

A  HD

A/F

PLANNER

INDEX PAGE

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

HOUSEHOLD ORGANIZATON

REMEMBER STUFF

HEALTHY HABITS

SELF CARE

FINANCE

UNWIND UN-MIND

GET SH*T DONE

NOTES

CALM MIND FOCUS TOOLS





CALENDAR

JANUARY							
	M	T	W	T	F	S	S
W1							
W2							
W3							
W4							
W5							
W6							

FEBRUARY							
	M	T	W	T	F	S	S
W1							
W2							
W3							
W4							
W5							
W6							

MARCH							
	M	T	W	T	F	S	S
W1							
W2							
W3							
W4							
W5							
W6							

APRIL							
	M	T	W	T	F	S	S
W1							
W2							
W3							
W4							
W5							
W6							

MAY							
	M	T	W	T	F	S	S
W1							
W2							
W3							
W4							
W5							
W6							

JUNE							
	M	T	W	T	F	S	S
W1							
W2							
W3							
W4							
W5							
W6							

JULY							
	M	T	W	T	F	S	S
W1							
W2							
W3							
W4							
W5							
W6							

AUGUST							
	M	T	W	T	F	S	S
W1							
W2							
W3							
W4							
W5							
W6							

SEPTEMBER							
	M	T	W	T	F	S	S
W1							
W2							
W3							
W4							
W5							
W6							

OCTOBER							
	M	T	W	T	F	S	S
W1							
W2							
W3							
W4							
W5							
W6							

NOVEMBER							
	M	T	W	T	F	S	S
W1							
W2							
W3							
W4							
W5							
W6							

DECEMBER							
	M	T	W	T	F	S	S
W1							
W2							
W3							
W4							
W5							
W6							



YEAR AT GLANCE

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

NOTES

--

JANUARY



JANUARY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 2	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 3	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 4	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 5	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 6	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES

TO DO

FEBRUARY



FEBRUARY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 2	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 3	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 4	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 5	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 6	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES

TO DO

MARCH



MARCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES

TO DO

APRIL



APRIL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 2	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 3	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 4	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 5	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 6	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES

TO DO

MAY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 2	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 3	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 4	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 5	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 6	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES

TO DO

June



JUNE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 2	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 3	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 4	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 5	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 6	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES

TO DO

July.



JULY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES

TO DO

August



AUGUST

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 2	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 3	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 4	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 5	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 6	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES

TO DO

September

SEPTEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 2	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 3	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 4	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 5	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 6	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES

TO DO

October

OCTOBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 2	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 3	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 4	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 5	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 6	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES

TO DO

November

NOVEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 2	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 3	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 4	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 5	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 6	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES

TO DO

December



DECEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 2	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 3	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 4	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 5	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
WEEK 6	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES

TO DO



MONTHLY REVIEW

MONTH OF:

GOALS	ACHIEVEMENT	NOTES

MONTH OF:

GOALS	ACHIEVEMENT	NOTES

MONTH OF:

GOALS	ACHIEVEMENT	NOTES

MONTH OF:







GOALS	ACHIEVEMENT	NOTES



WEEKLY PLANNER

DATE: / /

Mon Tue Wed Thu Fri Sat Sun

REFLECTIONS

MEALS

B

L

D

TO DO



HOW WAS YOUR DAY?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

REMINDER:



DAILY FOCUS FRIEND

Mon Tue Wed Thu Fri Sat Sun

DATE:

SCHEDULE

SELF-CARE

06:00 AM

07:00 AM

08:00 AM

09:00 AM

10:00 AM

11:00 AM

12:00 PM

01:00 PM

02:00 PM

03:00 PM

04:00 PM

05:00 PM

06:00 PM

07:00 PM

08:00 PM

09:00 PM

10:00 PM

11:00 PM

12:00 AM

BORING (BUT NECESSARY) TASKS:

01

02

03

REWARD TO MYSELF

DON'T FORGET



PEOPLE TO RESPOND TO:



LEAVE IT FOR LATER BRAIN DUMP:



HOUSEHOLD ORGANIZATION

HOME DE-CLUTTER

DIGITAL DE-CLUTTER

PLANT HEALTH TRACKER

PET FEEDING TRACKER

MEAL PLANNER

FAMILY MEAL PLANNER

CATEGORIZED GROCERY LIST



HOME DE-CLUTTER

BEDROOM

KID'S BEDROOM

KITCHEN

[illegible]

LAUNDRY

[illegible]

OFFICE

[illegible]

OUTDOOR

[illegible]



DIGITAL DE-CLUTTER



MONTH OF:

PLANT CARING:

[illegible]

PLANT CARING:

[illegible]

PLANT CARING:

[illegible]



PET CARING:

[illegible]

PET CARING:

FOOD	CLEANING	HEALTH CARE	NOTES

M T W T F S S

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

PET CARING:

[illegible]

PET CARING:

FOOD	CLEANING	HEALTH CARE	NOTES



MEAL PLANNER

WEEK OF: _____

BREAKFAST OPTIONS	
1	
2	
3	
4	

LUNCH OPTIONS	
1	
2	
3	
4	

SNACKS	
1	
2	
3	
4	

MON

TUE

WED

THU

FRI

SAT

SUN



FAMILY MEAL PLANNER

WEEK OF: _____

MON

TUE

WED

THU

FRI

SAT

SUN

BREAKFAST OPTIONS	
1	
2	
3	
4	

LUNCH OPTIONS	
1	
2	
3	
4	

SNACKS	
1	
2	
3	
4	



BEVERAGES

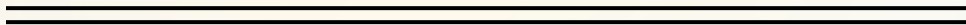


HEALTHY HABITS

SELF CARE ASSESSMENT WHEEL



QUARTERLY HABIT PLANNING



HABIT VISUALIZATION JOURNAL

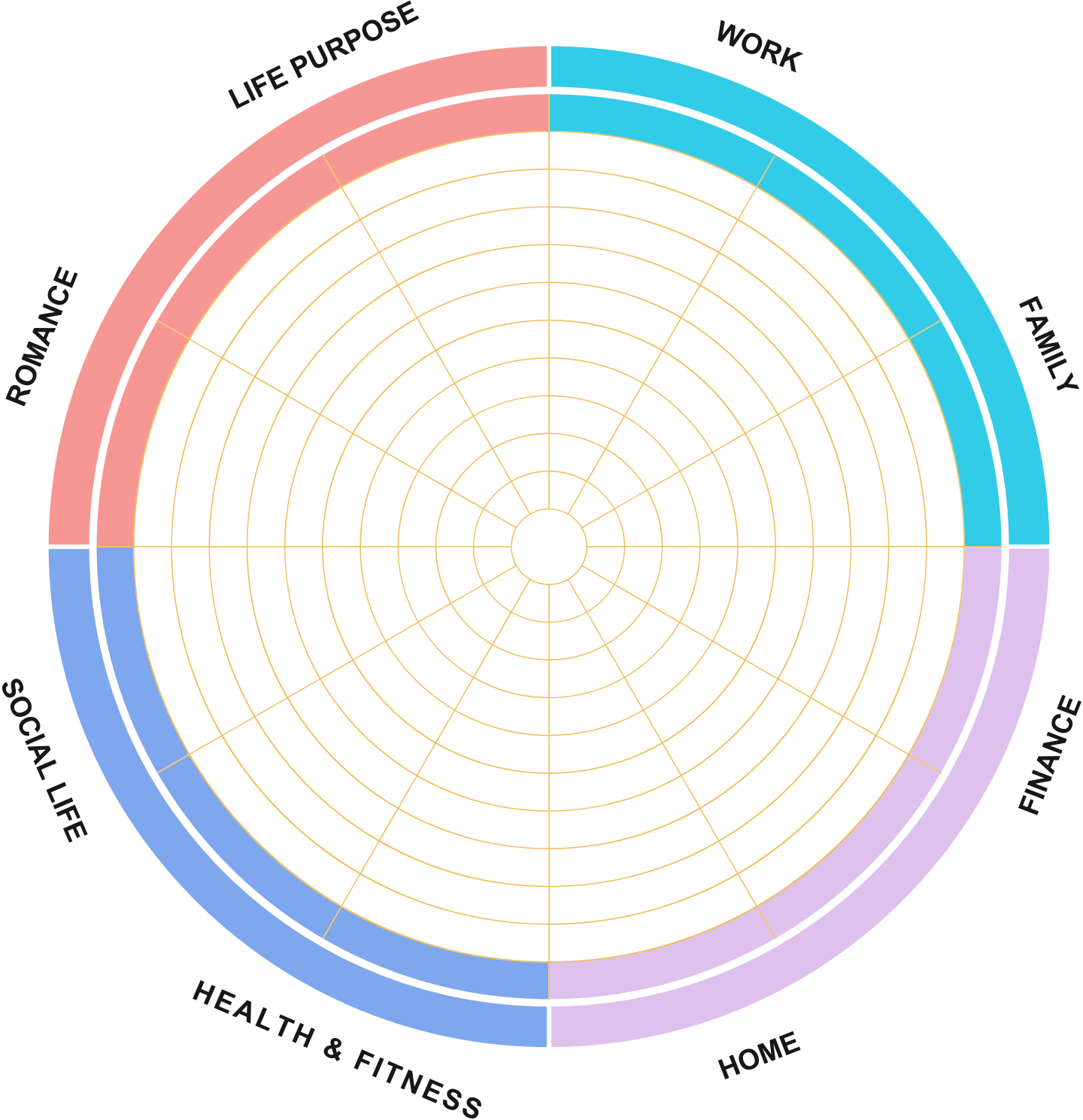


SPENDING HABIT TRACKER





SELF CARE ASSESSMENT WHEEL



WHICH HABIT DO YOU WANT TO FOCUS ON FIRST?



QUARTERLY HABIT PLANNING

DATE:

THINGS I ALREADY DO ACTIVITY WILL:

NUTRITION GOAL THIS QUARTER:

REFLECTION ON NOW I WENT LAST QUARTER:

SELF-CARE GOAL IN THIS QUARTER:

WHY DO I WANT TO SET THIS SELF-CARE GOAL?

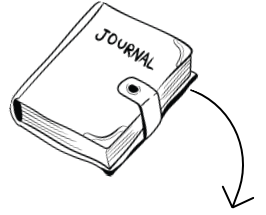
HABITS THAT HELP WANT THIS GOAL



WHAT IS ACTUALLY REALISTIC?



DATE:





SPENDING HABIT TRACKER

[illegible]

DAILY SPEND LIMIT	
MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

[illegible]



FINANCE

START HERE: MONEY TIPS

FUTURE SELF SAVINGS JAR

TAKEOUT TRACKER

THE 10 & 10 RULE

HOUSEHOLD BUDGET

DEBT DISSOLVER

INCOME TRACKER

EXPENSE TRACKER

SAVINGS TRACKER

SUBSCRIPTION TRACKER



START HERE: MONEY TIPS

WEEK OF:

1

2

3

4

5

6

7

8



FUTURE SELF SAVINGS JAR

WEEK OF:

GOAL

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$





TAKEOUT TRACKER

MONTH:

TAKEOUT LIMIT:

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					

NOTES:



THE 10 & 10 RULE

MONTH:

SAVINGS GOAL \$

1

2

3

4

5

6

7

8

9

10

WHAT ARE YOU SAVING FOR?

WHY DO YOU WANT IT?

AMOUNT YOU NEED TO SAVE

10 & 10 RULE CALCULATORS

CHOOSE YOUR REWARD



HOUSEHOLD BUDGET

[illegible]

[illegible]

[illegible]

[illegible]



GOAL: _____

[illegible]

90%

80 %

70%

60%

50 %

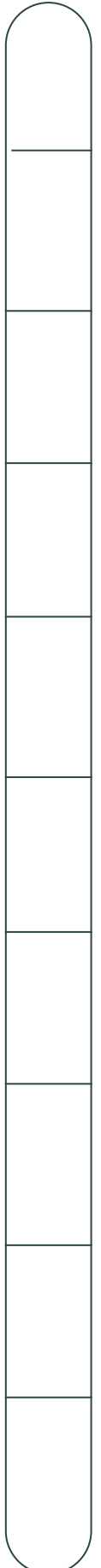
40 %

30 %

20 %

10%

START



[illegible]



GET SH*T DONE

DO IT WITH DOPAMINE

GET SH*T DONE DAYS

GET SH*T DONE WEEKENDS



DO IT WITH DOPAMINE

	TASK TO DO	REWARD AFTER	DON'T
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			



GET SH*T DONE DAYS



GET SH*T DONE WEEKENDS



REMEMBER STUFF

NEW FRIENDS

D+M TRACKER

ADHD TAX TRACKER

CURRENT HYPER FOCUS

PARCEL TRACKER

CART: THE 24 HOUR CHART

BOOK I STARTED

PODCAST I STARTED

PASSWORD TRACKER

LIMITING SELF BELIEF FRAME



NEW FRIENDS

[illegible]

[illegible]

[illegible]



CURRENT HYPER FOCUS

FOCUS:

NOTES



PARCEL TRACKER

[illegible]



CART: THE 24 HOUR CHART

[illegible]



BOOKS | I STARTED

[illegible]



PODCAST | STARTED

[illegible]



PASSWORD TRACKER

WEBSITE:
USERNAME:
EMAIL:
PASSWORD

WEBSITE:
USERNAME:
EMAIL:
PASSWORD

WEBSITE:
USERNAME:
EMAIL:
PASSWORD

WEBSITE:
USERNAME:
EMAIL:
PASSWORD

WEBSITE:
USERNAME:
EMAIL:
PASSWORD

WEBSITE:
USERNAME:
EMAIL:
PASSWORD

WEBSITE:
USERNAME:
EMAIL:
PASSWORD

WEBSITE:
USERNAME:
EMAIL:
PASSWORD



LIMITING SELF-BELIEF REFRAME

WEEK OF:

	LIMITING SELF-BELIEF	REFRAME TO	REPEAT
1			
2			
3			
4			
5			
6			
7			



SELF CARE

MOOD TRACKER

SELF CARE ROUTINE

SCREEN TIME TRACKER

FITNESS TRACKER

SLEEP TRACKER

NOTES FROM THERAPY

NOTES TO TAKE TO THERAPY

ADHD COACHING

SESSION NOTES

[illegible][illegible]



SELF CARE ROUTINE

SELF CARE ACTIVITIES

THINGS I HAVE DONE FOR MYSELF

NOTES

--



SCREEN TIME TRACKER

[illegible]



FITNESS TRACKER

[illegible][illegible][illegible][illegible]



TRACK YOUR SLEEP HOUR PER NIGHT EACH WORK. SCALE IS 1 TO 10 HOUR SLEEP.

☐ _____

☐ _____

☐ _____

MY SLEEP GOAL:

[illegible][illegible]



NOTES FROM THERAPY

[illegible]



ADHD COACHING

SESSION NOTES

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

Notes:

[illegible]



UNWIND UN-MIND

DON'T THINK JUST DO

WHEN I FEEL ANXIOUS

COLOR TO CALM

PHONE CALL FOCUS FLOWER

PRODUCTIVITY POWER PETALS

WIND DOWN STRATEGIES

FAVE PALYLIST FOR

DIV/CON PLANNING



DON'T THINK JUST DO

1

2

3

4

5

6

7

8

9

10

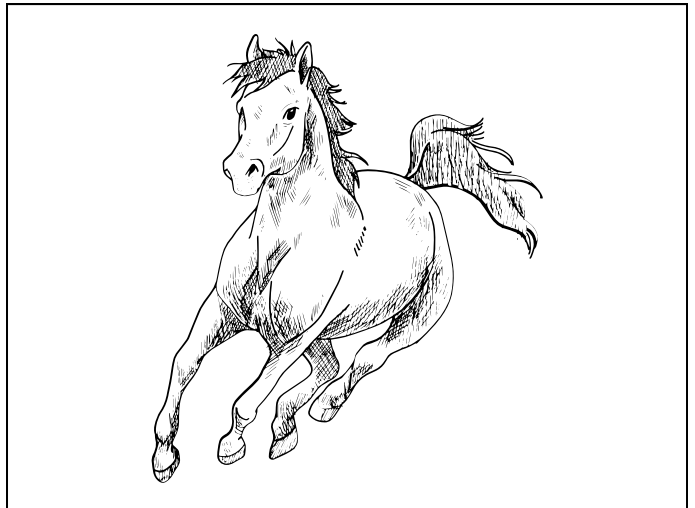
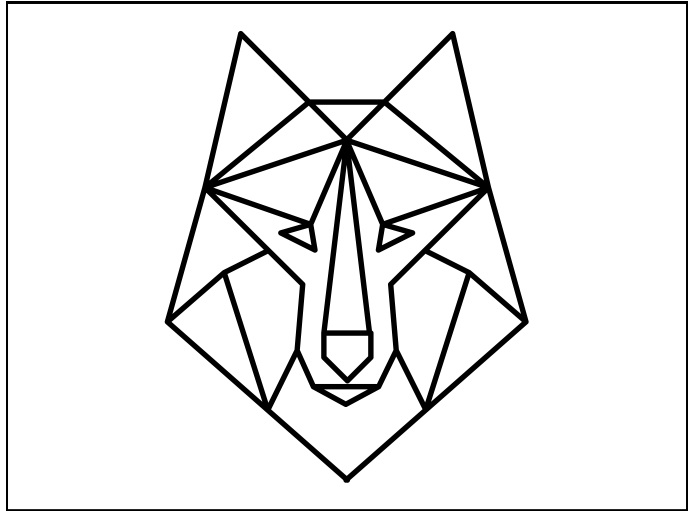
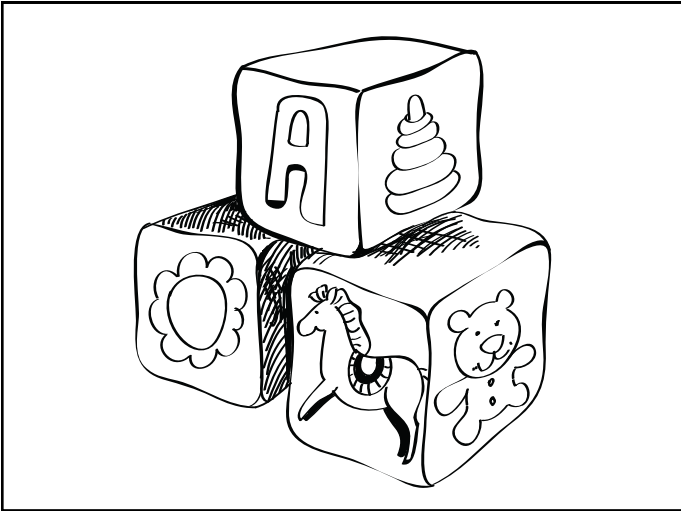
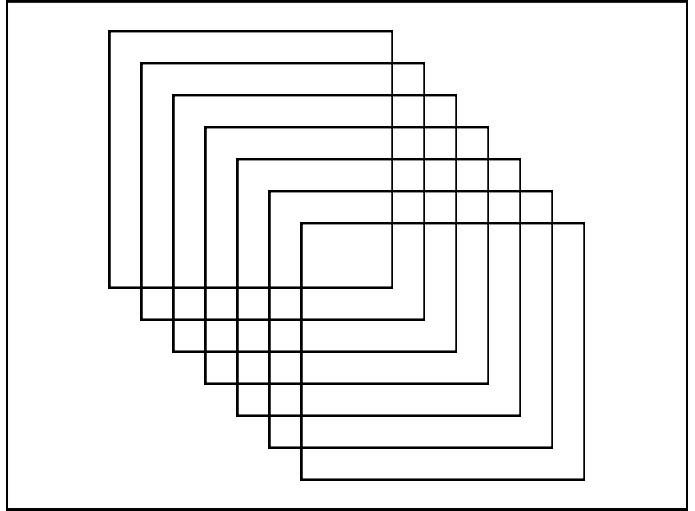
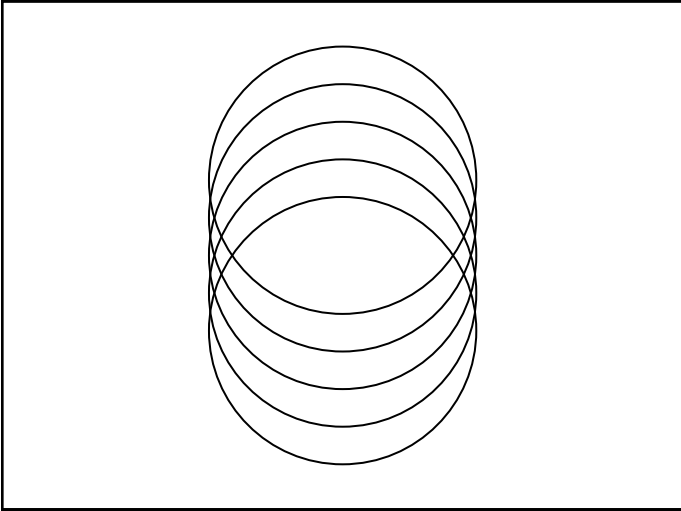


WHEN I FEEL ANXIOUS

1
2
3
4
5
6
7
8
9
10



COLORS TO CALM



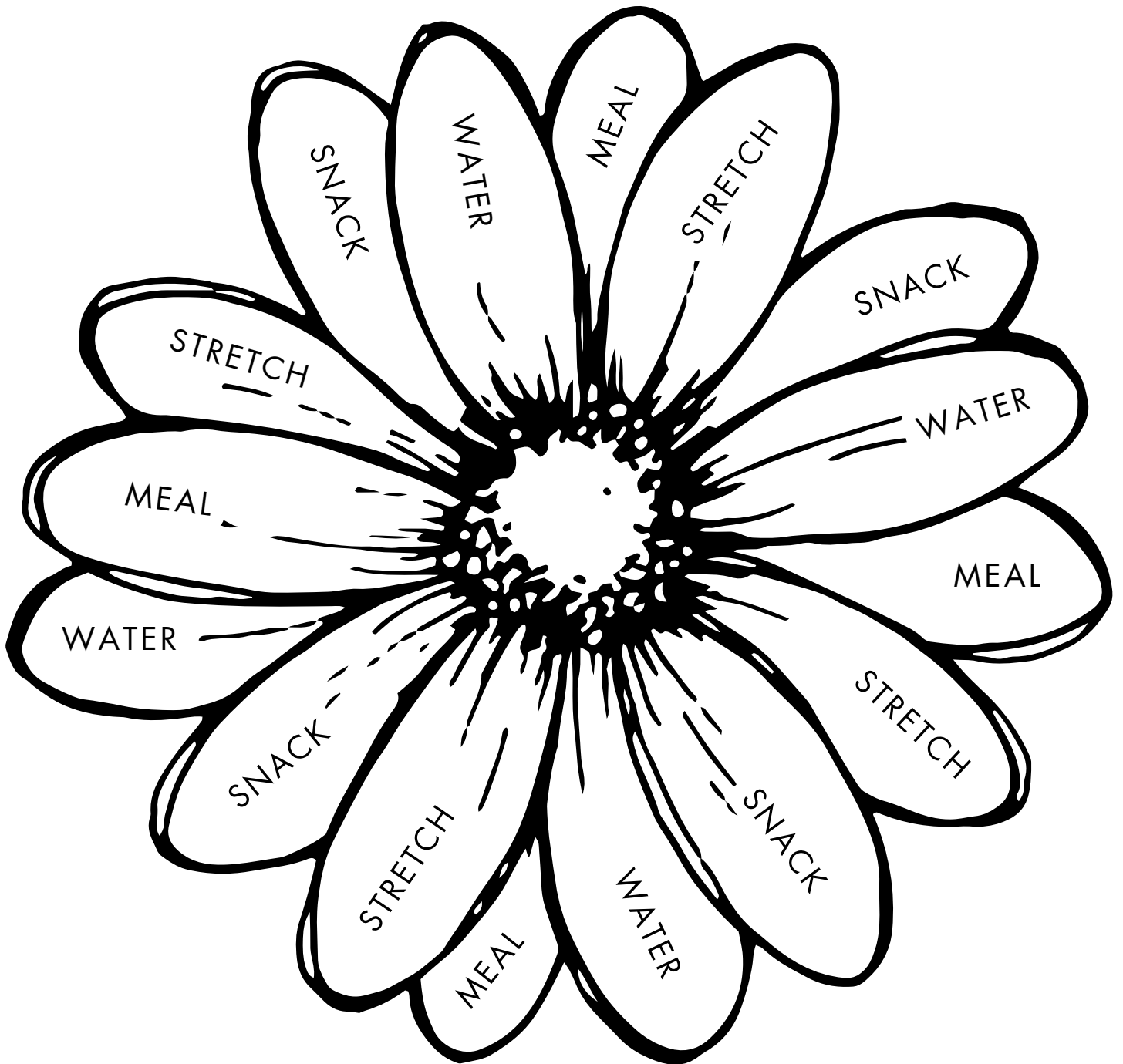


PHONE CALL FOCUS FLOWER





PRODUCTIVITY POWER PETALS





WIND DOWN STRATEGIES

MEDICATION

STRETCHING / YOGA

APPS

MUSIC PLAYLIST



A blank coordinate plane with a horizontal x-axis and a vertical y-axis intersecting at the origin. The axes are represented by thin black lines. There are no tick marks, labels, or data points on the axes.



DIV/CON PLANNING

WEEK OF:

OUTCOME / GOAL

DIVERGENT THINKING BRAINSTORM:

MY DECISION:

THINKING TASK LIST:



NOTES

BLANK NOTES

LINED NOTES

WIDE LINED NOTES

DOTTED LINED NOTES

TWO COLUMNED NOTES

THREE COLUMNED NOTES

FOUR COLUMNED NOTES

GRID NOTES

TO DO LIST

PRIORITY CHECKLIST



NOTES

[illegible]

[illegible]



NOTES

A series of horizontal dashed lines for writing notes.



NOTES

[illegible]



NOTES

[illegible]



NOTES

[illegible]

[illegible]



NOTES





NOTES

1.	11.
2.	12.
3.	13.
4.	14.
5.	15.
6.	16.
7.	17.
8.	18.
9.	19.
10.	20.