# ADHD Planner

DATE _____ (M) (T) (W) (T) (F) (S) (S)

## 1 BRAIN DUMP Everything on your mind. No order, no sorting.

## 2 PICK 3 Only three for today. 3 GUESS THE TIME Minutes for each.

| | | |
|---|---|---|
| 1 | GUESS | min |
| 2 | GUESS | min |
| 3 | GUESS | min |

## 4 NOW, NEXT, LATER Give each one a start time. Leave a buffer between.

### Now

START : 

TASK

FIRST SMALL STEP

DONE

BUFFER _____ min

### Next

START : 

TASK

FIRST SMALL STEP

DONE

BUFFER _____ min

### Later

START : 

TASK

FIRST SMALL STEP

DONE