

## **ORGANIZATION**







YEARLY OVERVIEW IMPORTANT DATES









WEEKLY PLANNER



**CLEANING PLANNER** 



YEARLY OVERVIEW

Organiz

Financia

Self Care

Fitness



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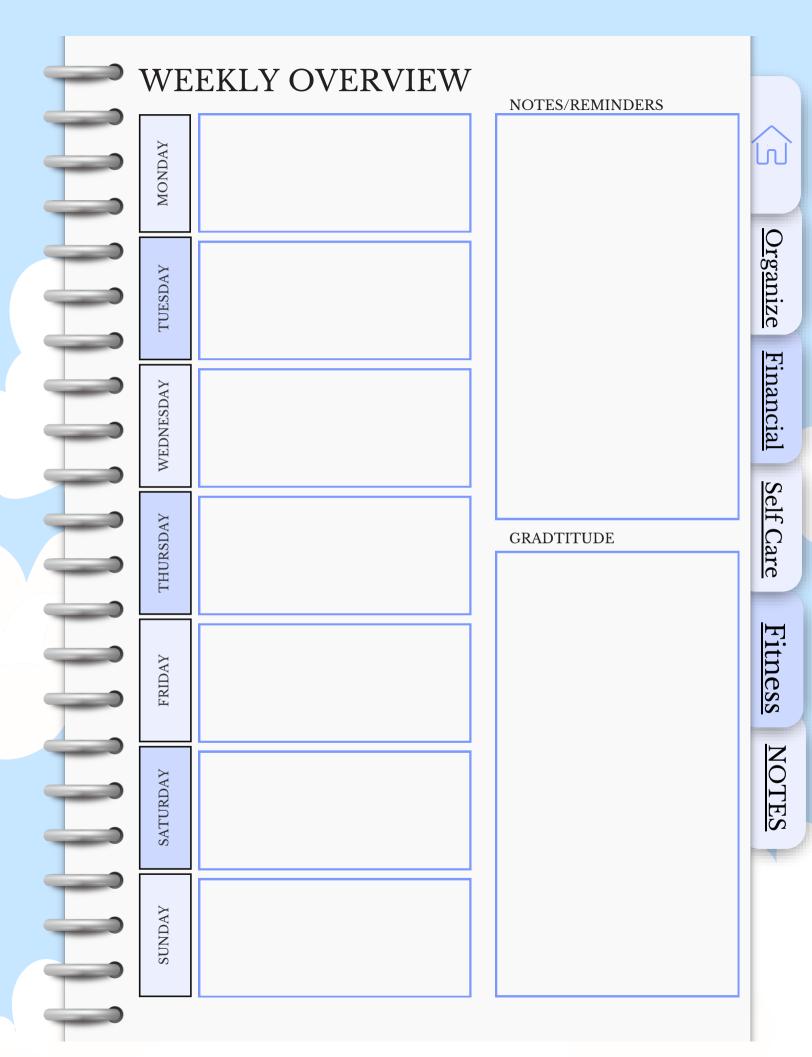
<u>Financia</u>

Self Car

**Fitness** 

### GOALS OVERVIEW

JANUARY	FEBRUARY
MARCH	APRIL
MAY	JUNE
JULY	AUGUST
SEPTEMBER	OCTOBER
NOVEMBER	DECEMBER



#### **ORGINIZATION**

Organization is crucial for people with ADHD (Attention Deficit Hyperactivity Disorder) for several reasons, as it can significantly improve their daily functioning and overall well-being.

Firstly, individuals with ADHD often struggle with executive functions such as time management, planning, and prioritization.

Organizational strategies, such as creating to-do lists, using calendars, and setting reminders, can help them break down tasks into manageable steps and allocate their time effectively. These tools serve as external supports for their weakened internal executive functions, enabling them to stay on top of responsibilities and deadlines.

Secondly, organization reduces the cognitive load for individuals with ADHD. When their physical and digital spaces are cluttered and disorganized, it can lead to sensory overload and increased distractibility. Maintaining an organized environment, both at home and work, minimizes external distractions and allows them to focus better on their tasks.

Moreover, being organized can help individuals with ADHD build selfesteem and confidence. When they can see tangible evidence of their accomplishments through completed tasks and organized spaces, it reinforces a positive sense of achievement. This, in turn, motivates them to tackle more challenging tasks and fosters a sense of control over their lives

In summary, organization is essential for people with ADHD because it provides them with practical tools to manage their executive function deficits, reduces external distractions, and boosts their self-esteem. These benefits contribute to improved daily functioning and a higher quality of life for individuals with ADHD.

# FINANICIAL



**MONTHLY BUDGET** 





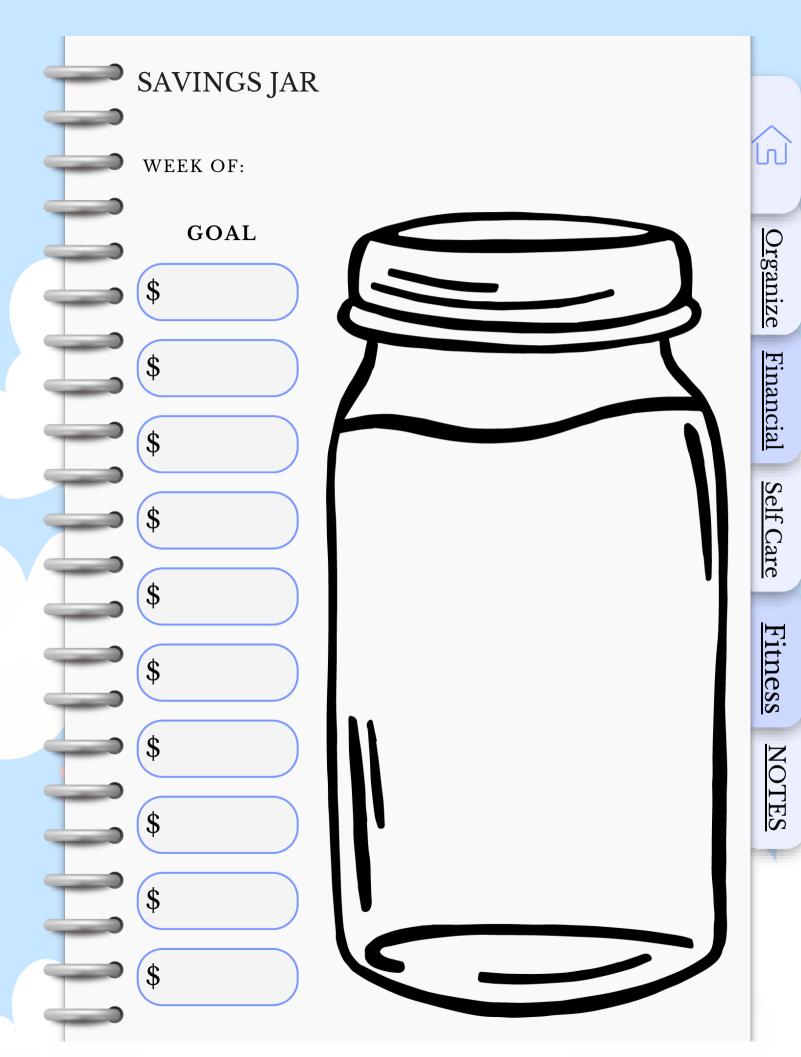
**SAVINGS JAR** 



52 WEEK SAVINGS

### MONTHLY BUDGET

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SPENT						
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### YEARLY FINANICAL OVERVIEW

	INCOME	EXPENSES	SAVINGS	DIFFERENCE
JANUARY				
FEBRUARY				
MARCH				
APRIL				
MAY				
JUNE				
JULY				
AUGUST				
SEPTEMBER				
OCTOBER				
NOVEMBER				
DECEMBER				
TOTAL:				
		NOTES		

### 52 WEEK SAVINGS

STARTING BALANCE:			MINIMUM SAVING:				
SAVING FOR:			GOAL MONTHLY SAVING:				
SAVING GOAL:			GOAL SAVING DATE:				
WEEK	AMOUNT SAVED	BALANCE	WEEK	AMOUNT SAVED	BALANCE		
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2			22				
3			23				
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6			26				
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45			51				
46			52				

#### **FINANCIAL**

Keeping track of finances is crucial for people with ADHD (Attention Deficit Hyperactivity Disorder) for several compelling reasons.

Firstly, individuals with ADHD often face challenges related to impulse control and impulsive spending. They may be prone to making impromptu purchases without considering their budget or financial goals. By consistently tracking their finances, such as income, expenses, and savings, they can gain a better understanding of their spending habits and develop strategies to curb impulsive behavior.

Secondly, financial organization provides individuals with ADHD a sense of structure and predictability. Creating a budget, monitoring expenses, and setting financial goals can help establish routines and reduce anxiety related to financial uncertainty. This structure can also help with time management and planning, which are common executive function deficits in individuals with ADHD.

Moreover, tracking finances empowers individuals with ADHD to take control of their financial future. It allows them to set clear financial goals, save for important expenses, and make informed decisions about investments and expenditures. This sense of control can boost self-confidence and reduce financial stress, which can be particularly detrimental to individuals with ADHD.

In summary, keeping track of finances is essential for individuals with ADHD because it helps them manage impulsive spending, establish structure in their lives, and gain a sense of control over their financial well-being. By implementing effective financial tracking and management strategies, individuals with ADHD can achieve greater financial stability and peace of mind.

# SELF CARE











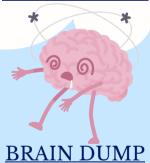
**REFLECTION** 



**GRADTITUDE** 



**SELF CARE** 

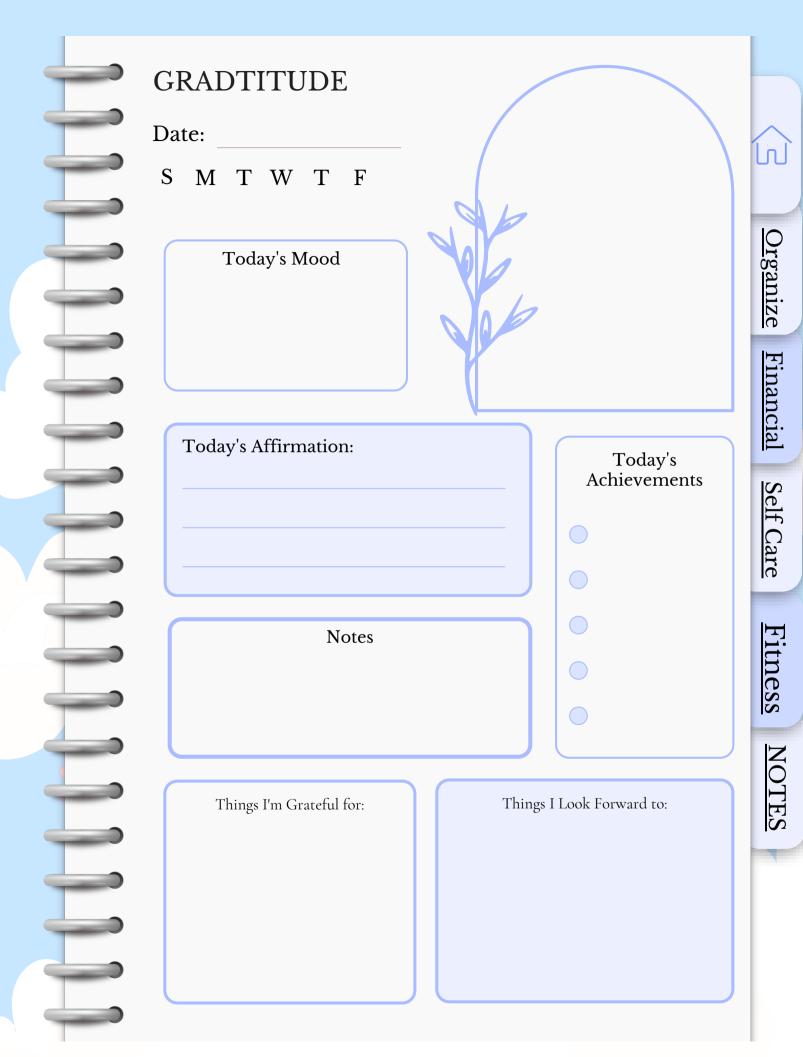


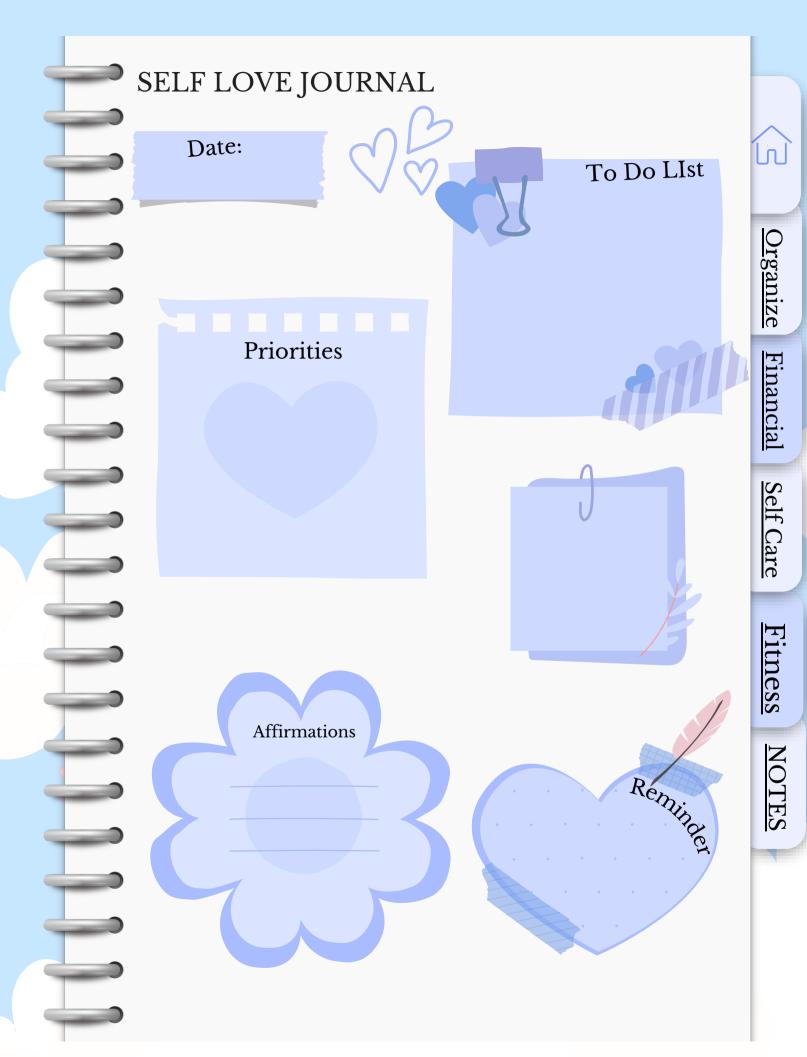






# YEARLY REFLECTION YEAR MY BIG WINNINGS MY BIG ACHIEVEMENTS HIGHLIGHTS LESSONS I LEARNED WHAT WORKED WHAT I'LL STOP DOING IMPROVEMENTS TO MAKE





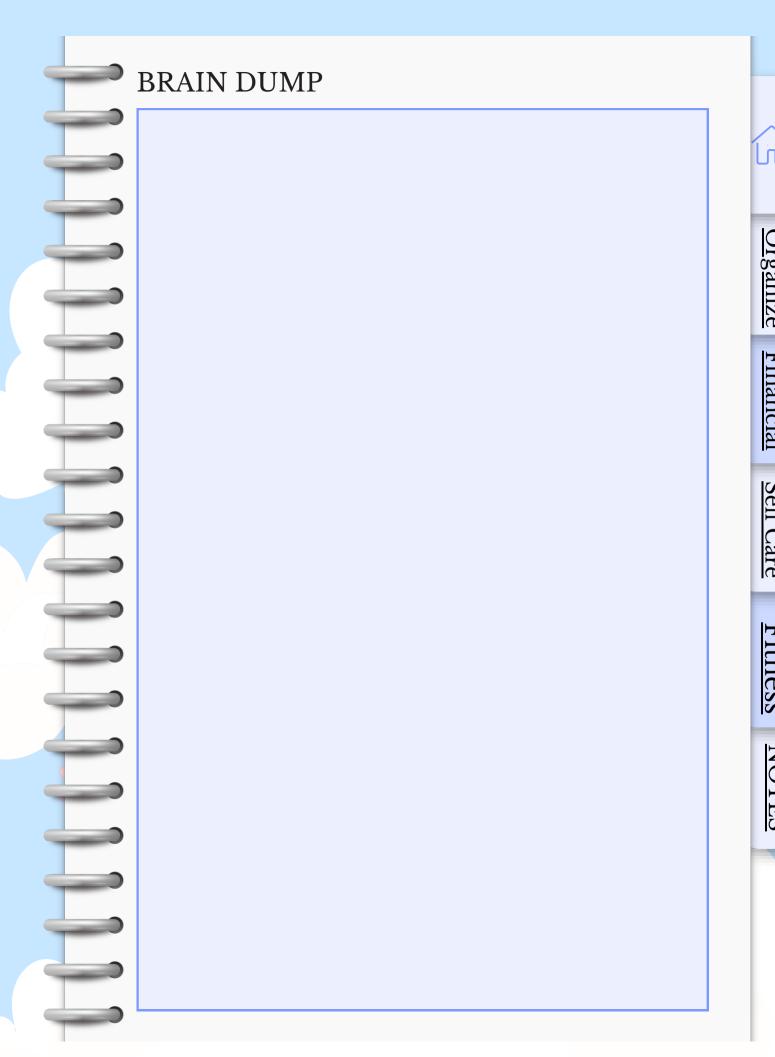
### SELF CARE

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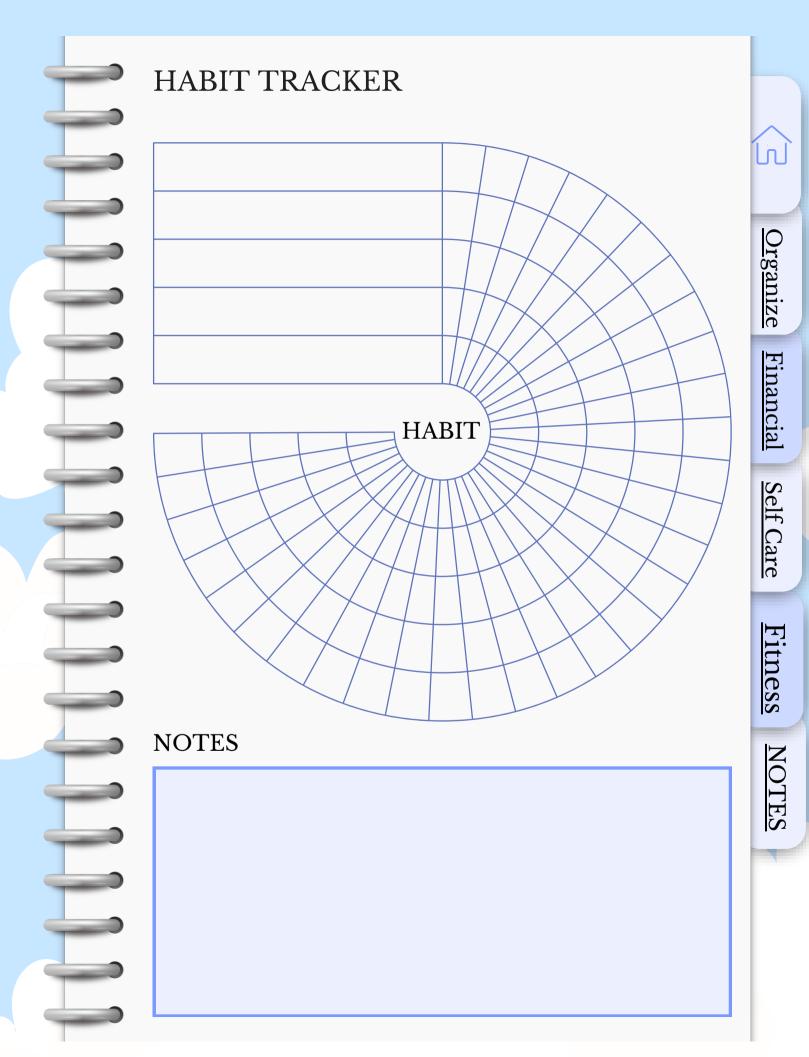
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Self Car

Fitness |



#### SELF CARE

Self-care is of paramount importance for individuals with ADHD (Attention Deficit Hyperactivity Disorder) because it helps them manage their symptoms, improve overall well-being, and lead more fulfilling lives.

Firstly, self-care routines can provide structure and consistency, which are often lacking in the lives of those with ADHD. Establishing regular self-care practices, such as getting adequate sleep, maintaining a balanced diet, and engaging in physical activity, can help regulate neurotransmitters in the brain, potentially reducing ADHD symptoms like impulsivity and inattention.

Secondly, self-care helps individuals with ADHD manage stress and anxiety, which are common co-occurring conditions. Stress can exacerbate ADHD symptoms, making it even more challenging to focus and stay organized. Engaging in relaxation techniques, mindfulness, or hobbies that bring joy can serve as healthy coping mechanisms, helping to alleviate these stressors.

Furthermore, self-care promotes self-compassion and self-awareness. People with ADHD often struggle with feelings of frustration, low self-esteem, and self-criticism due to difficulties in meeting societal expectations. Engaging in self-care activities can foster self-acceptance and a better understanding of one's strengths and limitations, leading to improved self-esteem and a more positive self-image.

In summary, self-care is vital for individuals with ADHD because it helps them manage their symptoms, reduce stress, and enhance self-esteem. By prioritizing self-care, individuals with ADHD can build healthier, more fulfilling lives that better align with their unique needs and strengths.

# FITNESS



WORK OUT PLANNER



**MEASURMENTS** 



**MEAL PLANNER** 



**GROCERY LIST** 



SUPPLEMENTS

MEAL PLANNER								
	BREAKFAST	LUNCH	DINNER					
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TUES								
WED								
THURS								
FRI								
SAT								
SUN								

# GROCERY LIST PRODUCE MEAT LEISH FROZEN FOODS

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#### **FITNESS**

Tracking fitness is of paramount importance for individuals with ADHD (Attention Deficit Hyperactivity Disorder) due to the specific challenges they often face in managing their daily lives. Here are four key reasons why tracking fitness can significantly benefit individuals with ADHD:

Routine and Consistency: People with ADHD tend to struggle with maintaining routines and schedules. Tracking fitness activities, such as workouts and exercise routines, provides a structured framework in their daily lives. Establishing a consistent fitness routine can help individuals with ADHD better manage their time and reduce impulsive behaviors, contributing to overall stability.

Improved Focus and Attention: Regular physical activity has been shown to enhance focus and attention, both of which are areas of difficulty for those with ADHD. By tracking their fitness progress, individuals can monitor how exercise positively influences their cognitive function. This tangible evidence can serve as motivation to stick with their fitness regimen, leading to sustained improvements in concentration.

Goal Setting and Achievement: Setting fitness goals and tracking progress towards those goals can be particularly empowering for individuals with ADHD. It provides a sense of accomplishment and boosts self-esteem. Moreover, the process of tracking encourages breaking larger fitness objectives into smaller, more manageable steps, aligning with effective strategies for managing ADHD symptoms.

Emotional Regulation and Stress Reduction: Exercise is a potent tool for emotional regulation and stress reduction. Managing emotions and impulses can be challenging for individuals with ADHD. By tracking their fitness activities, they can observe how exercise positively affects their mood and behavior, reinforcing the connection between physical activity and emotional well-being. Regular exercise can serve as an essential coping strategy for managing stress and emotional fluctuations associated with ADHD.

In summary, tracking fitness serves as a valuable tool for individuals with ADHD to establish routines, enhance focus, achieve goals, and manage emotional well-being. It provides a structured framework to navigate the challenges associated with ADHD and can significantly contribute to a healthier and more balanced lifestyle. Additionally, consulting with healthcare professionals or fitness experts who have expertise in ADHD can aid in creating a tailored fitness plan and effective tracking strategies.

# NOTES/ COLORING



**NOTES** 



**COLORING** 

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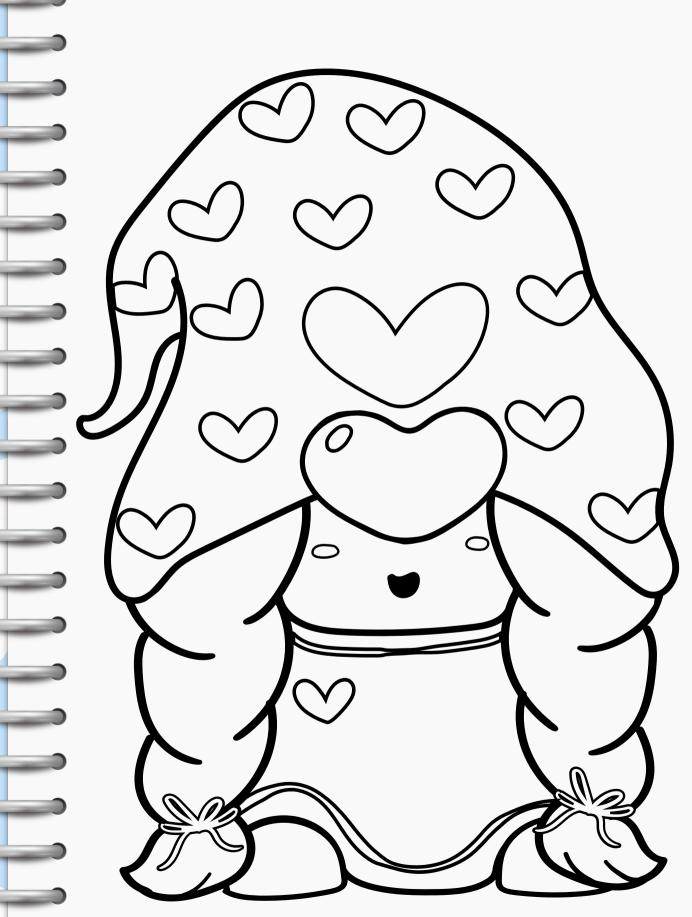
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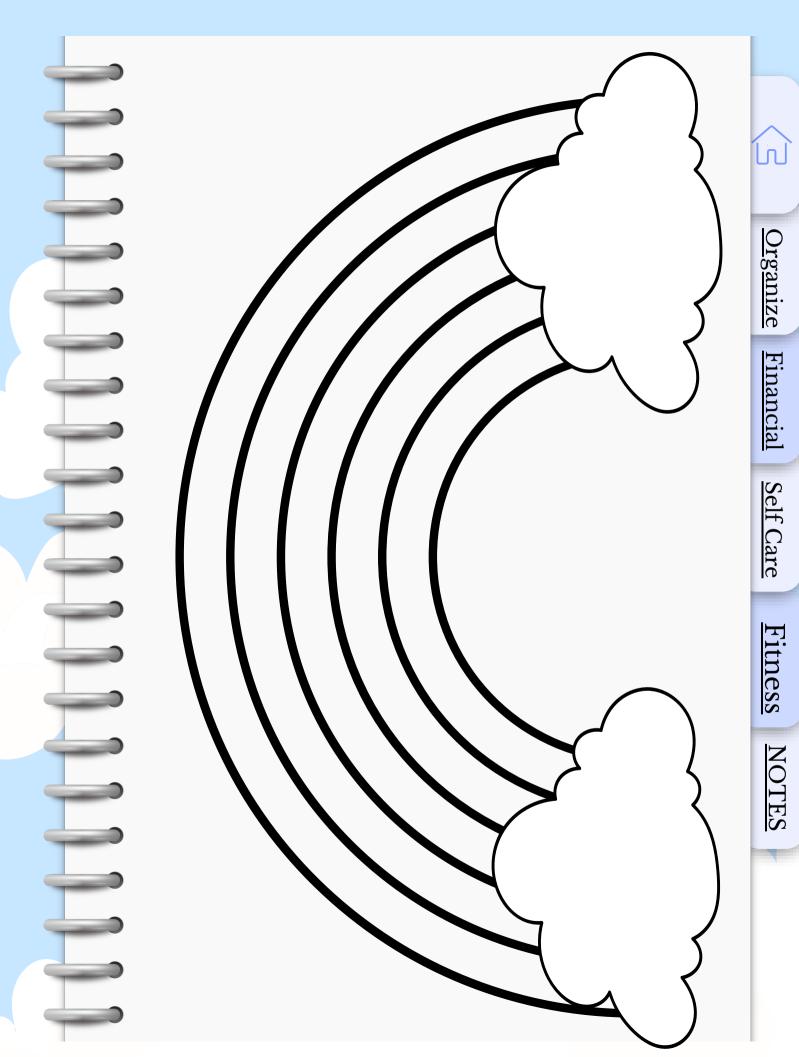
Financial

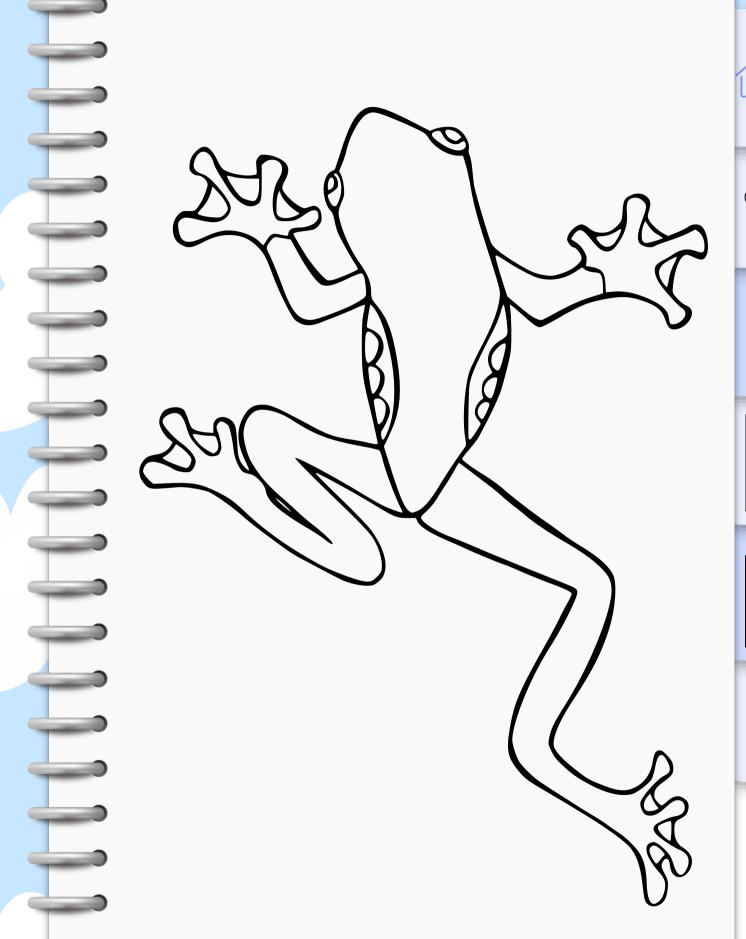
Self Ca:

<u>Fitness</u>











#### NOTES/COLOURING

Coloring and taking notes can be important strategies for individuals with ADHD (Attention Deficit Hyperactivity Disorder) as they offer several benefits in managing their symptoms and enhancing cognitive processes.

Firstly, coloring is a calming and focus-enhancing activity that can help individuals with ADHD reduce anxiety and improve concentration. Engaging in coloring allows them to channel their excess energy into a creative and repetitive task, which can be soothing and meditative. The act of coloring helps activate the brain's reward system, providing a sense of accomplishment and relaxation. This can be especially valuable for individuals with ADHD, who often struggle with restlessness and impulsivity.

Secondly, note-taking is a powerful tool for organizing thoughts, retaining information, and improving memory, all of which are areas where individuals with ADHD may face challenges. Taking structured notes during lectures or meetings helps capture key points and facilitates better understanding of the material. It also provides a visual and tactile element to learning, which can be particularly beneficial for individuals with ADHD, as it engages multiple senses and enhances information retention.

Furthermore, both coloring and note-taking offer a degree of personalization and creativity, allowing individuals with ADHD to adapt these activities to their own preferences and needs. Customizing notes with colors, diagrams, and visual cues can make the information more engaging and memorable. Similarly, choosing coloring pages or patterns that resonate with their interests can make the activity more enjoyable and motivating, encouraging sustained attention and focus.

In summary, coloring and taking notes are important for people with ADHD because they can serve as effective strategies for managing symptoms, reducing stress, improving concentration, and enhancing learning and memory. These activities offer a sense of control, engagement, and personalization that can be especially valuable for individuals with ADHD in their daily lives and educational pursuits

