

Daily Planner for ADHD Brains

This is not about being perfect. It's about being intentional with what matters today.

📅 DATE

Top 3 Priorities (Not 10. Just 3.)

What are the 3 most important things today? If you only did these, the day would be a win.

1.

2.

3.

Flexible Time Blocks

Rough time blocks - not rigid schedules. Your brain needs flexibility.

Morning	
Midday	
Afternoon	
Evening	

Brain Dump Space

Random thoughts, ideas, things you don't want to forget. Get them out of your head.

Today's Wins (Celebrate Small Wins!)

What did you accomplish today? Even tiny things count. You got out of bed? That's a win.

Tomorrow's Top Priority

What's the ONE thing you want to tackle tomorrow? Prep your brain now.

You don't need to be productive every minute. You need to be human. This planner honors that.

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