

Perfect ADHD Planner

Today affirmation:

I feel: ■ ■ ■ ■

Today gratitude:

Date:

Review for today:

Morning routine:

6 am

7 am

8 am

9 am

10 am

Evaluation for the morning (1-10):

What makes me proud this morning?

To-do list

Evening:

5 pm

6 pm

7 pm