's your superpower, and this planner is your sidekick! Designed with your vibrant thought process in mind, each page is more than just a space to write; it's a canvas for your creativity and a haven for your haphazard thoughts.

## 2. Dive into a Sea of Possibilities:

Boring, traditional planners? No, thank you! Your ADHD planner is a vibrant mix of color, fun, and practicality. It's like a party where your tasks and appointments are the guests. You're the host, and you've got the power to make it as structured or as free-spirited as you wish.

# 3. Celebrate Every Tiny Victory:

Boring, traditional planners? No, thank you! Your ADHD planner is a vibrant mix of color, fun, and practicality. It's like a party where your tasks and appointments are the guests. You're the host, and you've got the power to make it as structured or as free-spirited as you wish.

# 4. Your Planner, Your Rules:

Forget the "shoulds" and embrace the "coulds". This planner adapts to you, not the other way around. Whether you're a fan of detailed scheduling or prefer big-picture planning, you'll find your rhythm here.

#### 5. Join the Journey:

So, grab your favorite pen (or pens!), a cup of something delicious, and let's dive in. Your journey to a more organized, colorful, and fun life starts now. Let's turn chaos into harmony, one page at a time!

Welcome to the ADHD planner – where every day is an opportunity to color outside the lines!

# Getting it Done Planners

#### **My Daily Planner**

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Date:					

**Quote of the Day:** 

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6am	Today's Priorities:
7am	1
8am	2
9am	3
10am	
llam	Must Not Forget:
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	Important Notes:
7pm	
8pm	
9pm	
10pm	
Daily Brain Dump:	

### **My Daily Planner**



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edote of the bay.	
	Today's Priorities:
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	2
	3
	Must Not Forget:
	Important Notes:
Daily Brain Dump:	

#### **My Daily To-Do List**

Date

My Must Do Task:					
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Task to Complete:	Urgent	Important	Later		
	] []				
Day Review:					

#### My Weekly Planner Week No:

Monday	Quote of the Week:
Tuesday	This Week's Priorities:
	1 1 1
Wednesday	2
	3
	To Do List:
Thursday	
mursday	
Friday	
Saturday	
	Important Notes:
Sunday	

#### My Weekly Planner Week No:

Monday	Quote of the Week:
	Mon-Thur Priorities:
	1
Tuesday	2
	7
	3
	To Do List:
Wednesday	
Thursday	Important Notos
	Important Notes:

#### My Weekly Planner Week No:

Friday	Habit Focus This Week:
3	
	Fri-Sun Priorities:
	•
Saturday	2
	3
	To Do List:
Sunday	
Next Week	
NOXU WEEK	Important Notes:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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7am							
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10pm							

#### My Weekly Checklist Week No:

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#### My Monthly Planner Month:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
wk 1							
wк 2							
wk 3							
WK 4							
wk 5							

Important Notes:	Main Priorities This Month:

#### My Monthly Planner Month:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
wk 1							
wk 2							
wk 3							
WK 4							
wк 5							
wk 6							
lm	Important Notes: Main Priorities This Month:						

#### **Monthly Lookahead**

Month:

My <b>High Priority</b> Tasks	Week Beginning: / /
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My <b>High Priority</b> Tasks	Week Beginning: / /
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My <b>High Priority</b> Tasks	Week Beginning: / /
	Notes:
	Notes:
	Notes:
	Notes:
O O O	Notes:
My <b>High Priority</b> Tasks	Notes:  Week Beginning: / /
My <b>High Priority</b> Tasks	
My <b>High Priority</b> Tasks	Week Beginning: / /
My High Priority Tasks  O O O	Week Beginning: / /

#### **My Yearly Planner**

Year

January	February	March	
April	Мау	June	
July	August	September	

#### **Important Dates**

Year:

January OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO	February  O O O O O O O O O O O O O O O O O O	March
April O O O O O O	May	June O O O O
July  O O O O O O O O O O O O O O O O O O	August	September  O O O O O O O O O O O O O O O O O O
October  O	November  O O O O O O O O O O O O O O O O O O	December  O O O O O O O O O O O O O O O O O O

#### **Do I Have to List**

Tasks that I lack passion for but are still necessary!

Task to Complete:	My Reward:	Target Date:

### **Getting it Done - Weekdays**

#### **Mundane Tasks to Complete:**

	My Reward For Completing These Tasks:
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0	My Reward For Completing These Tasks:
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#### **Getting it Done - Weekends**

#### **Mundane Tasks to Complete:**

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0	My Reward For Completing These Tasks:
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0	

#### **My Priorities**

The Eisenhower Matrix is a simple tool for considering the long-term outcomes of your daily tasks and focusing on what will make you most effective, not just most productive. It helps you prioritize and delegate tasks based on their importance to you at this moment in time.

DO THESE FIRST URGENT & IMPORTANT	IMPORTANT BUT NOT URGENT
DELEGATE THESE URGENT BUT NOT IMPORTANT	ELIMINATE THESE NEITHER URGENT OR IMPORTANT

# Never Forget Trackers

#### **My New Friends**

Never have that cringe-worthy moment of blanking on someone's name ever again!

Name	Date Met	Location Met	We Discussed

#### **Contact List**

Name	Phone	Address

#### **ADHD Tax Man Tracker**

ADHD Tax is a playful yet poignant way to describe those moments when our ADHD brains lead us to forget something important, resulting in a loss of money or valuable items. Picture this: In the midst of a hectic week, you briefly recall a looming utility bill. However, amidst the chaos of thoughts, the reminder vanishes. Days later, you're greeted with a late fee for the forgotten bill. This extra charge is a classic example of ADHD Tax!

Describe the Incident	Steps to Avoid this in Future

#### **My Parcel Tracker**

No More Lost Parcels! Transfer those mental notes onto paper and keep track of your incoming Amazon deliveries

Item Ordered	Purchased From	Est. Arrival	$\bigcirc$

#### **Password Tracker**

Website:	Website:
Username:	Username:
Password:	Password:
Email:	Email:
Website:	Website:
Username:	Username:
Password:	Password:
Email:	Email:
Website:	Website:
Username:	Username:
Password:	Password:
Email:	Email:
Website:	Website:
Username:	Username:
Password:	Password:
Email:	Email:
Website:	Website:
Username:	Username:
Password:	Password:
Email:	Email:

#### **My Assignments**

Our ADHD minds often play a unique game with time, where minutes can stretch into hours and deadlines sneak up unexpectedly. We're often living in the thrill of 'this moment' or in the realm of 'someday soon.' To help bridge this quirky time perception, this list is your anchor. It's here to gently remind you of upcoming projects and deadlines, turning 'someday soon' into achievable, well-planned 'todays.

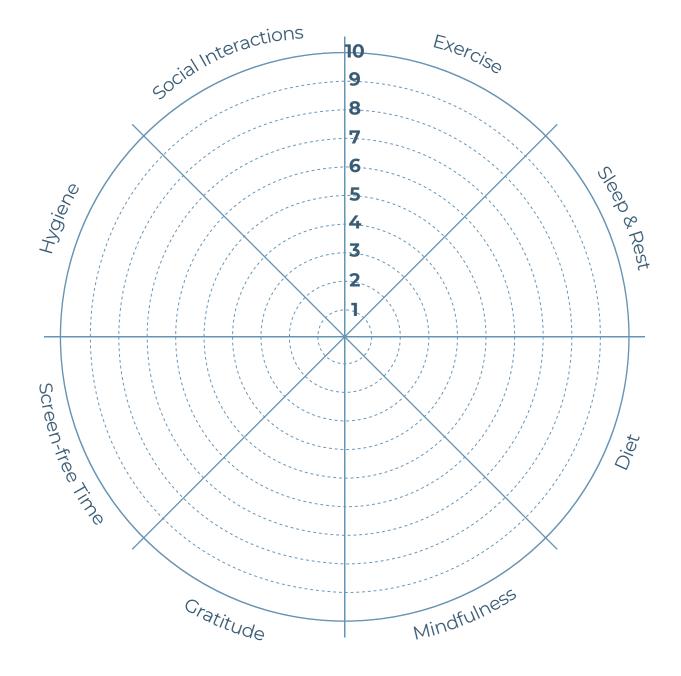
	Assignment / Project	Deadline	$\bigcirc$
1			
2			
3			
4			
5			
6			
7			
8			

# Healthy Habit Trackers

#### Wheel of Self-Care

Date:

Chart Your Self-Care Journey with Colors! On our self-care wheel, each shade you fill represents a step in nurturing your well-being. Rate each aspect from 1 (least attention) to 10 (peak care). This colorful guide isn't just fun – it's a visual path to setting and achieving your wellness goals in the pages ahead.



Transform this wheel into your ongoing wellness tracker! Whether you revisit it biannually or once a year, it's a dynamic tool to reflect on your progress towards your habit and wellness ambitions. Each review is a new chapter in your personal growth story.

#### Visionary Habit Journal



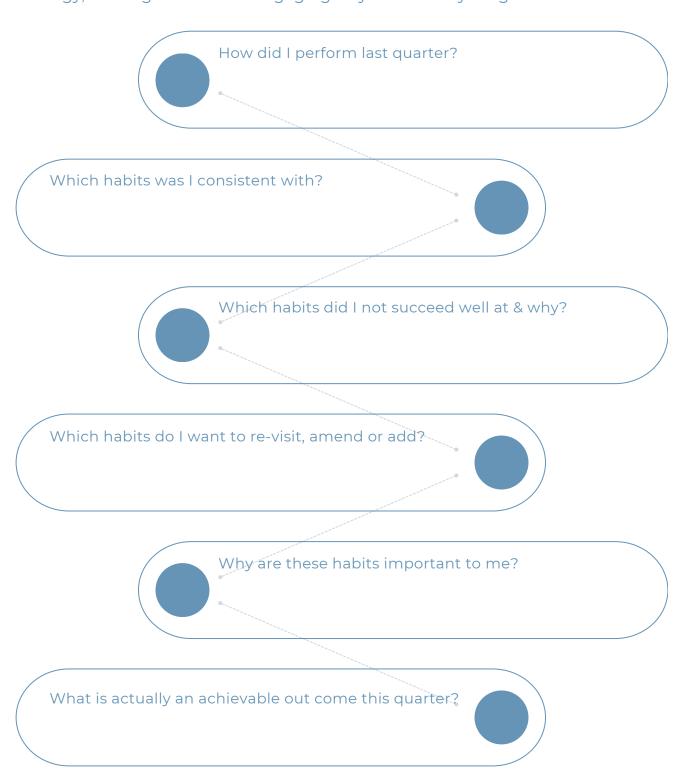
To effectively embed a habit, it's crucial to align your deeper motivations with your actions. Start by envisioning the rewarding feeling of achieving your goal, and let that vision guide your journey towards making the habit a natural part of your life.

New Habit Triumph: Picture the joy and success of integrating this habit into your routine. Describe in detail why this transformation will be wonderfully impactful for you.			

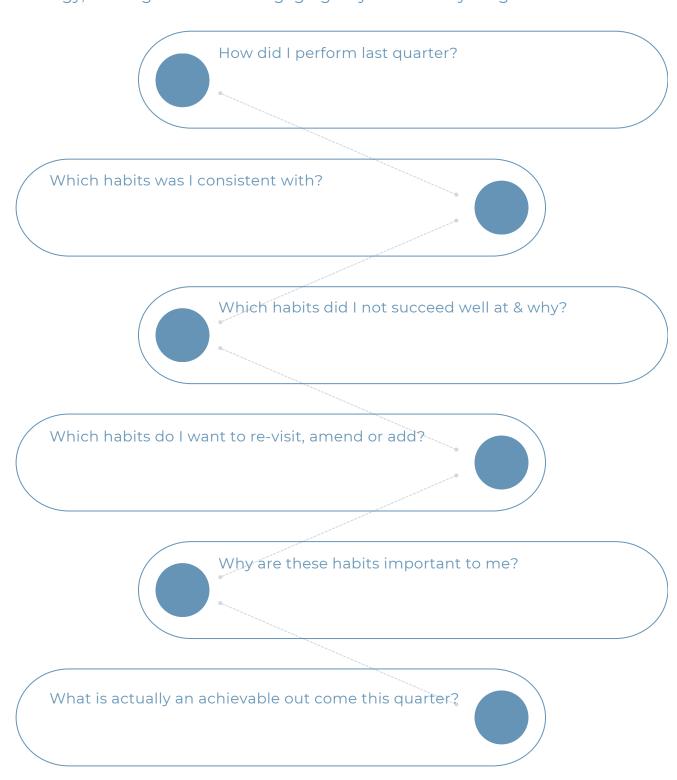
### Quarterly Habit Planner Date:

How did I perform last quarter?		
Things I currently do well:	Self-Care goals this quarter:	
1.	1.	
2.	2.	
3.	3.	
4.	4.	
My biggest self-care goal this o	quarter:	
Why is this goal so important t	o me:	
	Additional notes:	
Habits to help me achieve this goal:	Additional flotes.	
1.		
2.		
3.		
4.		
5.		

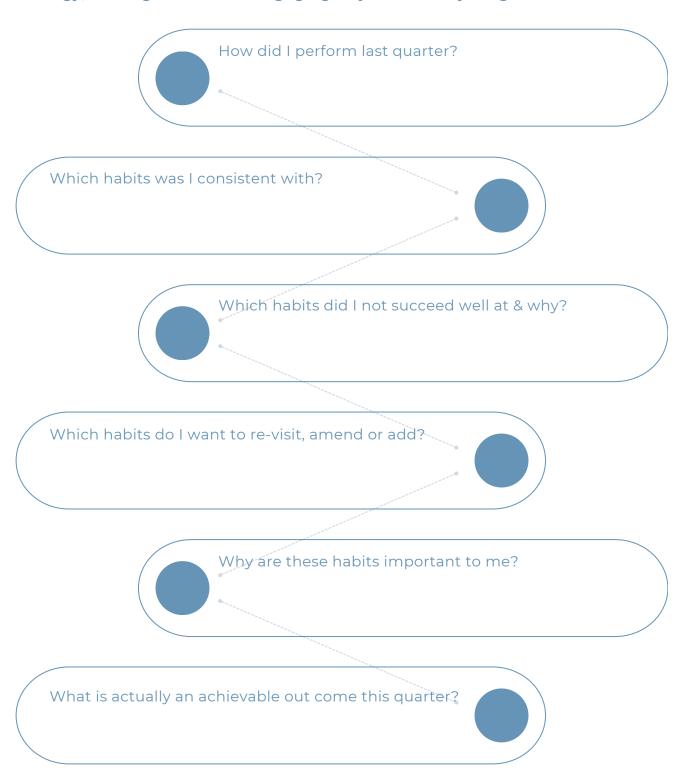
**Q1** 



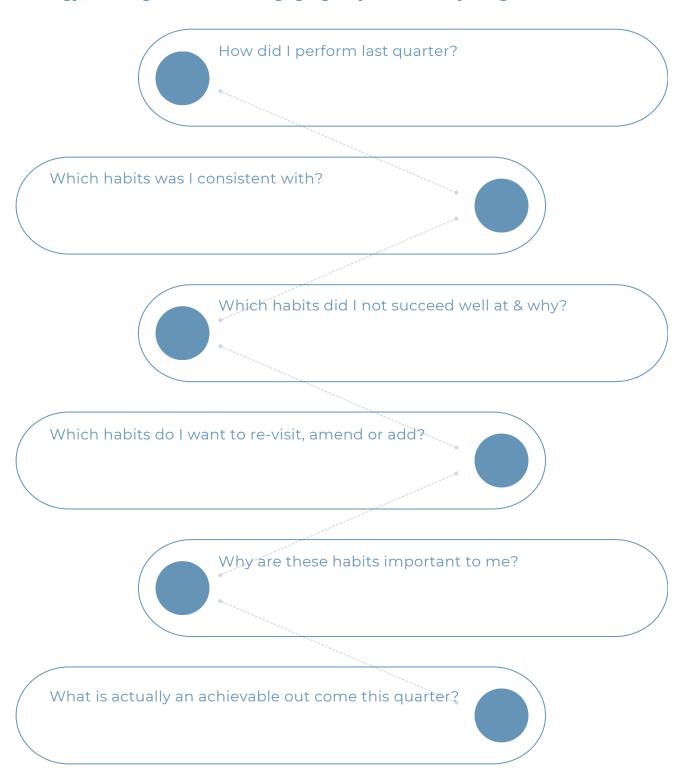








Q4



#### **Habit Breakdown**

Select a single habit to focus on and delve into the details. You might already be practicing aspects of this habit, so it's not always about starting from zero. Finetune your existing efforts and bolster them with clear intention and motivation to achieve greater consistency and breakthroughs.

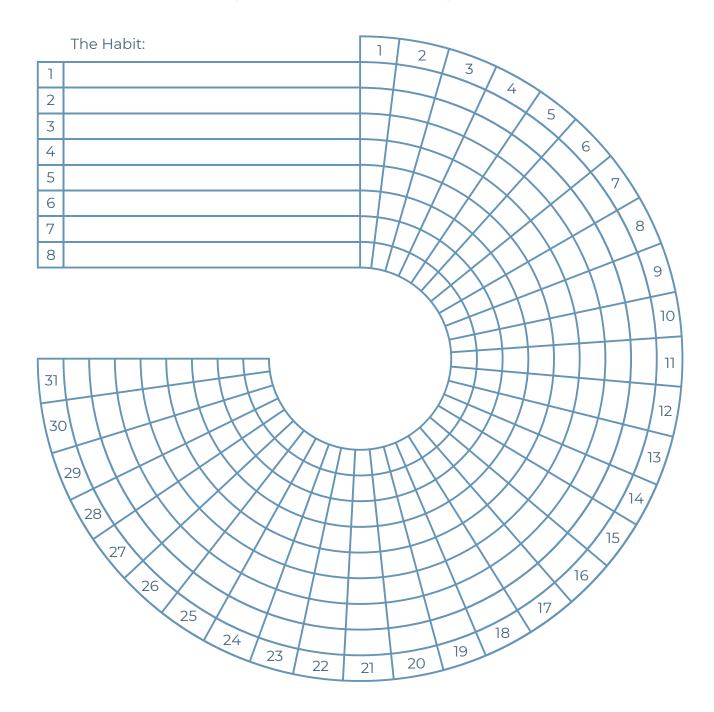
#### My new goal or new habit:

STOP DOING	
KEEP DOING	
DO LESS OF	
DO MORE OF	
START DOING	

# Healthy Habit Tracker Month:

Welcome to a habit tracker designed for the vibrant ADHD mind. Each day you stick to your habit, add a splash of color to your tracker. Watch as your dedication paints a visual story of progress. Whether it's a new routine or an ongoing goal, this tracker turns your journey into a vivid display of commitment.

### Let's make habit-forming a colorful and rewarding experience!



### The Belief Reframer

For individuals with ADHD, the journey often includes overcoming ingrained negative self-beliefs and a sense of learned helplessness, shaped by years of being misunderstood. It's crucial to first identify the negative messages from parents, caregivers, and educators. Understanding these helps in reframing them through the lens of ADHD science, aiding in rewiring your brain's pathways. This self-awareness journey is vital for growth.

My Self-Limiting Belief	My Belief Reframed

# Self-Care Trackers

## **Daily Self-Care Routine**

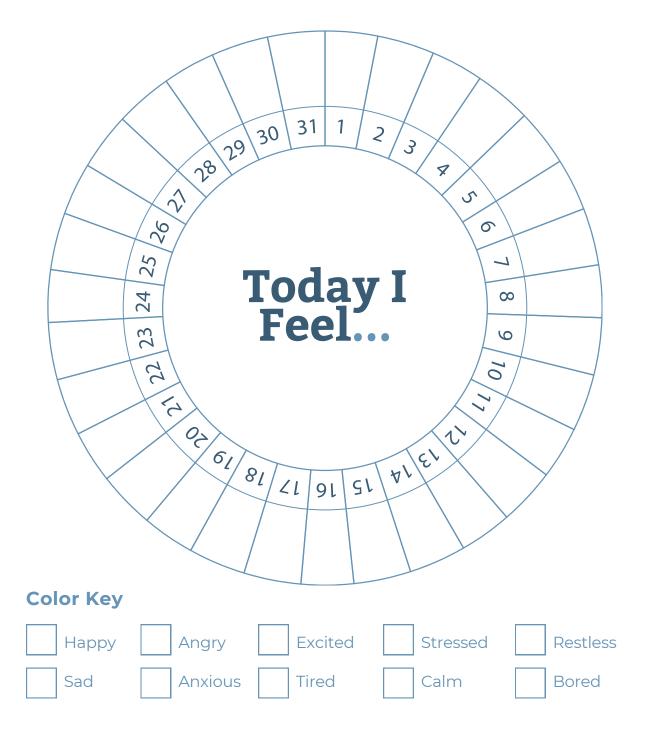
Self-care is essential, not a luxury. Its impact goes beyond personal well-being, influencing our interactions with family, friends, and colleagues. Neglecting it leads to tension and irritability. Regular self-care practices not only benefit us but also positively affect those around us, fostering a healthier, more harmonious environment.

My Morn	ing Self-	Care Rout	ine		
0					
My After	noon Sel	f-Care Ro	utine		
My Even	ing Self-(	Care Rout	ine		

Month:

Embark on an emotional journey with our mood tracker. Each day, express your feelings through color, crafting a visual story of your moods. It's not just a tool, but a canvas for your emotions. Discover patterns and insights in a simple and artistic way.

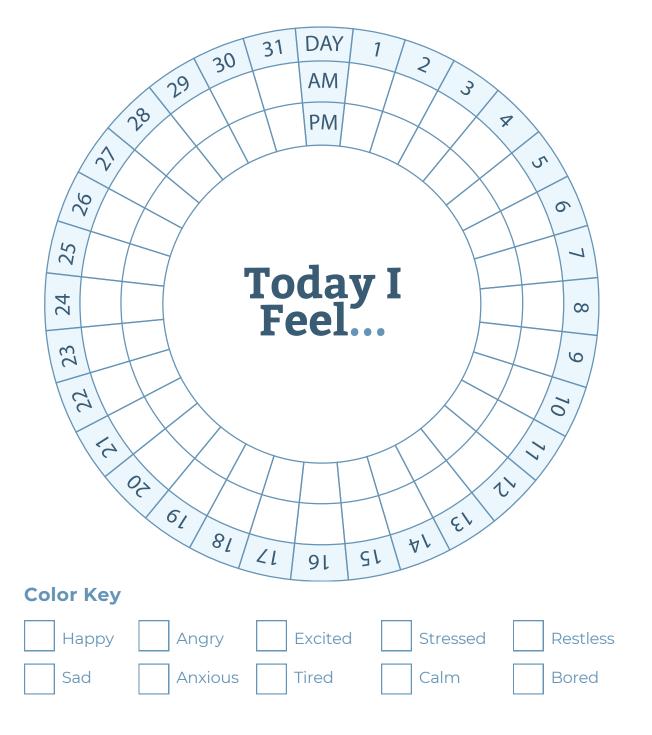
### Let's start this colorful exploration!



Month:

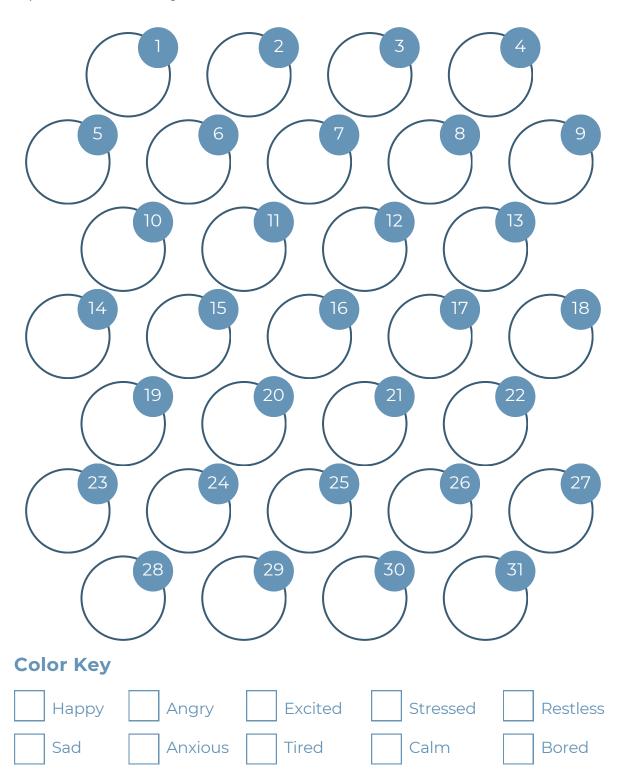
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Month:

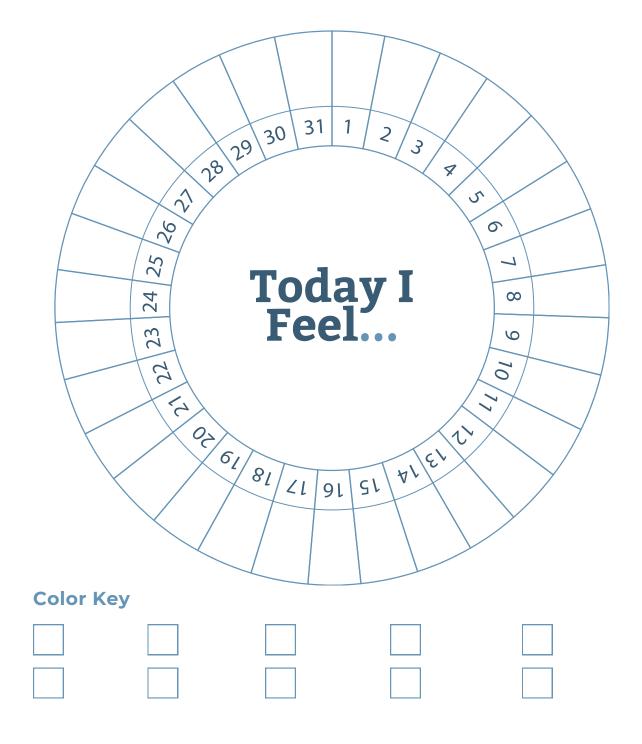
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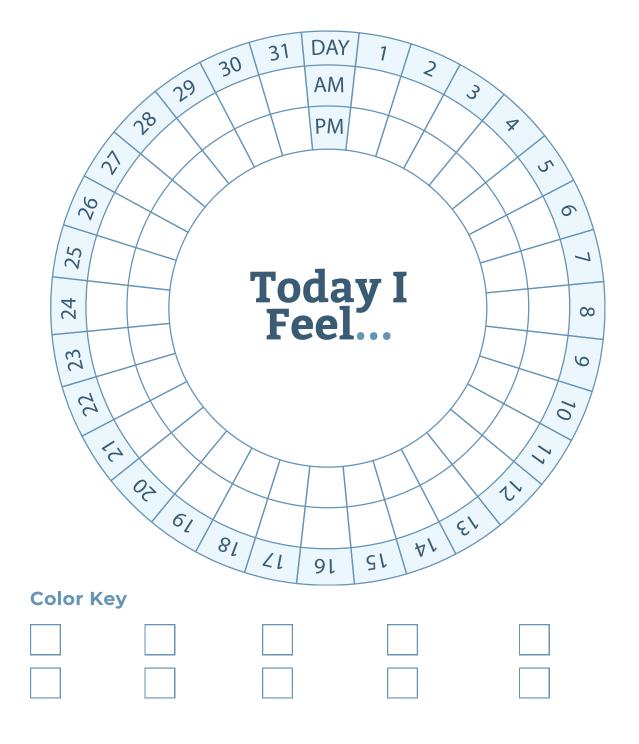
### Let's start this colorful exploration!



## Monthly Mood Tracker Month:

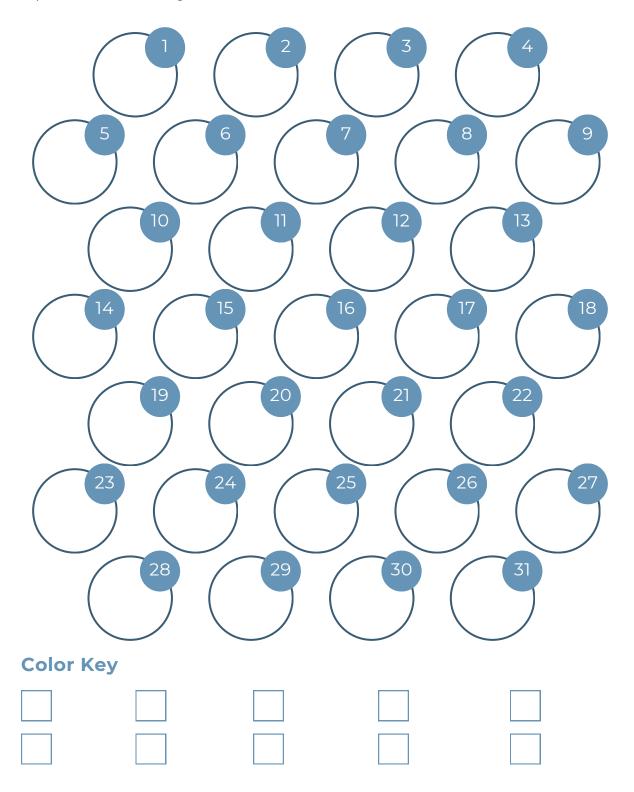
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### Let's start this colorful exploration!



Month:

Each day, express your feelings through color, crafting a visual story of your moods. It's not just a tool, but a canvas for your emotions. Discover patterns and insights in a simple and artistic way.



## **Yearly Mood Tracker**

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Embark on an emotional journey with our mood tracker. Each day, express your feelings through color, crafting a visual story of your moods. It's not just a tool, but a canvas for your emotions. Discover patterns and insights in a simple and artistic way. **Let's start this colorful exploration!** 

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## **Yearly Mood Tracker**

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Embark on an emotional journey with our mood tracker. Each day, express your feelings through color, crafting a visual story of your moods. It's not just a tool, but a canvas for your emotions. Discover patterns and insights in a simple and artistic way. **Let's start this colorful exploration!** 

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## **Weekly Sleep Tracker**



Dive into your Weekly Sleep Tracker, your guide to understanding your night's rest. It's a simple, insightful way to track your sleep patterns and improve your nights. Ready for better sleep? **Let's begin!** 

### **Bedtime Routine**

1.	2.	3.	4.	5.

### Hours of Sleep

	1	2	3	4	5	6	7	8	9	10	11	12
Mon												
Tue												
Wed												
Thur												
Fri												
Sat												
Sun												

What did I do well this week?	What can I do better next week?

# Monthly Steps Tracker Month:

Number of Steps

	Number of Steps																			
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### **Screen Time Tracker**

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Embark on an emotional journey with our mood tracker. Each day, express your feelings through color, crafting a visual story of your moods. It's not just a tool, but a canvas for your emotions. Discover patterns and insights in a simple and artistic way. Let's start this colorful exploration!

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31

### me Goal

Weekdays:	
Weekends:	

### olor Key

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<30mins	
1-2 Hours	
3-4 Hours	
5-6 Hours	
7-8 Hours	
9-10 Hours	

### **Track:**

This is your blank canvas for tracking habits or symptoms. Simply add your own heading and make it uniquely yours. Chart your journey, mark your progress, and embrace your unique path with this adaptable tracker!

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### Track:

This is your blank canvas for tracking habits or symptoms. Simply add your own heading and make it uniquely yours. Chart your journey, mark your progress, and embrace your unique path with this adaptable tracker!

Color	Key											
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### **Fitness Tracker**

Embark on a journey with your Monthly Fitness Tracker, your companion in achieving your fitness goals. It's an easy and effective way to monitor your exercise routines and enhance your physical well-being. Ready to elevate your fitness? **Let's get started!** 

	J	F	М	Α	М	J	J	Α	S	0	N	D	Color Key
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### **Fitness Tracker**

Jumpstart your fitness adventure with our flexible 4-week tracker. Ideal for any activity level, it's undated for stress-free tracking. Simply use as required, print more if needed, and blend it effortlessly into your monthly plan.

Week of:	М	Т	W	Τ	F	S	S
Week of:	М	Т	W	Т	F	S	S
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0							
Week of:	М	Т	W	Т	F	S	S
0							
0							
Week of:	М	Т	W	Т	F	S	S
0							
0							

# **My Medical Appointments**

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USS:	0			Notes:
Disc	0			
Topics to Discuss:	0			
Topie	0			
				:
Da	ate of Appointment:	/	/	Doctor:
USS:	0			Notes:
Topics to Discuss:	$\circ$			
cs to	$\circ$			
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Da	ate of Appointment:	/	/	Doctor:
USS:	0			Notes:
Topics to Discuss:	0			
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# Weekly Medication Log Week No:

Medication & Daily Dosage	Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Medicine:	Dose:			F	requ	uen	cy:	
January:		М	Т	W	Т	F	S	S
Notes:			$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
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# Domestic Trackers

# **Digital Declutter**

Streamline your digital world with our declutter checklist. Ideal for email, smartphones, computers, tablets, and social media, it's your tool to reduce clutter, stress, and enhance focus.

### **Email Inbox**

- Delete or archive old emails.
- Unsubscribe from mailing lists
- Organize emails into folders
- Clear out spam and junk folders.
- Backup important emails.

J	F	М	Α	М	J	J	Α	S	0	Ν	D

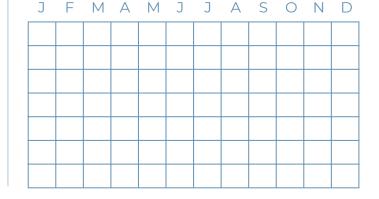
### **Smartphone**

- Delete unwanted photos & videos.
- Organise home screen & apps
- Uninstall unused apps.
- Backup important data
- Clean phone with wipes

F	M	Α	M	J	J	Α	S	0	Ν	D
	F	F M	F M A	F M A M	F M A M J	F M A M J J	F M A M J J A	F M A M J J A S	F M A M J J A S O	F M A M J J A S O N

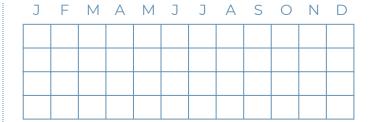
### Computer / Laptop / Tablet

- Delete old files and folders
- Run System updates
- Update antivirus software
- Uninstall unused apps/software
- Clean-up desktop
- Backup important files
- Clear browser history and cookies



### **Social Media**

- Archive old messages
- Unfollow non value adding accounts
- Review / Update profile information
- Backup any important data



# **Digital Declutter**

Streamline your digital world with our declutter checklist. Ideal for email, smartphones, computers, tablets, and social media, it's your tool to reduce clutter, stress, and enhance focus.

### **Email Inbox**

- •
- •
- •
- •
- •



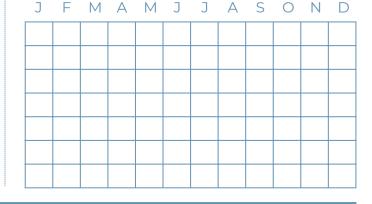
### **Smartphone**

- •
- •
- •
- •
- •

J	F	М	Α	М	J	J	Α	S	0	Ν	D

### Computer / Laptop / Tablet

- •
- •
- •



### **Social Media**

- •
- •
- •
- •



### **Home Declutter**

Transform your living spaces with our comprehensive home declutter checklist. Tailored for every room, including the garage and garden, this guide is your key to a more organized, serene home environment. It's designed to help you methodically tackle clutter, bringing calmness and order to your daily life.

Bedrooms	Living Space	Bathrooms
Old Clothes	Old Magazines	<ul><li>Expired Medicines</li></ul>
<ul><li>Unused Shoes</li></ul>	<ul><li>Unused Decor</li></ul>	Old Makeup
<ul><li>Excess Bedding</li></ul>	○ Books	Unused Towels
○ Worn Out Bags	Old Electronics	<ul><li>Empty Bottles</li></ul>
<ul><li>Unused Jewelry</li></ul>	Knick Knacks	<ul><li>Bath Toys</li></ul>
Old Books	○ Toys	<ul><li>Toothbrushes</li></ul>
Knick Knacks	<ul><li>Burnt Candles</li></ul>	<ul><li>Excess Products</li></ul>
Under Bed Storage	Old Birthday cards	Cluttered Drawers
Kid's Rooms	Kitchen	Laundry
Handmade Art	<ul><li>Expired Food</li></ul>	<ul><li>Empty Detergent</li></ul>
School Projects	Old Spices	Old Rags
Broken Games	<ul><li>Unused Appliances</li></ul>	<ul><li>Excess Hangers</li></ul>
Books	<ul><li>Junk Drawer</li></ul>	Mismatched Socks
Toys	Old Tupperware	Vacuum Cleaner
Knick Knacks	Old Frozen Food	<ul><li>Under Sink</li></ul>
Outgrown Clothes	<ul><li>Broken Crockery</li></ul>	<ul><li>Unused Cleaners</li></ul>
Under Bed Storage	Worn Dish Towels	Toilet Paper Refresh
Office	Garage	Outdoors
Paperwork	Old Bikes	<ul><li>Lawnmower</li></ul>
Books	Old Paint	<ul><li>Gardening Tools</li></ul>
<ul><li>Desk Accessories</li></ul>	Old Tools	<ul><li>Trampoline</li></ul>
Cables/Chargers	Recycling	Outdoor Furniture
<ul><li>Sticky Notes</li></ul>	Unused Tools	<ul><li>Unused Pots</li></ul>
Old Stationary	<ul><li>Broken Toys</li></ul>	<ul><li>Dead Plants</li></ul>
Paper Shredder	<ul><li>Excess Lumber</li></ul>	<ul><li>Unused Toys</li></ul>
O Desk Drawers	<ul><li>Seasonal Items</li></ul>	○ Hose

### **Home Declutter**

Transform your living spaces with our comprehensive home declutter checklist. Tailored for every room, including the garage and garden, this guide is your key to a more organized, serene home environment. It's designed to help you methodically tackle clutter, bringing calmness and order to your daily life.

Bedrooms	Living Space	Bathrooms (
Kid's Rooms	Kitchen	Laundry
Office	Garage	Outdoors

# Weekly Meal Planner Week No:

Monday	Breakfast Options
	1.
	2.
	3.
Tuesday	4.
	5.
	6.
Wadnesday	7.
Wednesday	
	Lunch Options
	1.
Thursday	2.
mursday	3.
	4.
	5.
Friday	6.
	7.
	Snack Options
Saturday	1.
	2.
	3.
	4.
Sunday	5.
	6.
	7.

# Family Meal Planner Week No:

Monday	Breakfast Options
	1.
	2.
	3.
Tuesday	4.
	5.
	6.
Wodposdov	7.
Wednesday	
	Lunch Options
	1.
Thursday	2.
marsady	3.
	4.
	5.
Friday	6.
	7.
	Snack Options
Saturday	1.
	2.
	3.
	4.
Sunday	5.
	6.
	7.
I and the second se	I I I I I I I I I I I I I I I I I I I

# **Grocery List**

Fruit & Veg	Meat & Fish	Frozen Food
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
Pantry	Bakery	Dairy
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
Other	Toiletries / Medicine	Cleaning
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0

# color to Calm

### Color Me In!

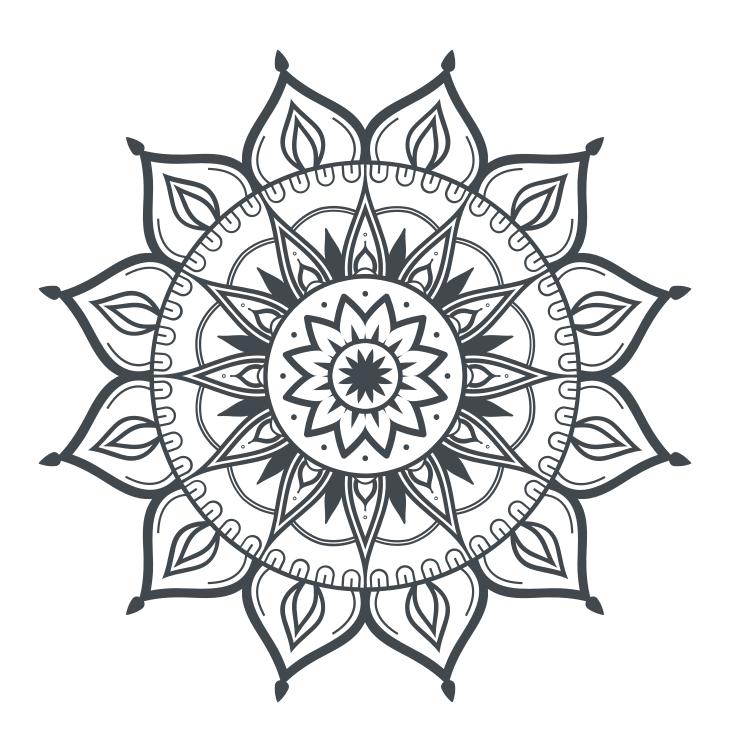


**Enhances Focus:** Coloring requires attention to detail, helping those with ADHD improve their focus and concentration.

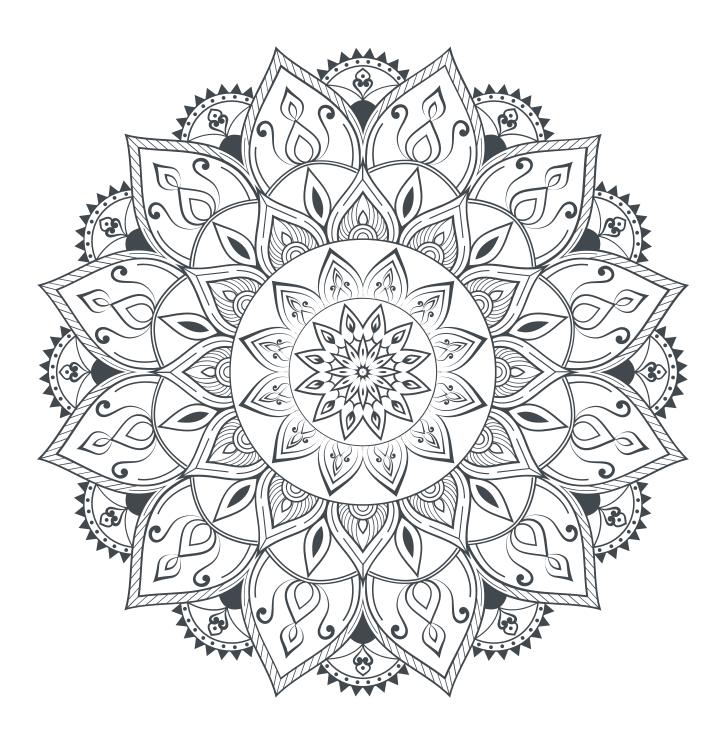
### Color Me In!



**Reduces Hyperactivity:** Engaging in a calming activity like coloring can reduce restlessness and hyperactive behaviors.



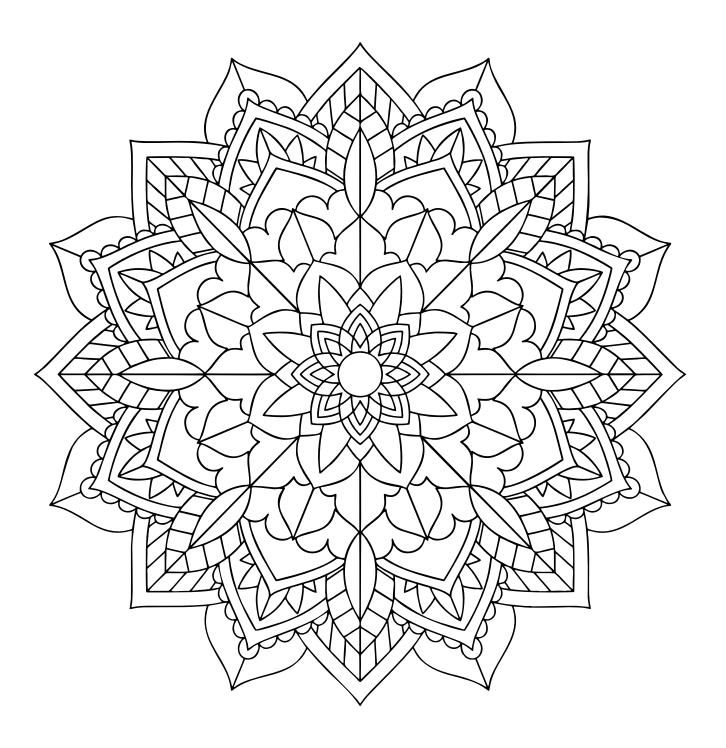
**Stress Relief:** Coloring can be a stress-relieving activity, helping to calm the mind and reduce anxiety.



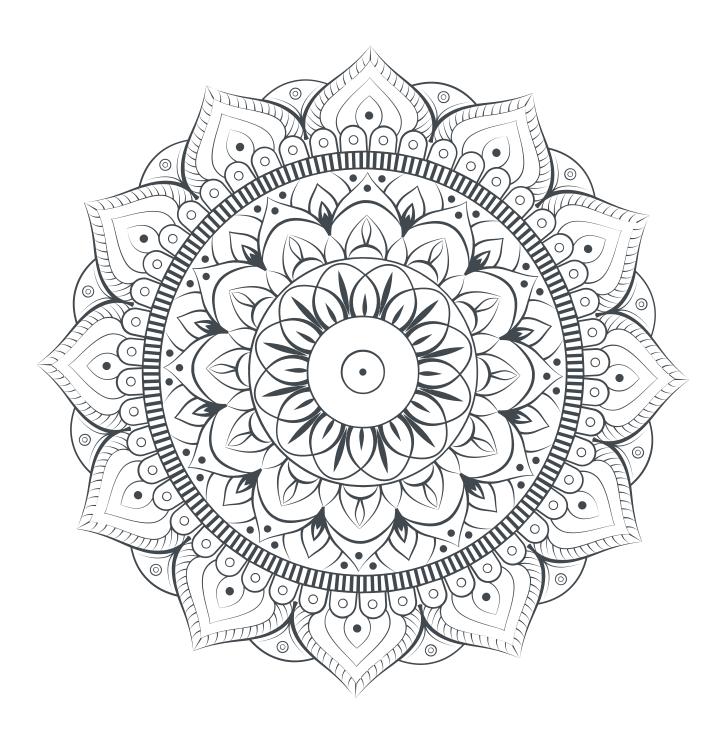
**Encourages Creativity:** It allows for creative expression, which is often a strength in people with ADHD.



**Mindfulness Practice:** Coloring can be a form of mindfulness, helping individuals with ADHD stay in the present moment.



**Alternative to Screen Time:** It offers a break from screens, reducing overstimulation from digital devices.



**Sensory Engagement:** The physical act of coloring engages the senses, which can be grounding for those with ADHD.



**Helps with Emotional Regulation:** It can be a safe way to express emotions and process feelings.



**Improves Patience and Persistence:** Coloring complex patterns requires patience and can teach persistence.



**Improves Fine Motor Skills:** Coloring aids in the development and strengthening of fine motor skills.

## Finance Trackers

## **My Accounts**

Beginning at square one, maintaining a comprehensive list of your financial accounts and their corresponding cards offers a transparent view of your financial landscape. This approach counters the 'out of sight, out of mind' mentality. By having everything itemized, you might even discover an old or inactive account that could be closed, potentially saving you unnecessary fees.

Account Name	Linked Card(s)	What's it Used for?

#### **Envision Your Financial Goals**

Stay focused on your long-term objectives! Pen a motivational note below to yourself for times when temptation strikes to spend impulsively or overuse your credit card. This is your chance to either extend kindness to yourself or give a tough-love reminder. Whichever approach resonates with you, use it to navigate past financial distractions with clarity.

pasemane	nar arstraction	15 With Glarie	<i>y</i> •		
My Motiv	/ations				
1.					
2.					
3.					
4.					
5.					

## **Household Budget**

	Expenses	Budgeted	Actual	Difference
<u> </u>	Mortgage / Rent			
ehc	Property Tax			
Household	Home Insurance			
웃	Misc.			
	Total			
	Expenses	Budgeted	Actual	Difference
	Registration			
les	Servicing			
Vehicles	Maintenance			
 	Fuel			
	Parking Fee's			
	Total			
	Expenses	Budgeted	Actual	Difference
S	Grocery Shop			
Groceries	Lunches			
	Alcohol			
	Takeout			
	Snacks			
	Total			
	Expenses	Budgeted	Actual	Difference
	Electricity			
<u>es</u>	Water			
Utilities	Gas			
Ç	HVAC			
	Council Rates			
	Total			
	Expenses	Budgeted	Actual	Difference
	Medical / Dental			
ø	Cell Plan			
Personal	Internet			
ers	Gym			
Ф	TV Subscriptions			
	Childcare			
	Total			

## **Household Budget**

	Expenses	Budgeted	Actual	Difference
0	Expenses	Buagetea	Actual	Difference
ho				
Household				
유				
	Total			
	Expenses	Budgeted	Actual	Difference
	-			
Vehicles				
hic				
>				
	Total			
	Expenses	Budgeted	Actual	Difference
S				
Groceries				
roc				
G				
	Total			
	Expenses	Budgeted	Actual	Difference
	Experises	Daagetea	Actual	Difference
es				
Utilities				
Ļ				
	Total			
	Expenses	Budgeted	Actual	Difference
Jal				
Personal				
Pel				
	Total			;

#### **Vacation Budget**

**Expenses Budgeted** Actual Difference Transport Flights Luggage Airport Parking Car Rental / Fuel Transport Total Accommodation **Expenses Budgeted** Actual Difference Hotel Airbnb Parking Misc. Total Budgeted Actual Difference **Expenses** Food & Drink Eating Out Snacks Groceries Alcohol Coffee Total **Expenses Budgeted** Actual Difference Entertainment Attractions Sightseeing Tours Nightlife Shopping Total **Expenses** Actual Difference **Budgeted** Insurance Passport(s) / Visa(s) Medications Vaccinations Cell Roaming Misc. Total

## **Vacation Budget**

	Expenses	Budgeted	Actual	Difference
Transport				
ansk				
i.				
	Total			
$\subseteq$		Books at a d	Astroni	D:#*
atio	Expenses	Budgeted	Actual	Difference
Accommodation				
mu				
١٥٥٥	Total			
٩	Expenses	Budgeted	Actual	Difference
×	LAPETISES	Budgeted	Actual	Difference
Dri				
Food & Drink				
Foo				
	Total			
ų	Expenses	Budgeted	Actual	Difference
nen				
Entertainment				
terta				
Ent	T-4-1			
	Total			
	Expenses	Budgeted	Actual	Difference
Other				
Ŏ				
	Total			

#### Income vs. Expenses

Income

Discover financial clarity with this easy-to-use cashflow template. It helps you quickly compare earnings and expenses to see whether you are earning more than you are spending. Adapt it to your income source and break down figures weekly (annual expenses ÷ by 52), ensuring you're always financially ahead.

Annually

**Total Weekly Income:** 

Monthly

Weekly

III COITIC	Aillidally	Montainy	Weekly
Total Incoming			
_			
Expenses	Annually	Monthly	Weekly
Mortgage / Rent			
Utility Bills			
Groceries			
Eating Out			
Takeout			
Cell Phone			
Internet			
Vehicle & Maintenance			
Fuel			
Public Transport			
Clothing			
Pets			
Kids			
Monthly Subscriptions			
Medical & Dental			
Gifts			
Entertainment			
Car Loan			
Student Loan			
Personal Loan			
Credit Card Repayment			
Total Outgoing			

#### Income vs. Expenses

Discover financial clarity with this easy-to-use cashflow template. It helps you quickly compare earnings and expenses to see whether you are earning more than you are spending. Adapt it to your income source and break down figures weekly (annual expenses ÷ by 52), ensuring you're always financially ahead.

Annually Monthly

**Total Weekly Income:** 

	7 1111101011119		1100111
Total Incoming			
Expenses	Annually	Monthly	Weekly
	*		
	*		
	*		
	P		
Total Outgoing			

## **Subscription Tracker**

Stay ahead of your subscriptions, including those easy-to-forget ones. Note the costs of new subscriptions like Netflix, apps, music streaming, news services, social media in-app purchases, cloud storage, etc. Don't forget to add all your current subscriptions as well.

Subscription Service	Monthly	Quarterly	Annually

**Pro Tip:** For annual payments, set a phone reminder five days prior to your subscription's auto-renewal date. This will prompt you to review and, if necessary, cancel the subscription in time.

#### **Debt Focus Tracker**

Time to focus on your debts. Listing them all - student, home, car, personal, business loans, credit card, or Buy-Now-Pay-Later debts - offers a complete overview. It's a crucial step in crafting a repayment strategy and ensures these obligations remain in your conscious awareness, not forgotten.

Debt Name	Balance	Minimum Payment	Interest %	Priority

**Priority:** After listing your debts, number them in order of priority. Consider methods like the Snowball method (focusing on smallest debts first) or the Avalanche method (targeting high-interest debts first).

## **Debt Snowball Tracker**

		Debt 1	Debt 2	Debt 3	Debt 4
Debt Nam	ne				
Interest R	ate				
Starting E	Balance				
Minimum	Payment				
					I
JAN	PAYMENT				
	BALANCE				
FEB	PAYMENT				
	BALANCE				
MAR	PAYMENT				
MAK	BALANCE				
APR	PAYMENT				
APR	BALANCE				
MAN	PAYMENT				
MAY	BALANCE				
71151	PAYMENT				
JUN	BALANCE				
	PAYMENT				
JUL	BALANCE				
	PAYMENT				
AUG	BALANCE				
	PAYMENT				
SEP	BALANCE				
	PAYMENT				
ОСТ	BALANCE				
	PAYMENT				
NOV	BALANCE				
	PAYMENT				
DEC	BALANCE				

## **Shopping Pause Rule**

With our ADHD minds, impulsive buys are just a scroll away. You find yourself with a cart full of items, ready to spend a significant amount. Instead, jot down what's in your cart and revisit it after 24 hours. This pause can help you evaluate your true desire for these items. It's a simple step that can make a big difference for your finances.

Online Store	The Products	$\bigcirc$	×

## **Mindful Takeout Log**

١ ٨	_	n	+	h	
М	U	ш	ι	П	

Harness the power of this monthly log to consciously manage your takeout habits. Simply fill in the key and shade the boxes according to your expenditure patterns. Review your habits, set achievable goals, and watch as your impulse takeout purchases become a thing of the past.

1	2	3	4	Takeout Limit
				Weekdays:
5	6	7	8	
				Weekends:
9	10	11	12	
				Color Key
13	14	15	16	No Spend!
107	10	10	20	\$1 - \$10
17	18	19	20	\$10 - \$20 \$20 - \$30
21	22	23	24	\$30 - \$40
21	22	23	2-7	\$40+
25	26	27	28	
29	30	31		

## **Expense Insight Log**

If you're aiming to evaluate your spending patterns or minimize impromptu buys, this tool is for you. Chart your purchases and get a clear view of where your money goes. It's a practical way to become more mindful about your financial choices."

	J	F	М	Α	М	J	J	Α	S	0	N	D	<b>Daily Spend Limit</b>
1													
2													Weekdays:
3													
4													
5													
6													\\\alpha\alpha\alpha\\alpha\alpha\\alpha\\alpha\\alpha\\alpha\\alpha\\alpha\\alpha\\alpha\alp
7													Weekends:
8													
9													
10													
11													
12													Color Key
13													
14													No Spend!
15													d1 420
16													\$1 - \$20
17													\$20 - \$40
18													Ψ20 Ψ10
19													\$40 - \$80
20													
21													\$80 - \$160
22													
23													\$160+
24													
25													<b>Note:</b> This tracker is
26													designed not for maintaining an unbroken
27													streak of no spending (which
28													can lead to feelings of guilt if not maintained), but rather
29													to encourage thoughtful
30													spending that reflects your personal values and benefits
31													your long-term goals.

## **Bill Tracker**

Service Provided	Amount	Frequency	Due Date	$\bigcirc$
	Service Provided	Service Provided Amount  Amount	Service Provided Amount Frequency  Amount Frequency  Amount Frequency  Amount Frequency	Service Provided Amount Frequency Due Date

## Log:

Month:

Customizable monthly tracker to tailor and monitor your personal goals.

				Limit / Goal
1	2	3	4	Weekdays:
5	6	7	8	Weekends:
9	10	11	12	Color Key
13	14	15	16	
17	18	19	20	
21	22	23	24	
25	26	27	28	
29	30	31		

## Log:

Month:

Customizable monthly tracker to tailor and monitor your personal goals.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

#### **Color Key**

Weekdays:	Weekends:		

## Log:

Empty yearly tracker designed for you to input and track your unique financial details.

	J	F	М	Α	М	J	J	Α	S	0	N	D	Spend Limit
1													İ
2													Weekdays:
3													1
4													1
5													1
6													Weekends:
7													. Weekends.
8													1
9													1
10													1 -
11													Color Key
12													Color Rey
13													1
14													
15													1
16													
17													1
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28													1 📖
29													1
30													† <u> </u>
31													†

# Saving Trackers

#### **Purchase Wishlist**

Use this section to monitor your saving targets for various wants and needs like gadgets, vacations, educational courses, tech tools, apparel, and other personal items. Apply effective savings strategies like splitting your goals into manageable steps or using a structured plan to turn your savings dreams into reality!

Wishlist Item	Why I want it	Priority	$\bigcirc$

## **My Savings Tracker**

Week	Deposit	Balance
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		

Week	Deposit	Balance
27		
28		
29		
30		
31		
32		
33		
34		
35		
36		
37		
38		
39		
40		
41		
42		
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#### **Clutter to Cash Tracker**

In search of a swift financial boost to tackle debt or accelerate your savings targets? Time to declutter and monetize! Survey your space for items that could fetch a good price on platforms like Facebook Marketplace or Craigslist. Document your listed and sold treasures right here, turning your unused items into valuable assets.

Item for Sale	<b>Asking Price</b>	Sold	Sale Price

## **Gift Budget**

Stay ahead of birthday surprises! Record the birth dates of friends and family you plan to celebrate, and jot down gift ideas as they come to you. Keep your spending in check with a dedicated gift budget.

Total Gift Budget:	
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Person	Date Required	Gift Ideas	Budget	$\bigcirc$

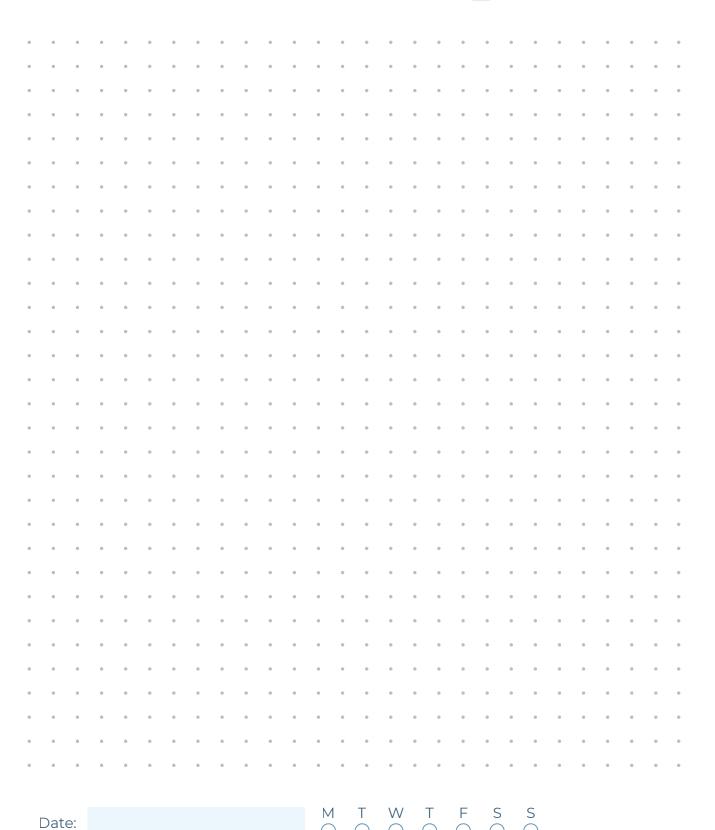
# Brain Dump

# **Brain Dump!**

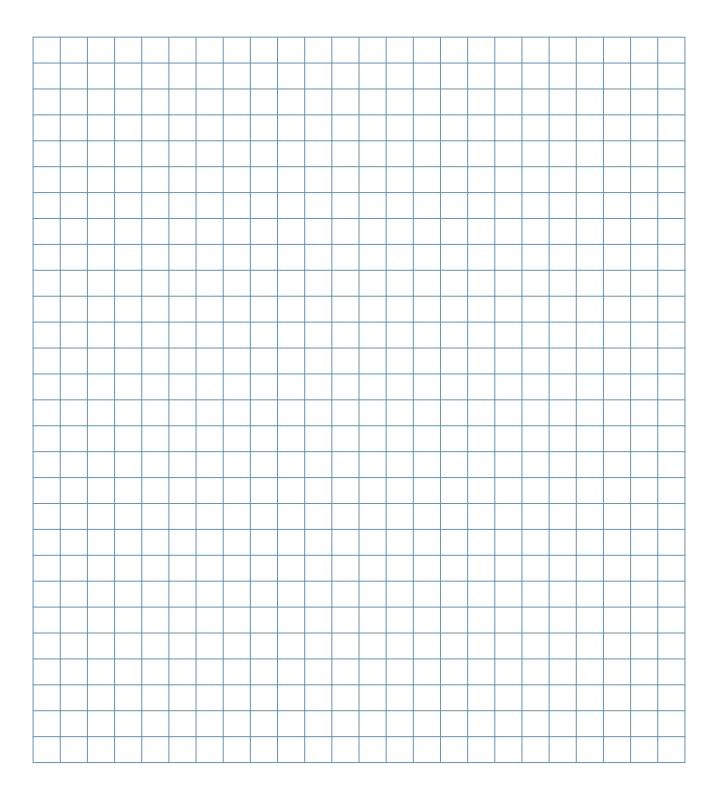
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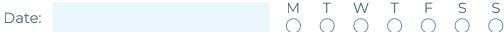
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# **Brain Dump!**



# **Brain Dump!**





### January

Embrace the fresh start this year. Remember, every day is a new chance to take a small step towards your big dreams.

# **February**

February is short but sweet. Use this month to focus on what matters most and remember, progress over perfection!

### March

As the world awakens in March, let your ideas and plans blossom too. You have the power to grow your dreams into reality.



Even on rainy days, remember that your efforts are planting seeds for future successes. Keep nurturing your goals.



Let the beauty of May inspire you. Your unique talents are like flowers in a garden, each with its own way to bloom.

### June

Celebrate the longest days of the year by giving extra time to your passions. Let the sunshine fuel your motivation.

# July

This month, celebrate your independence and the strides you've made. Every small victory is a step towards your freedom.

### August

As summer peaks, remember to pause and enjoy your accomplishments. Your journey is as important as your destination.

## September

Use September's back-to-school spirit to refocus and organize your thoughts. Every great achievement starts with a simple idea.

### October

Harvest time! Reflect on the fruits of your labor and how far you've come. Your hard work is yielding results.

### November

This November, take a moment to appreciate your journey and the lessons learned. Gratitude turns what we have into enough.

### December

As the year ends, look back on your triumphs and challenges. Celebrate your growth and get ready for a new year of possibilities.

#### My Journal



### My Journal

