



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

M T W T F S S
○ ○ ○ ○ ○ ○ ○

Date:

Quote of the Day:

6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Today's Priorities:

1	
2	
3	

Must Not Forget:

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Important Notes:

Daily Brain Dump:

My Daily To-Do List

Date:

My Must Do Task:

		Urgent	Important	Later
<input type="radio"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="radio"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="radio"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="radio"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="radio"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="radio"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Day Review:

My Weekly Planner

Week No:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Quote of the Week:

This Week's Priorities:

-
-
-

To Do List:

-
-
-
-
-
-
-
-

Important Notes:

My Weekly Planner

Week No:

Monday	
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Tuesday	
---------	--

Wednesday	
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Thursday	
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Quote of the Week:

Mon-Thur Priorities:

1	
2	
3	

To Do List:

<input type="radio"/>	
<input type="radio"/>	
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<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

Important Notes:

My Weekly Planner

Week No:

Friday	
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Saturday	
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Sunday	
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Next Week	
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Habit Focus This Week:

Fri-Sun Priorities:

1	
2	
3	

To Do List:

<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

Important Notes:

My Weekly Timetable

Week No:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am							
6am							
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							

My Weekly Checklist

Week No:

Mon	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Tue	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Wed	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Thu	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Fri	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Sat	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Sun	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

My Monthly Planner

Month:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WK 1							
WK 2							
WK 3							
WK 4							
WK 5							
WK 6							

Important Notes:

Main Priorities This Month:

-
-
-
-
-

Monthly Lookahead

Month:

My High Priority Tasks	Week Beginning: / /
<input type="checkbox"/>	Notes:
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

My High Priority Tasks	Week Beginning: / /
<input type="checkbox"/>	Notes:
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

My High Priority Tasks	Week Beginning: / /
<input type="checkbox"/>	Notes:
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

My High Priority Tasks	Week Beginning: / /
<input type="checkbox"/>	Notes:
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

My Yearly Planner

Year:

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

Important Dates

Year:

January

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-
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February

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March

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April

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May

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June

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July

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August

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September

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October

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November

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December

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-

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:

<input type="checkbox"/>	My Reward For Completing These Tasks:
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

<input type="checkbox"/>	My Reward For Completing These Tasks:
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
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<input type="checkbox"/>	My Reward For Completing These Tasks:
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

<input type="checkbox"/>	My Reward For Completing These Tasks:
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Getting it Done - Weekends

Mundane Tasks to Complete:

<input type="checkbox"/>	My Reward For Completing These Tasks:
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

<input type="checkbox"/>	My Reward For Completing These Tasks:
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
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<input type="checkbox"/>	My Reward For Completing These Tasks:
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

<input type="checkbox"/>	My Reward For Completing These Tasks:
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

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

DO THESE LATER
IMPORTANT BUT NOT URGENT

DELEGATE THESE
URGENT BUT NOT IMPORTANT

ELIMINATE THESE
NEITHER URGENT OR IMPORTANT

Never Forget
Trackers

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

Password Tracker

Website:
Username:
Password:
Email:

Website:
Username:
Password:
Email:

Website:
Username:
Password:
Email:

Website:
Username:
Password:
Email:

Website:
Username:
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Website:
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Password:
Email:

Website:
Username:
Password:
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.

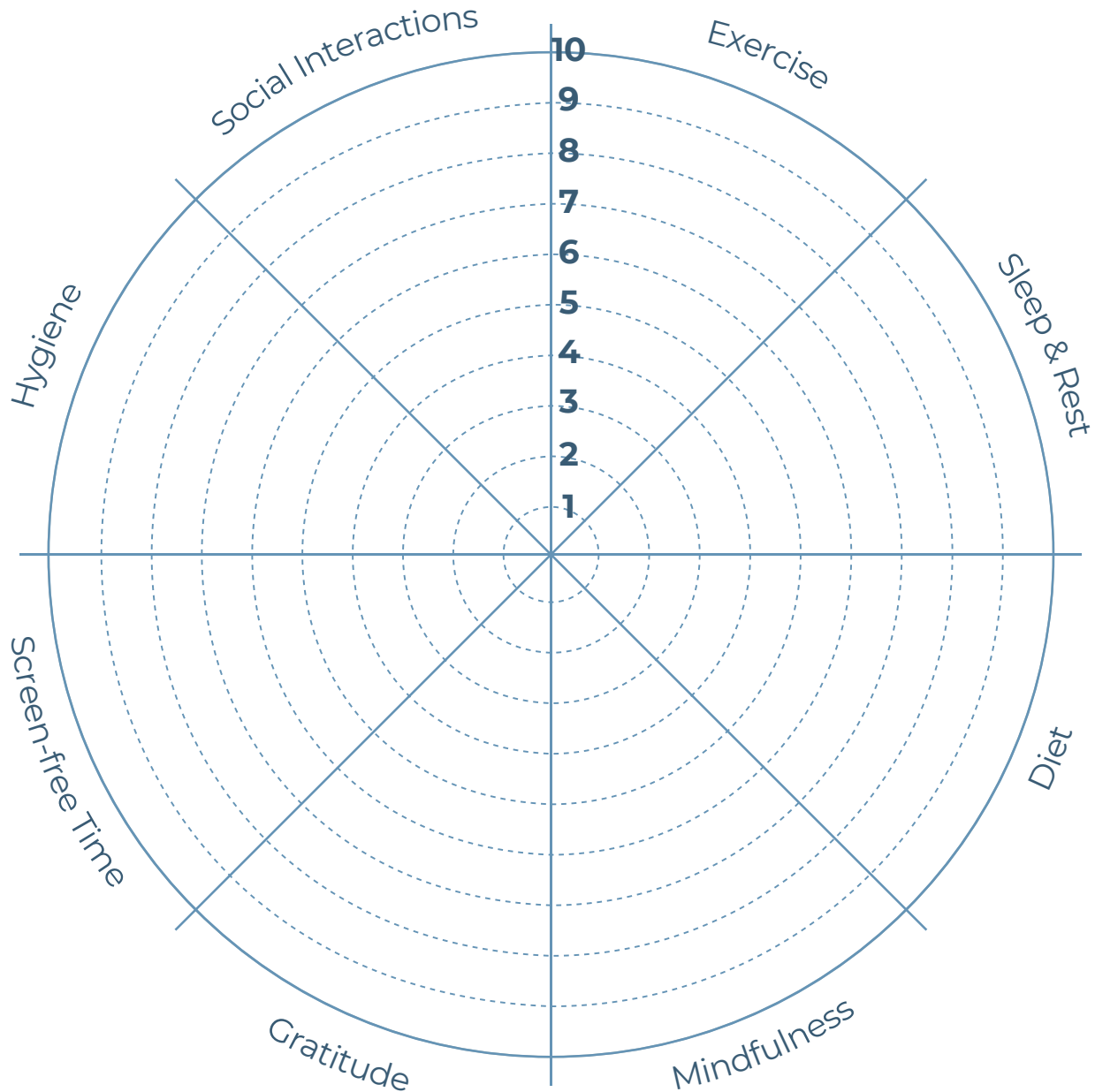
	Assignment / Project	Deadline	<input checked="" type="checkbox"/>
1			<input type="checkbox"/>
2			<input type="checkbox"/>
3			<input type="checkbox"/>
4			<input type="checkbox"/>
5			<input type="checkbox"/>
6			<input type="checkbox"/>
7			<input type="checkbox"/>
8			<input type="checkbox"/>

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.

Quarterly Habit Planner

Date:

How did I perform last quarter?

Things I currently do well:

- 1.
- 2.
- 3.
- 4.

Self-Care goals this quarter:

- 1.
- 2.
- 3.
- 4.

My biggest self-care goal this quarter:

Why is this goal so important to me:

Habits to help me achieve this goal:

- 1.
- 2.
- 3.
- 4.
- 5.

Additional notes:

Quarterly Habit Goal-Setter

Q1

Creating a habit is like paving new paths in your brain. If traditional methods like checklists feel tiring, switching to a 'journey layout' can refresh your habit-setting strategy, offering a novel and engaging way to achieve your goals.

How did I perform last quarter?

Which habits was I consistent with?

Which habits did I not succeed well at & why?

Which habits do I want to re-visit, amend or add?

Why are these habits important to me?

What is actually an achievable out come this quarter?

Quarterly Habit Goal-Setter

Q2

Creating a habit is like paving new paths in your brain. If traditional methods like checklists feel tiring, switching to a 'journey layout' can refresh your habit-setting strategy, offering a novel and engaging way to achieve your goals.

How did I perform last quarter?

Which habits was I consistent with?

Which habits did I not succeed well at & why?

Which habits do I want to re-visit, amend or add?

Why are these habits important to me?

What is actually an achievable out come this quarter?

Quarterly Habit Goal-Setter

Q3

Creating a habit is like paving new paths in your brain. If traditional methods like checklists feel tiring, switching to a 'journey layout' can refresh your habit-setting strategy, offering a novel and engaging way to achieve your goals.

How did I perform last quarter?

Which habits was I consistent with?

Which habits did I not succeed well at & why?

Which habits do I want to re-visit, amend or add?

Why are these habits important to me?

What is actually an achievable out come this quarter?

Quarterly Habit Goal-Setter

Q4

Creating a habit is like paving new paths in your brain. If traditional methods like checklists feel tiring, switching to a 'journey layout' can refresh your habit-setting strategy, offering a novel and engaging way to achieve your goals.

How did I perform last quarter?

Which habits was I consistent with?

Which habits did I not succeed well at & why?

Which habits do I want to re-visit, amend or add?

Why are these habits important to me?

What is actually an achievable out come this quarter?

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. Fine-tune 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	

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 Morning Self-Care Routine

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

My Afternoon Self-Care Routine

My Evening Self-Care Routine

Monthly Mood Tracker

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!

A circular mood tracker with 31 numbered segments (1-31) arranged in a ring. The center of the circle contains the text "Today I Feel...". Each segment is currently empty, intended for a user to fill with a color representing their mood for that day.

Color Key

- | | | | | |
|--------------------------------|----------------------------------|----------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Happy | <input type="checkbox"/> Angry | <input type="checkbox"/> Excited | <input type="checkbox"/> Stressed | <input type="checkbox"/> Restless |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Anxious | <input type="checkbox"/> Tired | <input type="checkbox"/> Calm | <input type="checkbox"/> Bored |

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Color Key

- | | | | | |
|--------------------------------|----------------------------------|----------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Happy | <input type="checkbox"/> Angry | <input type="checkbox"/> Excited | <input type="checkbox"/> Stressed | <input type="checkbox"/> Restless |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Anxious | <input type="checkbox"/> Tired | <input type="checkbox"/> Calm | <input type="checkbox"/> Bored |

Monthly Mood Tracker

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.

A grid of 31 numbered circles, arranged in a staggered pattern. The circles are numbered 1 through 31, representing the days of the month. Each circle is currently empty, intended for coloring to represent a mood.

Color Key

- | | | | | |
|--------------------------------|----------------------------------|----------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Happy | <input type="checkbox"/> Angry | <input type="checkbox"/> Excited | <input type="checkbox"/> Stressed | <input type="checkbox"/> Restless |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Anxious | <input type="checkbox"/> Tired | <input type="checkbox"/> Calm | <input type="checkbox"/> Bored |

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Let's start this colorful exploration!

A circular mood tracker with 31 numbered segments (1-31) arranged in a ring. The center of the circle contains the text "Today I Feel...". Each segment is a blank space for coloring.

Color Key

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly Mood Tracker

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!



Color Key

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly Mood Tracker

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.

A grid of 31 numbered circles, arranged in a staggered pattern. The circles are numbered 1 through 31, representing the days of the month. Each circle is empty, intended for a user to fill it with a color representing their mood for that day.

Color Key

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yearly Mood Tracker

Year:

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!**

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
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28												
29												
30												
31												

Emotion Key

Happy

Sad

Angry

Anxious

Excited

Tired

Stressed

Calm

Inspired

Nostalgic

Overwhelmed

Grateful

Restless

Bored

Weekly Sleep Tracker

Week No:

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?

Screen Time Tracker

Year:

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!**

	J	F	M	A	M	J	J	A	S	O	N	D
1												
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Screen Time Goal

Weekdays:

Weekends:

Color Key

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

	J	F	M	A	M	J	J	A	S	O	N	D
1												
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31												

Color Key

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	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
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28												
29												
30												
31												

Color Key

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:

M T W T F S S

<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>

Week of:

M T W T F S S

<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>

Week of:

M T W T F S S

<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>

Week of:

M T W T F S S

<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>

My Medical Appointments

Date of Appointment: / /		Doctor:
Topics to Discuss:	<input type="radio"/>	Notes:
	<input type="radio"/>	
	<input type="radio"/>	
	<input type="radio"/>	

Date of Appointment: / /		Doctor:
Topics to Discuss:	<input type="radio"/>	Notes:
	<input type="radio"/>	
	<input type="radio"/>	
	<input type="radio"/>	

Date of Appointment: / /		Doctor:
Topics to Discuss:	<input type="radio"/>	Notes:
	<input type="radio"/>	
	<input type="radio"/>	
	<input type="radio"/>	

Date of Appointment: / /		Doctor:
Topics to Discuss:	<input type="radio"/>	Notes:
	<input type="radio"/>	
	<input type="radio"/>	
	<input type="radio"/>	

Weekly Medication Log

Week No:

Medication & Daily Dosage	Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	am							
	am							
	pm							
	pm							
	am							
	am							
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Domestic
Trackers

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

- Old Clothes
- Unused Shoes
- Excess Bedding
- Worn Out Bags
- Unused Jewelry
- Old Books
- Knick Knacks
- Under Bed Storage

Living Space

- Old Magazines
- Unused Decor
- Books
- Old Electronics
- Knick Knacks
- Toys
- Burnt Candles
- Old Birthday cards

Bathrooms

- Expired Medicines
- Old Makeup
- Unused Towels
- Empty Bottles
- Bath Toys
- Toothbrushes
- Excess Products
- Cluttered Drawers

Kid's Rooms

- Handmade Art
- School Projects
- Broken Games
- Books
- Toys
- Knick Knacks
- Outgrown Clothes
- Under Bed Storage

Kitchen

- Expired Food
- Old Spices
- Unused Appliances
- Junk Drawer
- Old Tupperware
- Old Frozen Food
- Broken Crockery
- Worn Dish Towels

Laundry

- Empty Detergent
- Old Rags
- Excess Hangers
- Mismatched Socks
- Vacuum Cleaner
- Under Sink
- Unused Cleaners
- Toilet Paper Refresh

Office

- Paperwork
- Books
- Desk Accessories
- Cables/Chargers
- Sticky Notes
- Old Stationary
- Paper Shredder
- Desk Drawers

Garage

- Old Bikes
- Old Paint
- Old Tools
- Recycling
- Unused Tools
- Broken Toys
- Excess Lumber
- Seasonal Items

Outdoors

- Lawnmower
- Gardening Tools
- Trampoline
- Outdoor Furniture
- Unused Pots
- Dead Plants
- Unused Toys
- Hose

Weekly Meal Planner

Week No:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Breakfast Options

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Lunch Options

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Snack Options

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Family Meal Planner

Week No:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Breakfast Options

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Lunch Options

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Snack Options

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Color
to Calm

Color Me In!



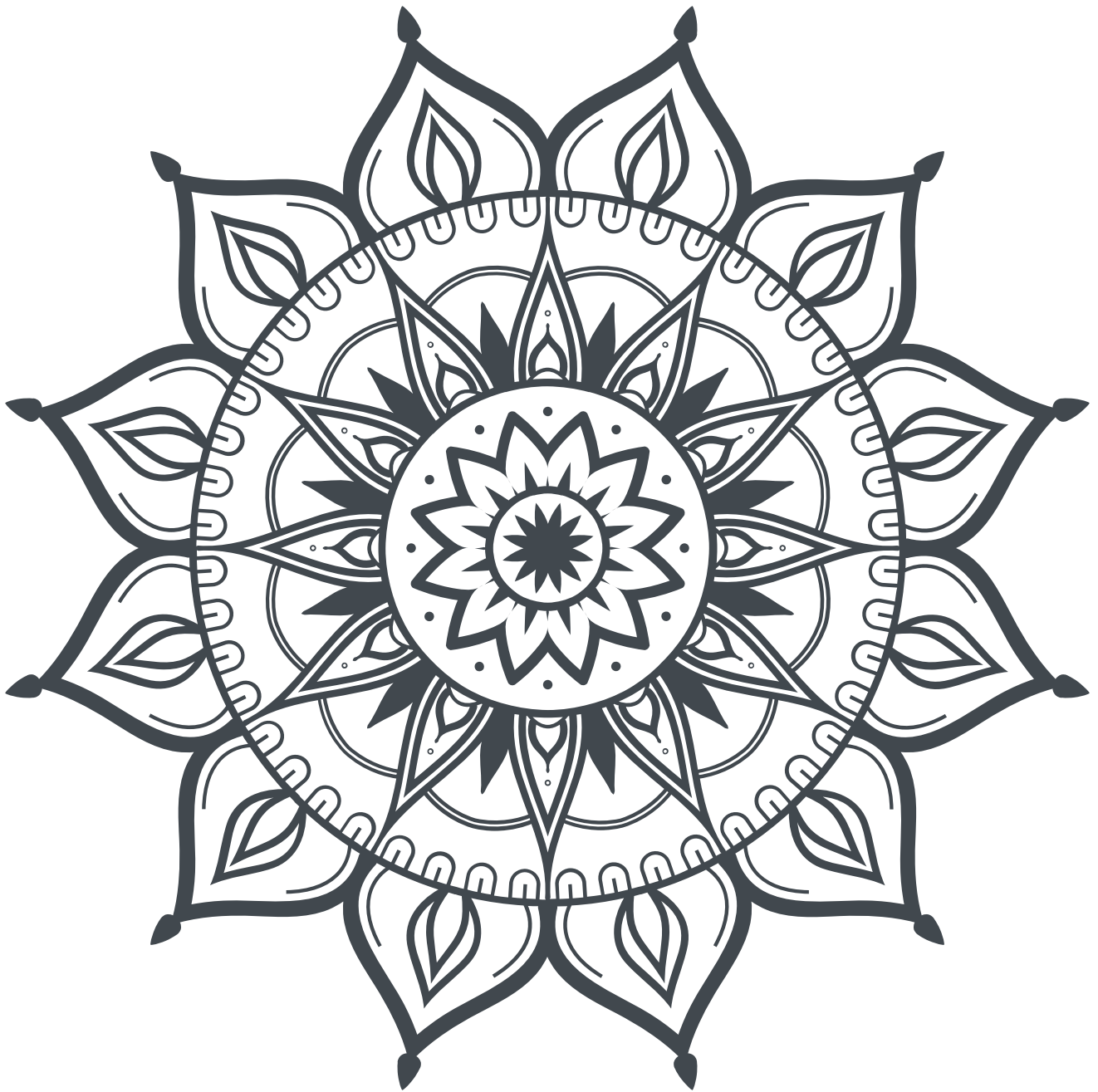
Enhances Focus: Coloring requires attention to detail, helping those with ADHD improve their focus and concentration.

Color Me In!



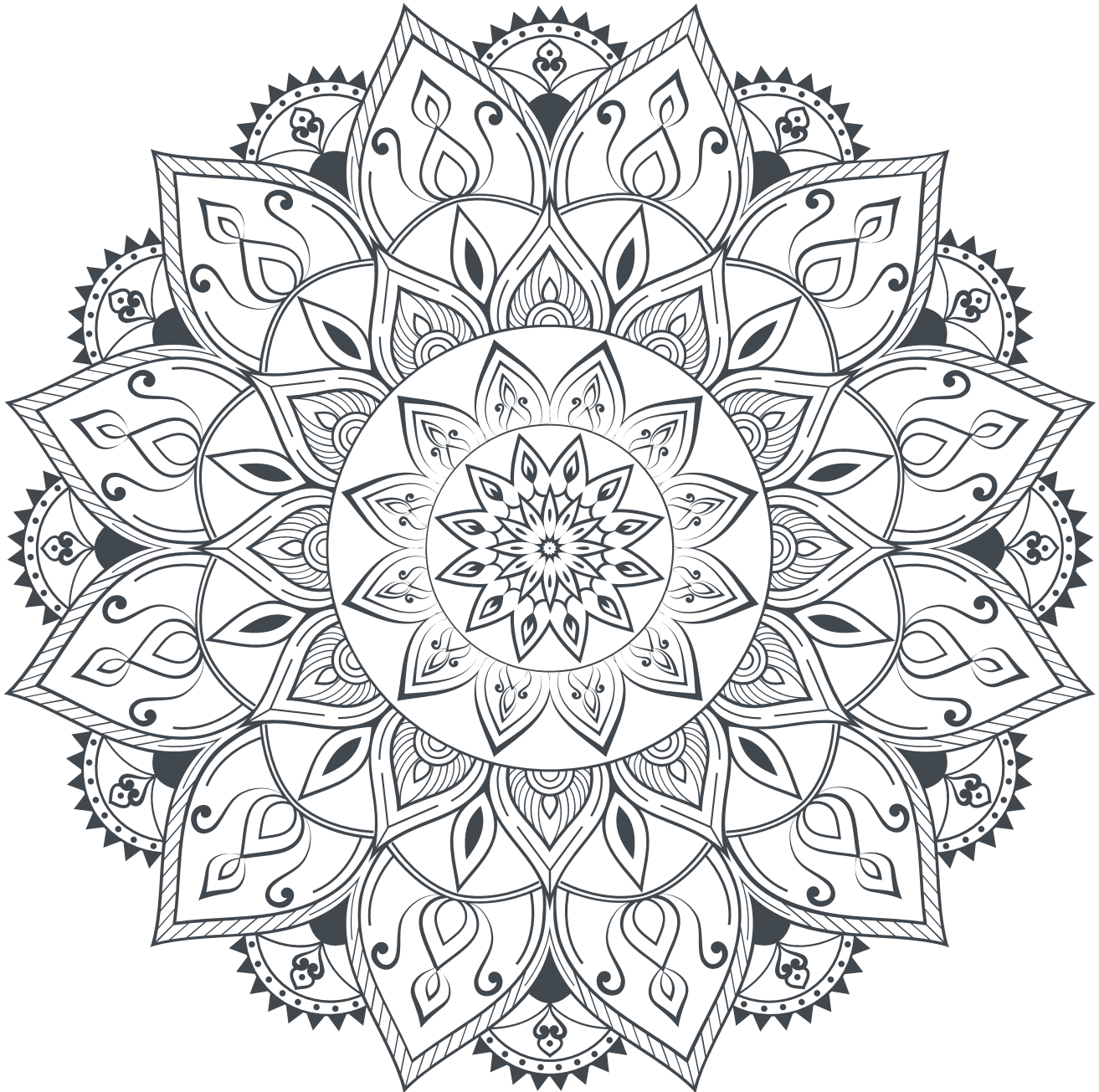
Reduces Hyperactivity: Engaging in a calming activity like coloring can reduce restlessness and hyperactive behaviors.

Color Me In!



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

Color Me In!



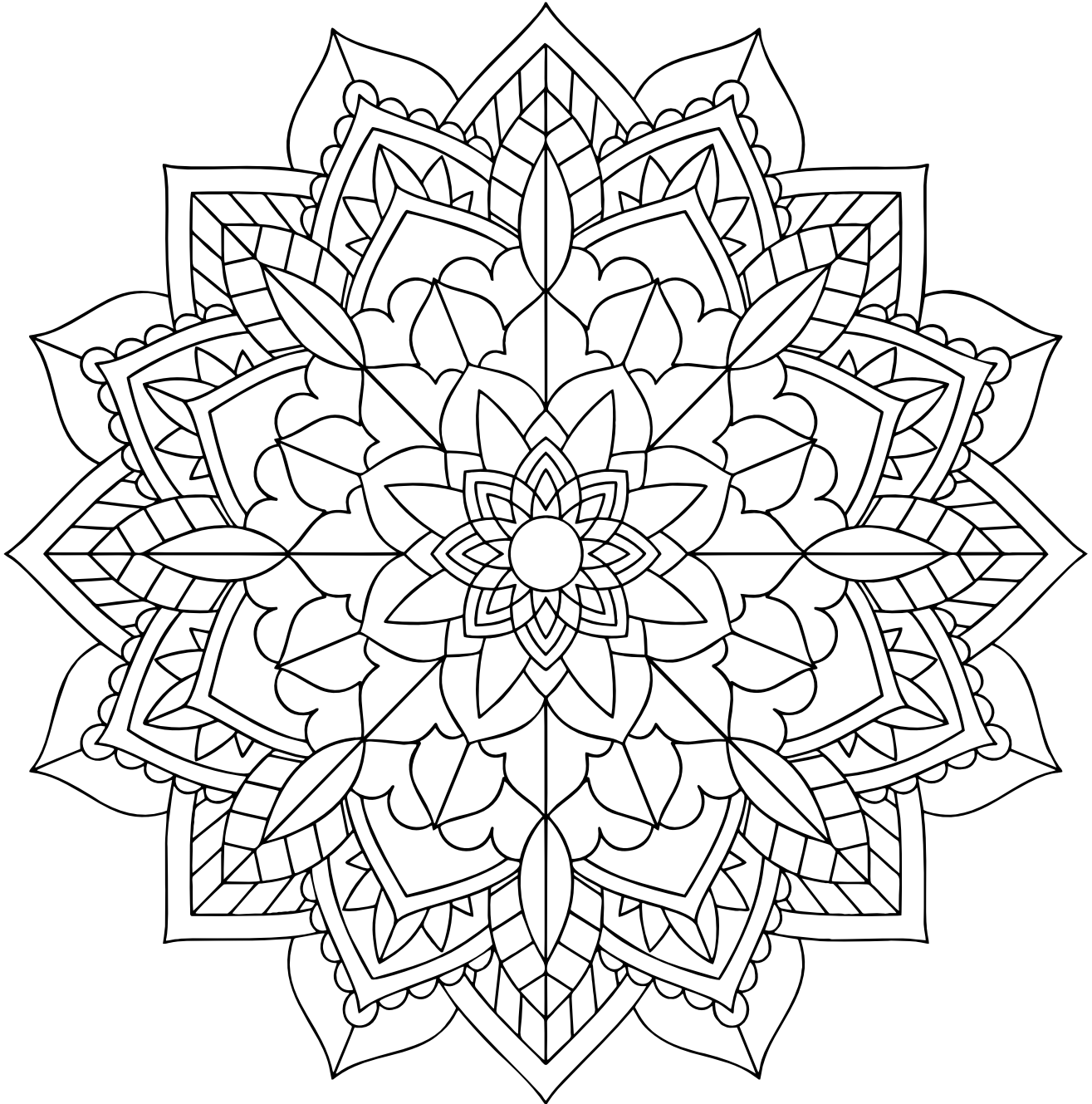
Encourages Creativity: It allows for creative expression, which is often a strength in people with ADHD.

Color Me In!



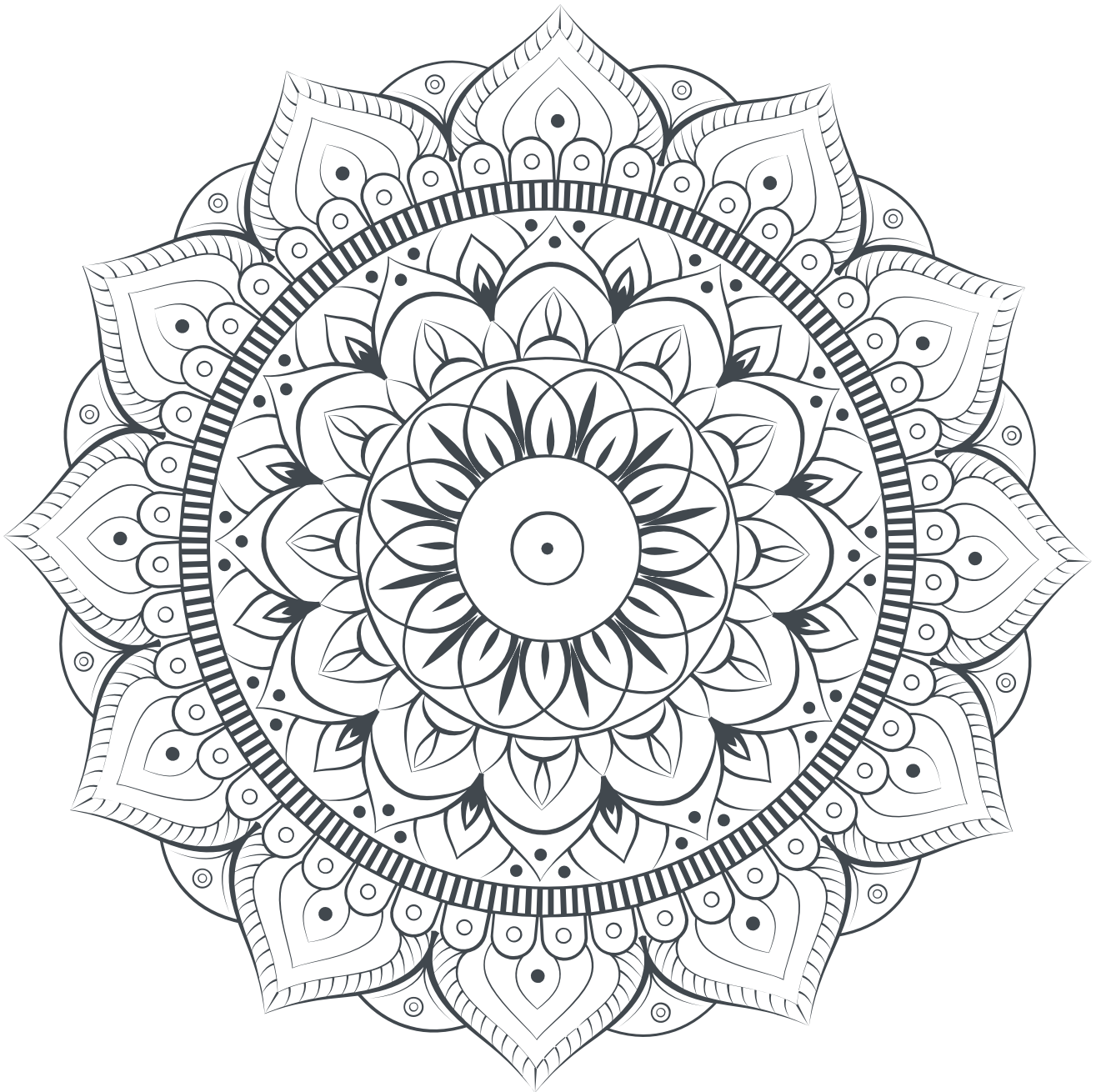
Mindfulness Practice: Coloring can be a form of mindfulness, helping individuals with ADHD stay in the present moment.

Color Me In!



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

Color Me In!



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

Color Me In!



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

Color Me In!



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

Color Me In!



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

Finance
Trackers

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.

My Motivations

1.
2.
3.
4.
5.

Household Budget

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

Household Budget

Household	Expenses	Budgeted	Actual	Difference
	Total			

Vehicles	Expenses	Budgeted	Actual	Difference
	Total			

Groceries	Expenses	Budgeted	Actual	Difference
	Total			

Utilities	Expenses	Budgeted	Actual	Difference
	Total			

Personal	Expenses	Budgeted	Actual	Difference
	Total			

Vacation Budget

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

Vacation Budget

Transport	Expenses	Budgeted	Actual	Difference
	Total			
Accommodation	Expenses	Budgeted	Actual	Difference
	Total			
Food & Drink	Expenses	Budgeted	Actual	Difference
	Total			
Entertainment	Expenses	Budgeted	Actual	Difference
	Total			
Other	Expenses	Budgeted	Actual	Difference
	Total			

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.

Income	Annually	Monthly	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			

Total Weekly Income:

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 Name				
Interest Rate				
Starting Balance				
Minimum Payment				

JAN	PAYMENT				
	BALANCE				
FEB	PAYMENT				
	BALANCE				
MAR	PAYMENT				
	BALANCE				
APR	PAYMENT				
	BALANCE				
MAY	PAYMENT				
	BALANCE				
JUN	PAYMENT				
	BALANCE				
JUL	PAYMENT				
	BALANCE				
AUG	PAYMENT				
	BALANCE				
SEP	PAYMENT				
	BALANCE				
OCT	PAYMENT				
	BALANCE				
NOV	PAYMENT				
	BALANCE				
DEC	PAYMENT				
	BALANCE				

Mindful Takeout Log

Month:

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
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	31	

Takeout Limit

Weekdays:
Weekends:

Color Key

- No Spend!
- \$1 - \$10
- \$10 - \$20
- \$20 - \$30
- \$30 - \$40
- \$40+

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	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
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29												
30												
31												

Daily Spend Limit

Weekdays:

Weekends:

Color Key

- No Spend!
- \$1 - \$20
- \$20 - \$40
- \$40 - \$80
- \$80 - \$160
- \$160+

Note: This tracker is designed not for maintaining an unbroken streak of no spending (which can lead to feelings of guilt if not maintained), but rather to encourage thoughtful spending that reflects your personal values and benefits your long-term goals.

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

Limit / Goal

Weekdays:	Weekends:

Color Key

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Saving
Trackers

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		
43		
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47		
48		
49		
50		
51		
52		

Brain
Dump

Brain Dump!

Date:

M

T

W

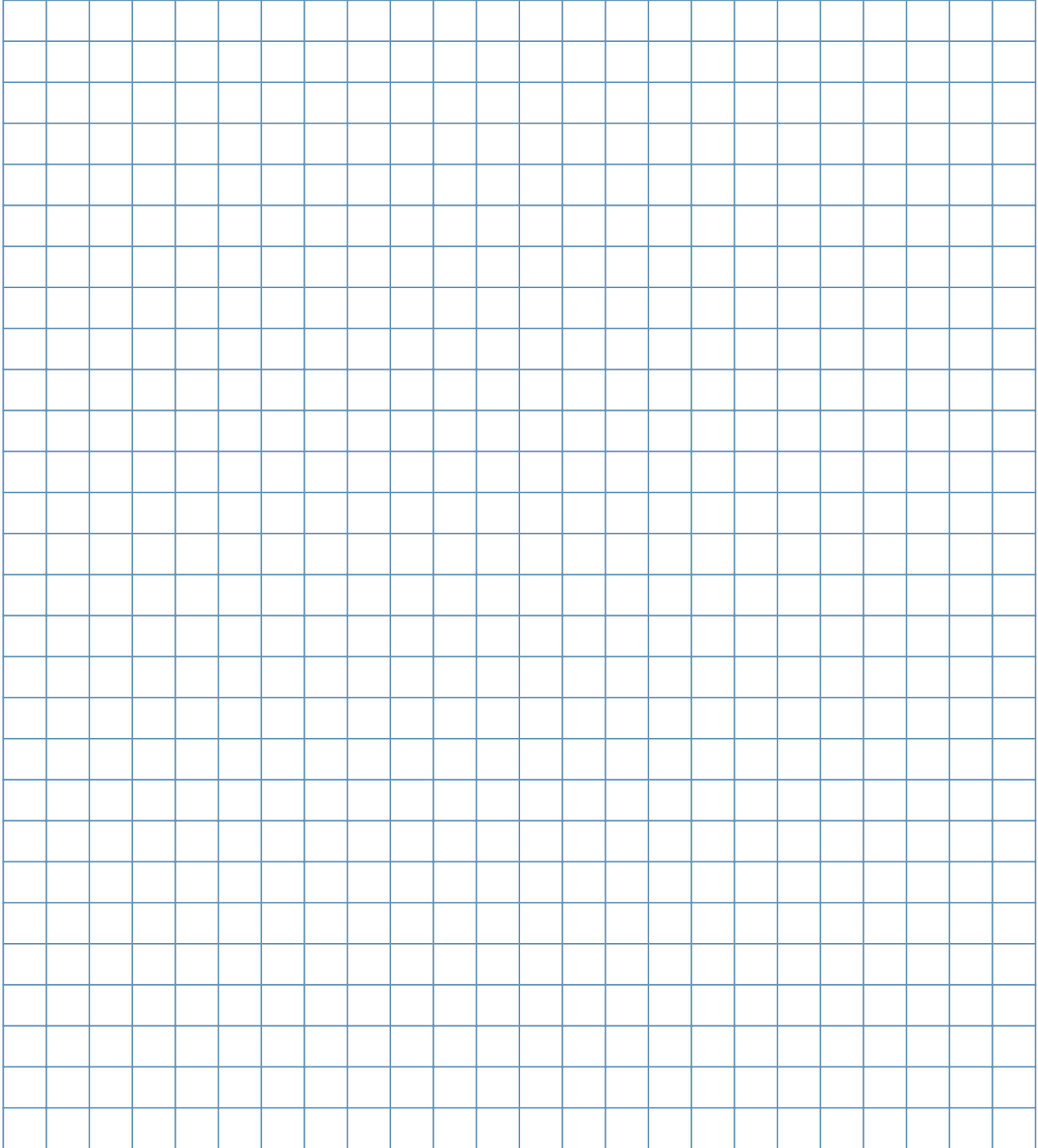
T

F

S

S

Brain Dump!



Date:

M

T

W

T

F

S

S

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.

April

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

May

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

Date: M T W T F S S
○ ○ ○ ○ ○ ○ ○