

ADHD *Planner*

ADHD Planner



BEAUTY BEGINS THE MOMENT YOU DECIDE TO BE YOURSELF
HAPPINESS IS THE BEST MAKE-UP
LOVE THE SKIN YOU'RE IN
ADMIRE SOMEONE ELSE'S BEAUTY WITHOUT QUESTIONING YOUR OWN
LOOKING GOOD ISN'T SELF-IMPORTANCE; IT'S SELF-RESPECT

BEAUTY BEGINS THE MOMENT YOU DECIDE TO BE YOURSELF
HAPPINESS IS THE BEST MAKE-UP
LOVE THE SKIN YOU'RE IN
ADMIRE SOMEONE ELSE'S BEAUTY WITHOUT QUESTIONING YOUR OWN
LOOKING GOOD ISN'T SELF-IMPORTANCE; IT'S SELF-RESPECT



ADHD *Planner*

DASHBOARD

MONTH AT A GLANCE

<u>JAN</u>	<u>FEB</u>	<u>MAR</u>
<u>APR</u>	<u>MAY</u>	<u>JUN</u>
<u>JUL</u>	<u>AUG</u>	<u>SEP</u>
<u>OCT</u>	<u>NOV</u>	<u>DEC</u>

DAILY PLANNER

<u>JAN</u>	<u>FEB</u>	<u>MAR</u>
<u>APR</u>	<u>MAY</u>	<u>JUN</u>
<u>JUL</u>	<u>AUG</u>	<u>SEP</u>
<u>OCT</u>	<u>NOV</u>	<u>DEC</u>

UPCOMING APPOINMENTS/ MEETINGS

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SECTIONS

ADHD LIFESTYLE

ORGINIZATION

SELFCARE

ADHD BUDGETING

ADHD FOCUSING

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ADHD LIFESTYLE

MONTH AT A GLANCE

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ADHD LIFESTYLE

THE SCIENCE BEHIND ADHD INDIVIDUALS CREATING AND USING DAILY OR WEEKLY ROUTINES AND TO-DO LISTS REVOLVES AROUND THE NEUROLOGICAL AND COGNITIVE ASPECTS OF ATTENTION DEFICIT HYPERACTIVITY DISORDER. ADHD IS CHARACTERIZED BY CHALLENGES IN SUSTAINING ATTENTION, MANAGING IMPULSES, AND ORGANIZING TASKS. CREATING AND ADHERING TO ROUTINES AND LISTS CAN BE INSTRUMENTAL IN MITIGATING THESE DIFFICULTIES BY PROVIDING STRUCTURE AND AIDING IN TASK MANAGEMENT.

ONE KEY ASPECT OF ADHD IS AN IMPAIRED EXECUTIVE FUNCTION, RESPONSIBLE FOR TASKS SUCH AS PLANNING, ORGANIZING, AND INITIATING ACTIONS. ROUTINES AND LISTS ACT AS EXTERNAL TOOLS TO COMPENSATE FOR THESE EXECUTIVE FUNCTION DEFICITS. WHEN INDIVIDUALS WITH ADHD ESTABLISH A ROUTINE, THEY INTRODUCE PREDICTABILITY INTO THEIR DAILY LIVES, MAKING IT EASIER TO TRANSITION BETWEEN TASKS AND ACTIVITIES. THIS PREDICTABILITY HELPS MINIMIZE THE COGNITIVE LOAD ASSOCIATED WITH DECISION-MAKING, ALLOWING FOR A MORE FOCUSED AND LESS OVERWHELMING APPROACH TO DAILY TASKS.

TO-DO LISTS BECOME A VISUAL REPRESENTATION OF TASKS, BREAKING DOWN LARGER GOALS INTO SMALLER, MANAGEABLE STEPS. THIS VISUAL ORGANIZATION HELPS INDIVIDUALS WITH ADHD PRIORITIZE AND SEQUENCE TASKS, AIDING IN GOAL-DIRECTED BEHAVIOR. MOREOVER, THE ACT OF CROSSING OFF COMPLETED ITEMS PROVIDES A SENSE OF ACCOMPLISHMENT AND REINFORCES POSITIVE FEEDBACK, BOOSTING MOTIVATION AND SELF-ESTEEM.

TO-DO LISTS BECOME A VISUAL REPRESENTATION OF TASKS, BREAKING DOWN LARGER GOALS INTO SMALLER, MANAGEABLE STEPS. THIS VISUAL ORGANIZATION HELPS INDIVIDUALS WITH ADHD PRIORITIZE AND SEQUENCE TASKS, AIDING IN GOAL-DIRECTED BEHAVIOR.

THE SCIENCE BEHIND ADHD INDIVIDUALS INCORPORATING ROUTINES AND TO-DO LISTS LIES IN LEVERAGING EXTERNAL STRUCTURES TO COMPENSATE FOR INTERNAL EXECUTIVE FUNCTION CHALLENGES, FOSTERING ORGANIZATION, PREDICTABILITY, AND TASK MANAGEMENT SKILLS CRUCIAL FOR DAILY FUNCTIONING.

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TODAY'S PRIORITIES

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TODAY'S PRIORITIES

TODAY'S FOCUS

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ORGINIZATION

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TRACKER

CONTACTS

TRAVEL
PACKING

BRAIN DUMP

DREAM IT,
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WATER
TRACKER

CLEANING
LIST

SLEEP
TRACKER

HABIT
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GROCERY
LIST

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ORGINIZATION

THE SCIENCE BEHIND INDIVIDUALS WITH ADHD JOTTING DOWN IMPORTANT ASPECTS OF THEIR LIVES INVOLVES THE INTRICATE INTERPLAY BETWEEN COGNITIVE FUNCTIONS, MEMORY, AND ATTENTION REGULATION. ADHD IS ASSOCIATED WITH IMPAIRMENTS IN EXECUTIVE FUNCTIONS, INCLUDING WORKING MEMORY, WHICH PLAYS A CRUCIAL ROLE IN HOLDING AND MANIPULATING INFORMATION. WRITING DOWN SIGNIFICANT ASPECTS OF LIFE SERVES AS AN EXTERNAL MEMORY AID, COMPENSATING FOR THE CHALLENGES IN RETAINING AND RECALLING INFORMATION.

THE ACT OF WRITING CAN ENHANCE COGNITIVE PROCESSES, FACILITATING BETTER ENCODING OF INFORMATION INTO MEMORY. FOR INDIVIDUALS WITH ADHD, WHO MAY EXPERIENCE DIFFICULTIES WITH ATTENTION AND CONCENTRATION, THE ACT OF PHYSICALLY ENGAGING WITH INFORMATION THROUGH WRITING CAN IMPROVE FOCUS AND INFORMATION RETENTION. THIS TACTILE REINFORCEMENT HELPS ANCHOR IMPORTANT DETAILS IN THEIR MEMORY, MAKING IT EASIER TO RECALL AND REFER TO LATER.

FURTHERMORE, CREATING LISTS OR NOTES SERVES AS A VISUAL ORGANIZATIONAL STRATEGY, HELPING INDIVIDUALS PRIORITIZE TASKS AND RESPONSIBILITIES. ADHD OFTEN INVOLVES DIFFICULTIES IN TASK INITIATION AND ORGANIZATION, AND BY VISUALLY LAYING OUT IMPORTANT ASPECTS, INDIVIDUALS CAN BETTER NAVIGATE THEIR DAILY LIVES. THE VISUAL REPRESENTATION ALSO PROVIDES A TANGIBLE AND STRUCTURED REFERENCE POINT, REDUCING THE COGNITIVE LOAD ASSOCIATED WITH TRYING TO REMEMBER MULTIPLE DETAILS AND COMMITMENTS.

THE SCIENCE BEHIND INDIVIDUALS WITH ADHD DOCUMENTING IMPORTANT ASPECTS OF THEIR LIVES REVOLVES AROUND LEVERAGING EXTERNAL AIDS TO SUPPORT MEMORY, ENHANCE ORGANIZATIONAL SKILLS, AND MITIGATE THE CHALLENGES ASSOCIATED WITH ATTENTION REGULATION.

WRITING SERVES AS A TANGIBLE AND EFFECTIVE STRATEGY TO EXTERNALIZE INFORMATION, PROMOTING BETTER COGNITIVE FUNCTIONING AND AIDING IN THE MANAGEMENT OF DAILY RESPONSIBILITIES.

IMPORTANT EVENTS REMINDER

JAN	FEB	MAR
APRIL	MAY	JUN
JULY	AUG	SEP
OCT	NOV	DEC

DASH
YEAR
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

BIRTHDAYS

JAN	FEB	MAR
APRIL	MAY	JUN
JULY	AUG	SEP
OCT	NOV	DEC

DASH
YEAR
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

PASSWORD TRACKER

APP/ WEBSITE	ID/ USERNAME	PASSWORD

CONTACTS

DASH

YEAR

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

TRAVEL PACKING

CLOTHING

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DASH
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DEC

MY DREAM IT, DO IT LIST

[illegible]

DASH

YEAR

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AUG

SEP

OCT

NOV

DEC

BRAIN DUMP

YEAR

FEB

MAR

APR

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JUL

AUG

SEP

OCT

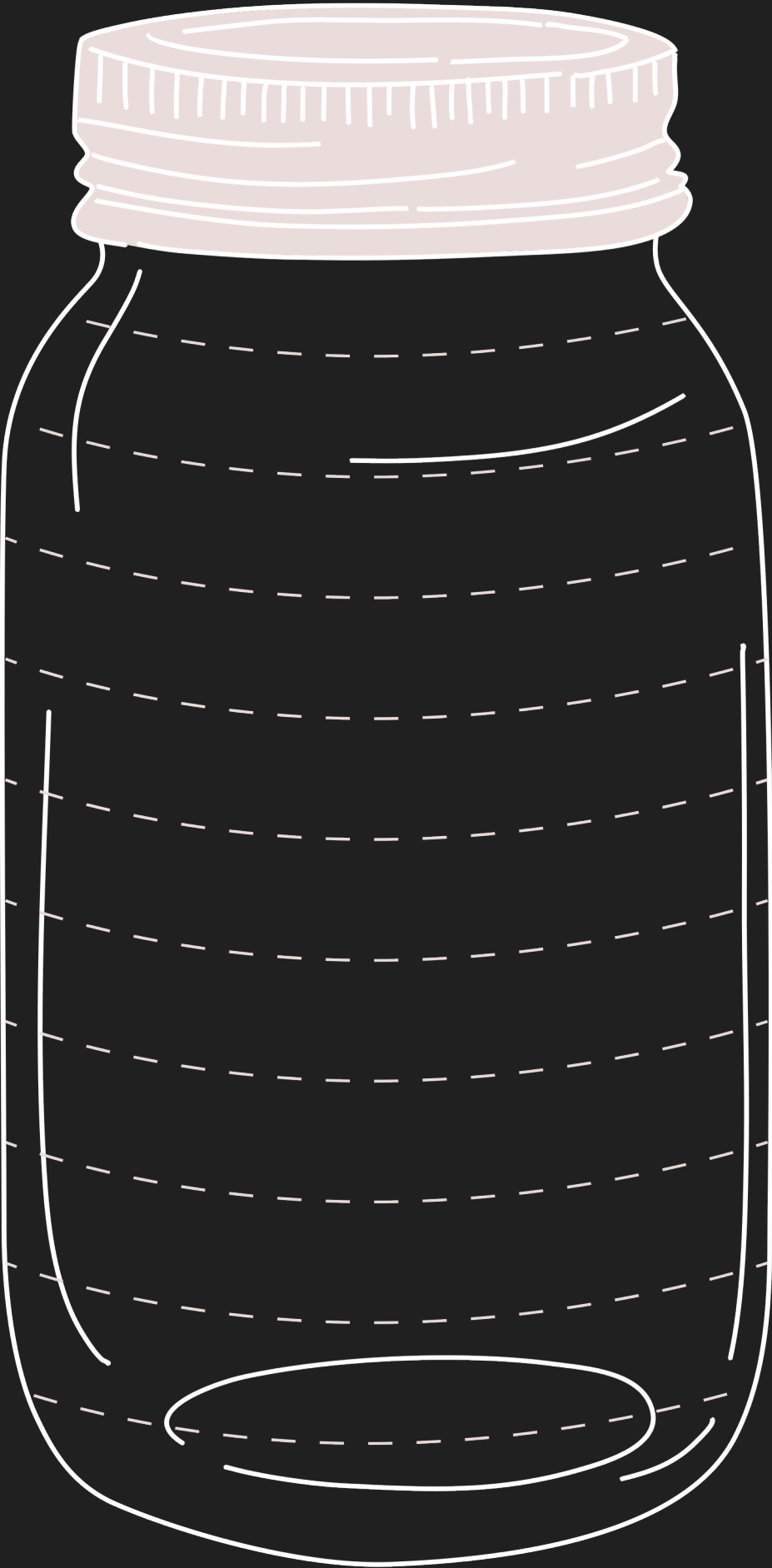
NOV

DEC

CLEANING LIST

	DAILY		✓	WEEKLY		✓	MONTHLY		✓
KITCHEN	1			1			1		
	2			2			2		
	3			3			3		
	4			4			4		
	5			5			5		
	6			6			6		
LIVING ROOM	1			1			1		
	2			2			2		
	3			3			3		
	4			4			4		
	5			5			5		
	6			6			6		
	7			7			7		
BEDROOM	2			2			2		
	3			3			3		
	4			4			4		
	1			1			1		
BATHROOM	2			2			2		
	3			3			3		
	4			4			4		
	1			1			1		
MUDROOM	2			2			2		
	3			3			3		
	4			4			4		
	1			1			1		
PORCH	2			2			2		
	3			3			3		
	4			4			4		
	1			1			1		
GARDEN	2			2			2		
	3			3			3		
	4			4			4		
	1			1			1		
OTHER	2			2			2		
	3			3			3		
	4			4			4		

Water Tracker



DASH	YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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SLEEP TRACKER

MONTH:

HOURS OF SLEEP

[illegible]

HOW I FELT

[illegible]

Notes

DASH

YEAR

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

HABIT TARKER

[illegible]

GROCERY LIST

[illegible]

MEAL PLANNER

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

DASH	YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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MEAL IDEAS

BREAKFAST

LUNCH

SNACKS

DINNER

DASH

YEAR

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

RECIPE

RECIPE: _____



PREP TIME: _____

COOK TIME: _____

SERVINGS: _____

INGREDIENTS

_____	_____
_____	_____
_____	_____
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_____	_____
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_____	_____
_____	_____

DIRECTIONS

DASH
YEAR
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

KITCHEN LOG

CATEGORY		
ITEM	QTY	USE BY

CATEGORY		
ITEM	QTY	USE BY

CATEGORY		
ITEM	QTY	USE BY

CATEGORY		
ITEM	QTY	USE BY

CATEGORY		
ITEM	QTY	USE BY

CATEGORY		
ITEM	QTY	USE BY

SELF CARE SECTION

DREAM BOARD

THE HAPPY LIST

SKINCARE
PLANNER

WATER MONITOR

SUPPLEMENTS

MENSURAL CYCLE
TRACKER

HABIT
BREAKDOWN

30 DAY SELF CARE

SELF CARE
SUGGESTIONS

MY AFFRIMATIONS

VISION BOARD

DASH

YEAR

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

SELF CARE SECTION

THE SCIENCE BEHIND INDIVIDUALS WITH ADHD PRIORITIZING SELF-CARE IS ROOTED IN THE UNDERSTANDING OF HOW THE DISORDER AFFECTS COGNITIVE AND EMOTIONAL FUNCTIONS. ADHD IS ASSOCIATED WITH CHALLENGES IN EXECUTIVE FUNCTIONS, INCLUDING IMPULSE CONTROL, EMOTIONAL REGULATION, AND SELF-MOTIVATION. PRIORITIZING SELF-CARE BECOMES A CRUCIAL STRATEGY FOR MANAGING THESE CHALLENGES AND PROMOTING OVERALL WELL-BEING.

ONE KEY ASPECT OF SELF-CARE FOR INDIVIDUALS WITH ADHD IS THE REGULATION OF EMOTIONAL RESPONSES. THE DISORDER OFTEN INVOLVES HEIGHTENED EMOTIONAL REACTIVITY, MAKING IT ESSENTIAL FOR INDIVIDUALS TO ENGAGE IN ACTIVITIES THAT PROMOTE EMOTIONAL BALANCE. SCIENTIFICALLY, ENGAGING IN SELF-CARE ACTIVITIES, SUCH AS MINDFULNESS MEDITATION OR PHYSICAL EXERCISE, CAN POSITIVELY IMPACT NEUROTRANSMITTER LEVELS, INCLUDING DOPAMINE AND SEROTONIN, WHICH PLAY A ROLE IN MOOD REGULATION.

ANOTHER SCIENTIFIC RATIONALE FOR PRIORITIZING SELF-CARE LIES IN THE IMPACT OF STRESS ON ADHD SYMPTOMS. CHRONIC STRESS CAN EXACERBATE ATTENTION DIFFICULTIES AND IMPULSIVITY. ENGAGING IN SELF-CARE PRACTICES, SUCH AS ADEQUATE SLEEP, REGULAR EXERCISE, AND RELAXATION TECHNIQUES, HAS BEEN SHOWN TO REDUCE STRESS LEVELS. SCIENTIFICALLY, THESE ACTIVITIES CONTRIBUTE TO A MORE STABLE HORMONAL PROFILE, INCLUDING CORTISOL REGULATION, WHICH IS CRITICAL FOR MANAGING STRESS.

INDIVIDUALS WITH ADHD OFTEN STRUGGLE WITH TIME MANAGEMENT AND ORGANIZATION. PRIORITIZING SELF-CARE INVOLVES SETTING ASIDE DEDICATED TIME FOR ACTIVITIES THAT PROMOTE MENTAL AND PHYSICAL WELL-BEING. ESTABLISHING ROUTINES AND INCORPORATING SELF-CARE INTO DAILY OR WEEKLY SCHEDULES CAN ENHANCE TIME PERCEPTION AND FOSTER A SENSE OF CONTROL, POSITIVELY INFLUENCING OVERALL FUNCTIONING.

SELF-CARE DREAM BOARD

DASH
YEAR
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

MY HAPPY LIST

Write below different things from your life that make you happy, big or small as long as the make you happy it matters.

DASH

YEAR

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

SKINCARE PLANNER

MORNING

CLEANSER

TONER

SERUMS

EYE CREAM

MOISTURIZER

SUNSCREEN

EVENING

CLEANSER

TONER

SERUMS

EYE CREAM

MOISTURIZER

RETINOL

FACE OIL

M

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W

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DASH

YEAR

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JUN

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AUG

SEP

OCT

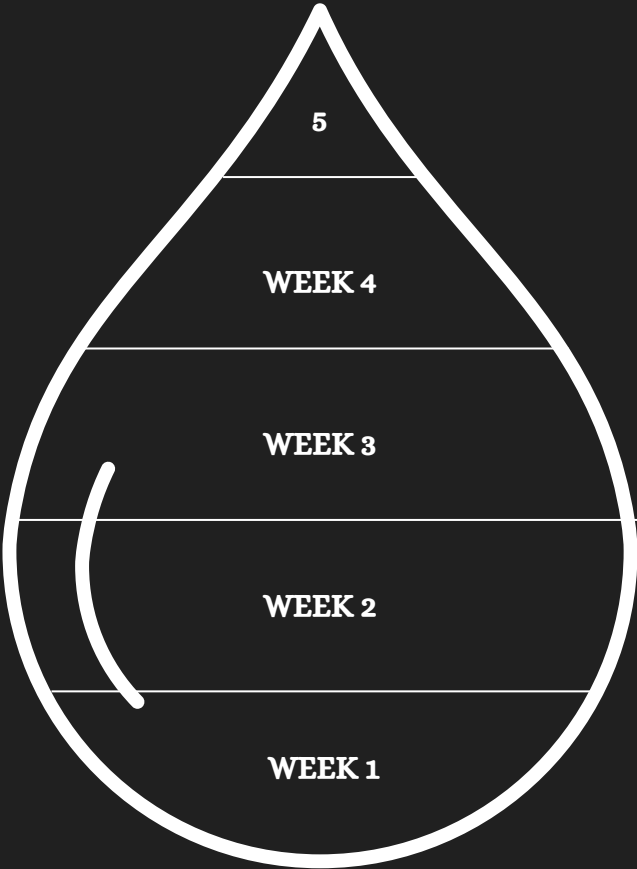
NOV

DEC

WATER INTAKE MONITOR

DAY 01.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 02.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 03.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 04.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 05.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 06.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 07.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 08.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 09.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 10.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 11.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 12.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 13.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 14.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 15.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 16.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 17.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 18.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 19.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 20.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 21.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 22.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 23.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 24.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 25.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 26.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 27.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 28.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 29.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 30.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAY 31.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

GOAL FOR MONTH



RESULT

SUPPLEMENT TRACKER

VITAMINS & SUPPLEMENTS	DOSE	TIME	M	T	W	T	F	S	S
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			●	●	●	●	●	●	●
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			●	●	●	●	●	●	●
			●	●	●	●	●	●	●
			●	●	●	●	●	●	●

SUPPLEMENT INFORMATION

VITAMINS & SUPPLEMENTS	DOSE	PURPOSE	REMARKS

DASH

YEAR

JAN

FEB

MAR

APR

MAYJUNJULAUGSEPOCTNOV

DEC

HABIT CHALLENGER

START DOING

DO MORE

DO LESS

STOP DOING

30 DAY SELF-CARE CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

NOTES

SELF-CARE SUGGESTIONS

MENTAL WELL-BEING

This image shows a single sheet of white paper with horizontal blue ruling lines. The paper has rounded corners at the top and bottom. There are 20 evenly spaced horizontal lines across the page, providing a template for writing or drawing.

OVERALL WELL-BEING

This image shows a single sheet of white paper with horizontal blue ruling lines. The paper has rounded corners and a vertical margin line on the left side. There are 20 horizontal lines in total, creating 19 rows of writing space. The lines are evenly spaced and extend across most of the width of the page.

EMOTIONAL WELL-BEING

This image shows a single sheet of white paper with horizontal blue ruling lines. The paper has rounded corners at the top and bottom. There are 20 evenly spaced horizontal lines across the page, providing a template for writing or drawing.

SPIRITUAL WELL-BEING

[illegible]

DASH

YEAR

JAN

FEB

MAR

APR

MAY

JUN

III

AUG

SEP

OCT

NOV

DEC

MY POSITIVE AFFIRMATIONS

SELF-LOVE

SELF-ASSURANCE

DAILY INSPIRATION

BODY POSITIVITY

STRESS & ANXIETY

HEALING MIND AND BODY

DASH
YEAR
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC



VISION BOARD

ADHD BUDGETING

MONTHLY BUDGET

BILL TRACKER

EXPENSES
TRACKER

INCOME TRACKER

BILL &
SUBSCRIPTION
TRACKER

YEARLY SAVING
PLANNER

YEARLY FINANCE
TRACKER

SAVING JAR

FUTURE \$\$
GOALS

NO SPEND
CHALLENGE

FINANCIAL
SUMMARY

DASH

YEAR

JAN

FEB

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JUL

AUG

SEP

OCT

NOV

DEC

ADHD BUDGETING

THE SCIENCE BEHIND INDIVIDUALS WITH ADHD KEEPING A VISUAL TRACK OF THEIR BUDGETING AND FINANCES IS GROUNDED IN THE NEUROCOGNITIVE ASPECTS OF THE DISORDER, PARTICULARLY EXECUTIVE FUNCTION DEFICITS. ADHD OFTEN INVOLVES CHALLENGES IN AREAS SUCH AS IMPULSE CONTROL, PLANNING, AND ORGANIZATION, WHICH CAN SIGNIFICANTLY IMPACT FINANCIAL MANAGEMENT. VISUAL TRACKING METHODS, SUCH AS CHARTS, GRAPHS, OR APPS, LEVERAGE THE VISUAL PROCESSING STRENGTHS TO MITIGATE THESE CHALLENGES AND IMPROVE FINANCIAL DECISION-MAKING.

SCIENTIFICALLY, VISUAL AIDS PLAY A CRUCIAL ROLE IN ENHANCING ATTENTION AND MEMORY FOR INDIVIDUALS WITH ADHD. VISUAL REPRESENTATIONS OF BUDGETING, SUCH AS COLOR-CODED CHARTS OR GRAPHS, PROVIDE A CLEAR AND STRUCTURED OVERVIEW OF FINANCIAL INFORMATION. THIS VISUAL ORGANIZATION HELPS INDIVIDUALS BETTER COMPREHEND AND RETAIN DETAILS ABOUT THEIR FINANCIAL SITUATION, MAKING IT EASIER TO TRACK EXPENSES, SET BUDGETS, AND IDENTIFY AREAS FOR IMPROVEMENT.

VISUAL TRACKING ALIGNS WITH THE PRINCIPLE OF EXTERNALIZING COGNITIVE PROCESSES. INDIVIDUALS WITH ADHD OFTEN STRUGGLE WITH INTERNAL ORGANIZATION AND PLANNING. BY UTILIZING VISUAL TOOLS, THEY CREATE EXTERNAL REMINDERS AND CUES, REDUCING THE COGNITIVE LOAD ASSOCIATED WITH MANAGING FINANCIAL RESPONSIBILITIES. THIS EXTERNAL SUPPORT HELPS IN MAINTAINING FOCUS, AVOIDING IMPULSIVE SPENDING, AND FOSTERING A MORE STRATEGIC AND DELIBERATE APPROACH TO BUDGETING.

ADDITIONALLY, VISUAL TRACKING METHODS CATER TO THE INHERENT PREFERENCE FOR IMMEDIATE FEEDBACK AND REWARDS, WHICH IS OFTEN HEIGHTENED IN INDIVIDUALS WITH ADHD. REGULARLY UPDATING VISUAL REPRESENTATIONS OF FINANCIAL GOALS OR ACHIEVEMENTS CAN SERVE AS POSITIVE REINFORCEMENT, TRIGGERING THE RELEASE OF NEUROTRANSMITTERS SUCH AS DOPAMINE, WHICH PLAYS A CRUCIAL ROLE IN MOTIVATION AND REWARD-BASED LEARNING.

MONTHLY BUDGET

DATE :

OPENING BALANCE :

CLOSING BALANCE :

INCOME	DATE	EXPECTED	ACTUAL
TOTAL :			

SHOPPING FUNDS	DATE	EXPECTED	ACTUAL
TOTAL :			

\$\$\$\$	DATE	EXPECTED	ACTUAL
TOTAL :			

SAVINGS	DATE	EXPECTED	ACTUAL
TOTAL :			

\$\$\$\$	DATE	EXPECTED	ACTUAL
TOTAL :			

DEPT	DATE	EXPECTED	ACTUAL
TOTAL :			

EXPENSES	DATE	EXPECTED	ACTUAL
TOTAL :			

OVER-ALL PERFORMANCE

	EXPECTED	ACTUAL	DIFF
INCOME			
BILLS			
EXPENSES			
SHOPPING FUNDS			
SAVINGS			
DEPT			
TOTAL :			

DASH

YEAR

JAN

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JUN

JUL

AUG

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OCT

NOV

DEC

BILL TRACKER

[illegible]

DASH

YEAR

JAN

FEB

MAR

APR

MAY

JUN

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OCT

NOV

DEC

EXPENSES TRACKER

[illegible]

DASH

YEAR

JAN

FEB

MAR

APR

MAY

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NOV

DEC

INCOME TRACKER

MONTH:_____

DATE	SOURCE	DESCRIPTION	AMOUNT

DASH
YEAR
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

BILL & SUBSCRIPTION TRACKER

DASH

YEAR

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

BILL	DUE	AMOUNT	J	F	M	A	M	J	J	A	S	O	N	D
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SAVING PLANNER

YEAR: _____

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

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YEAR

JANFEBMARAPRMAYJUNJULAUGSEPOCT

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SAVING JAR

GOAL : _____



DASH	YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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FUTURE GOALS

DATE FRAME	WHAT / VISION	HOW
1 YEAR		
2 YEAR		
3 YEAR		
4 YEAR		
5 YEAR		

NOTES

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EXCEPTIONALS FROM THE RULES

DO NOT BUY LIST

FINANCIAL SUMMARY

	INCOME	SAVINGS	EXPENSES	DEBT PAID	GIVING
JANUARY					
FEBRUARY					
MARCH					
APRIL					
MAY					
JUNE					
JULY					
AUGUST					
SEPTEMBER					
OCTOBER					
NOVEMBER					
DECEMBER					
TOTAL					

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ADHD FOCUSING/BRAIN CALMING

SELF LOVE TREE

FOCUS FLOWER
FOR ME

FOCUS FLOWER
FOR OTHERS

COLORING

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ADHD FOCUSING/BRAIN CALMING

THE SCIENCE BEHIND INDIVIDUALS WITH ADHD PRIORITIZING ACTIVITIES TO CALM AND FOCUS THEIR MINDS IS DEEPLY ROOTED IN THE NEUROBIOLOGICAL UNDERPINNINGS OF THE DISORDER. ADHD IS ASSOCIATED WITH DYSREGULATION IN NEUROTRANSMITTER SYSTEMS, PARTICULARLY INVOLVING DOPAMINE AND NOREPINEPHRINE, WHICH PLAY CRUCIAL ROLES IN ATTENTION, AROUSAL, AND MOOD. ENGAGING IN CALMING ACTIVITIES PROVIDES A SCIENTIFIC RATIONALE FOR MODULATING THESE NEUROTRANSMITTER SYSTEMS, PROMOTING A MORE BALANCED AND FOCUSED STATE OF MIND.

SCIENTIFICALLY, ACTIVITIES SUCH AS MINDFULNESS MEDITATION, DEEP BREATHING EXERCISES, OR SENSORY-FOCUSED PRACTICES DIRECTLY IMPACT THE BRAIN'S PREFRONTAL CORTEX, RESPONSIBLE FOR EXECUTIVE FUNCTIONS LIKE ATTENTION AND IMPULSE CONTROL. THESE CALMING ACTIVITIES HAVE BEEN SHOWN TO ENHANCE NEURAL CONNECTIVITY IN THESE REGIONS, CONTRIBUTING TO IMPROVED SELF-REGULATION AND ATTENTIONAL CONTROL, CRUCIAL ASPECTS AFFECTED BY ADHD..

INDIVIDUALS WITH ADHD OFTEN EXPERIENCE HEIGHTENED EMOTIONAL REACTIVITY AND INCREASED STRESS LEVELS DUE TO THE CHALLENGES OF THE DISORDER. ENGAGING IN CALMING ACTIVITIES ACTIVATES THE PARASYMPATHETIC NERVOUS SYSTEM, TRIGGERING THE RELEASE OF NEUROTRANSMITTERS LIKE GABA AND SEROTONIN, WHICH PROMOTE RELAXATION AND EMOTIONAL WELL-BEING. SCIENTIFICALLY, THESE ACTIVITIES CONTRIBUTE TO A MORE BALANCED EMOTIONAL STATE, REDUCING THE LIKELIHOOD OF IMPULSIVE BEHAVIOR AND IMPROVING OVERALL EMOTIONAL REGULATION.

ADDITIONALLY, PRIORITIZING ACTIVITIES TO CALM AND FOCUS THE MIND ALIGNS WITH THE CONCEPT OF "SELF-REGULATION." ADHD IS CHARACTERIZED BY DIFFICULTIES IN REGULATING ATTENTION AND BEHAVIOR. SCIENTIFICALLY, ENGAGING IN CALMING ACTIVITIES HELPS INDIVIDUALS DEVELOP AND STRENGTHEN THEIR SELF-REGULATORY ABILITIES BY ENHANCING THE CONNECTIVITY BETWEEN BRAIN REGIONS RESPONSIBLE FOR EMOTIONAL PROCESSING AND COGNITIVE CONTROL.

Self Love Tree

Write down some things you love about yourself.



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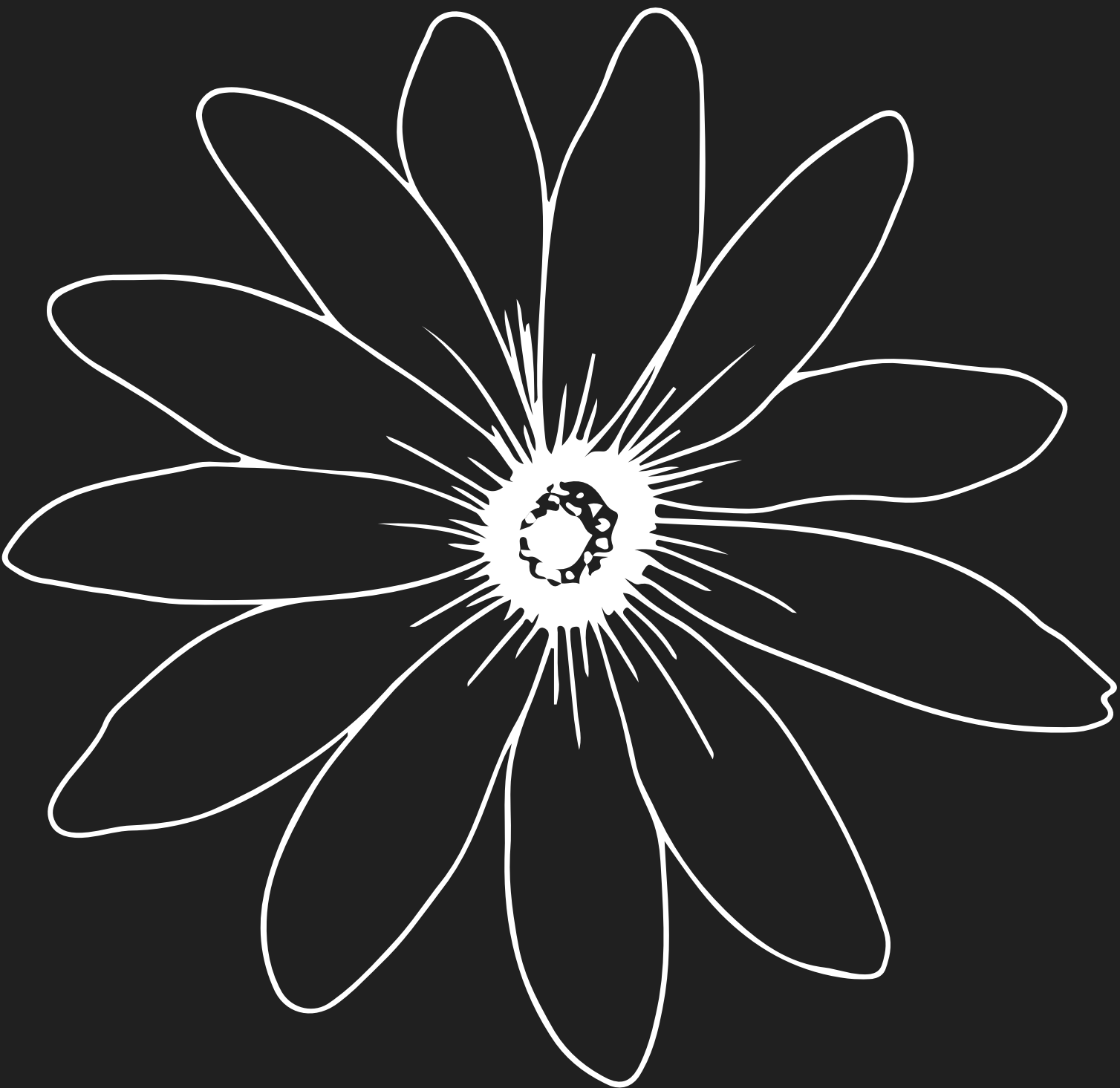
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Focus Flower

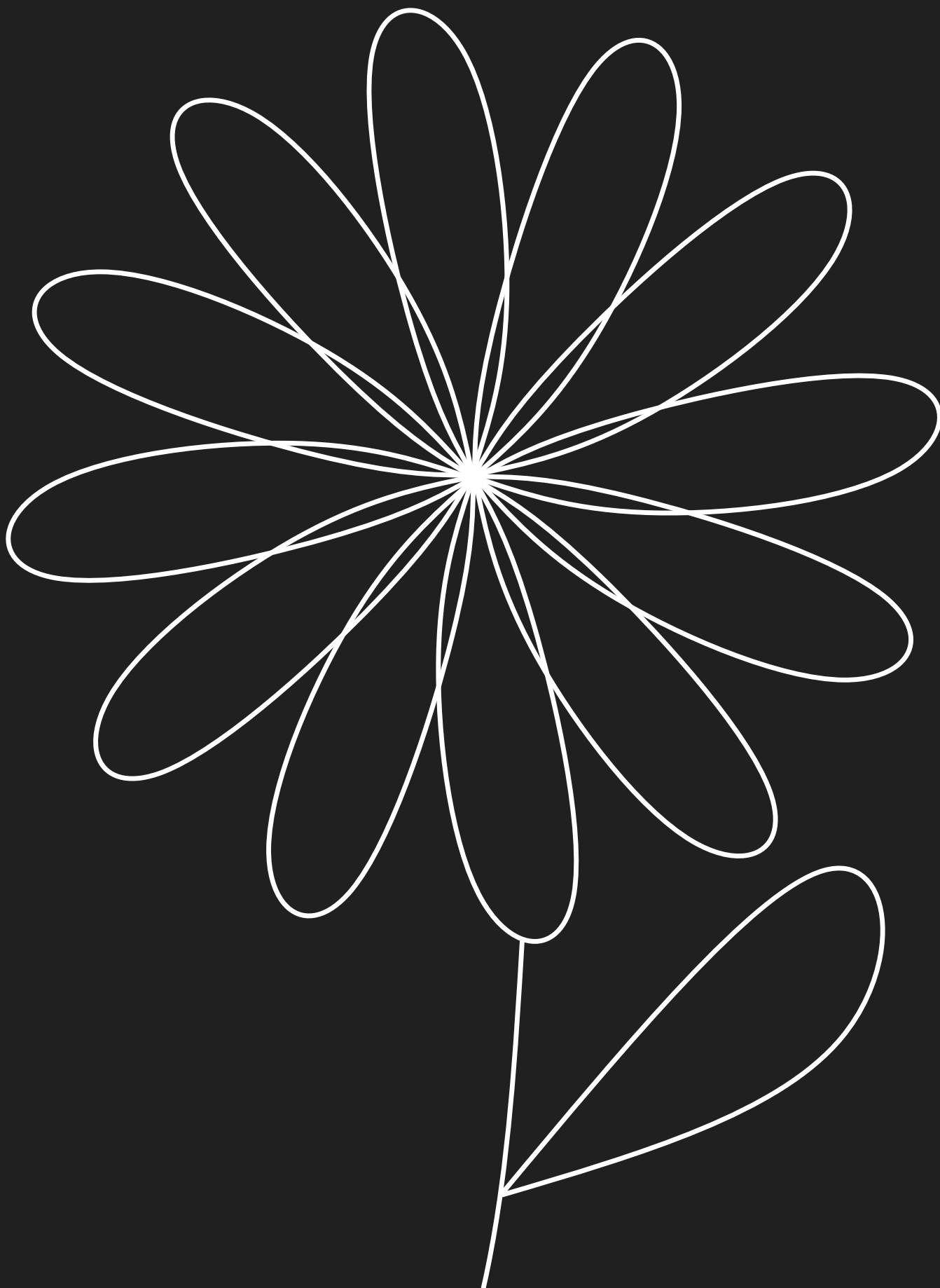
Write down some positive impact things your going to focus on more within your daily life.



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Focus Flower

Write down some positive impact things you can do for your loved ones.



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Coloring in



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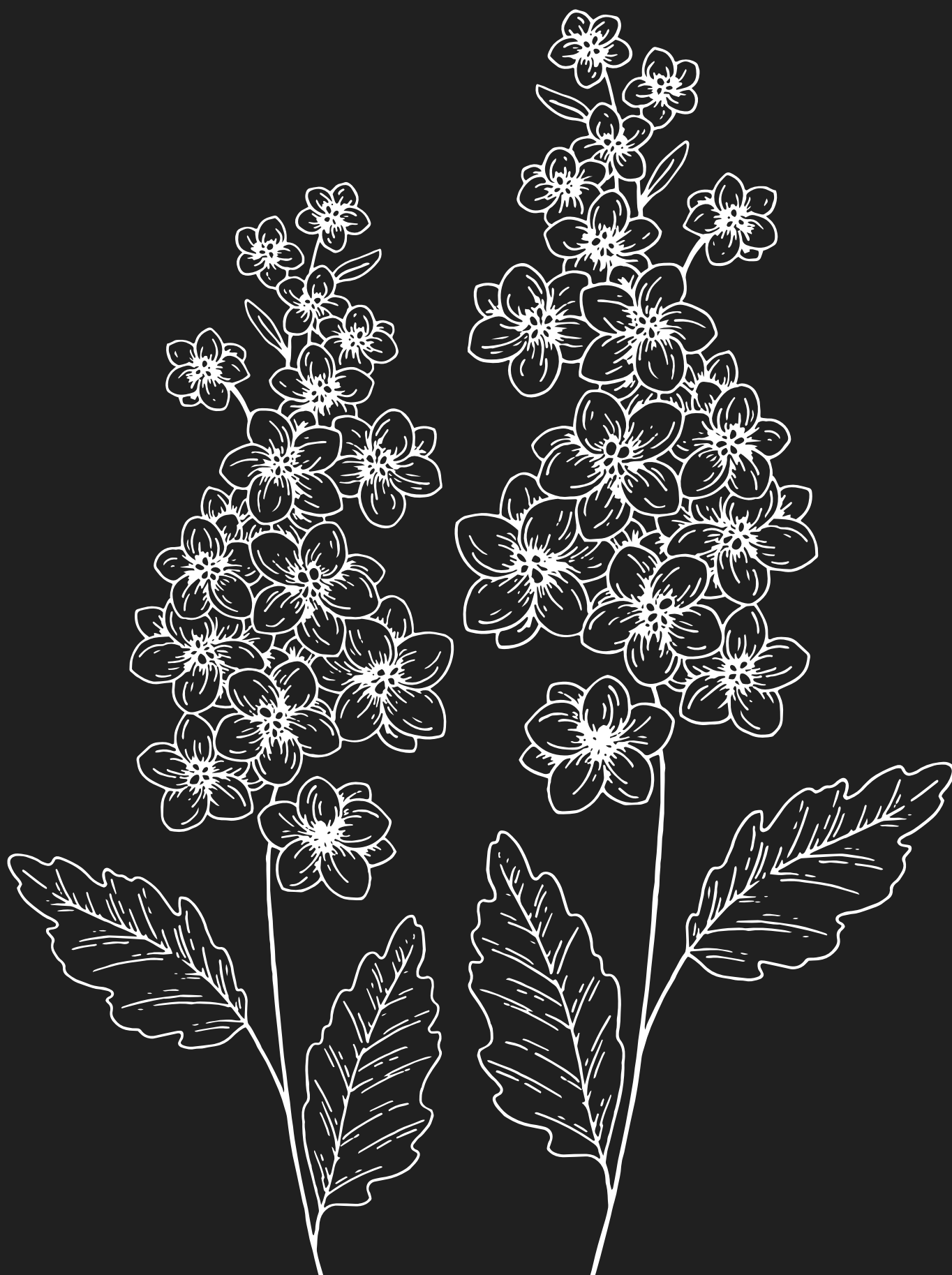
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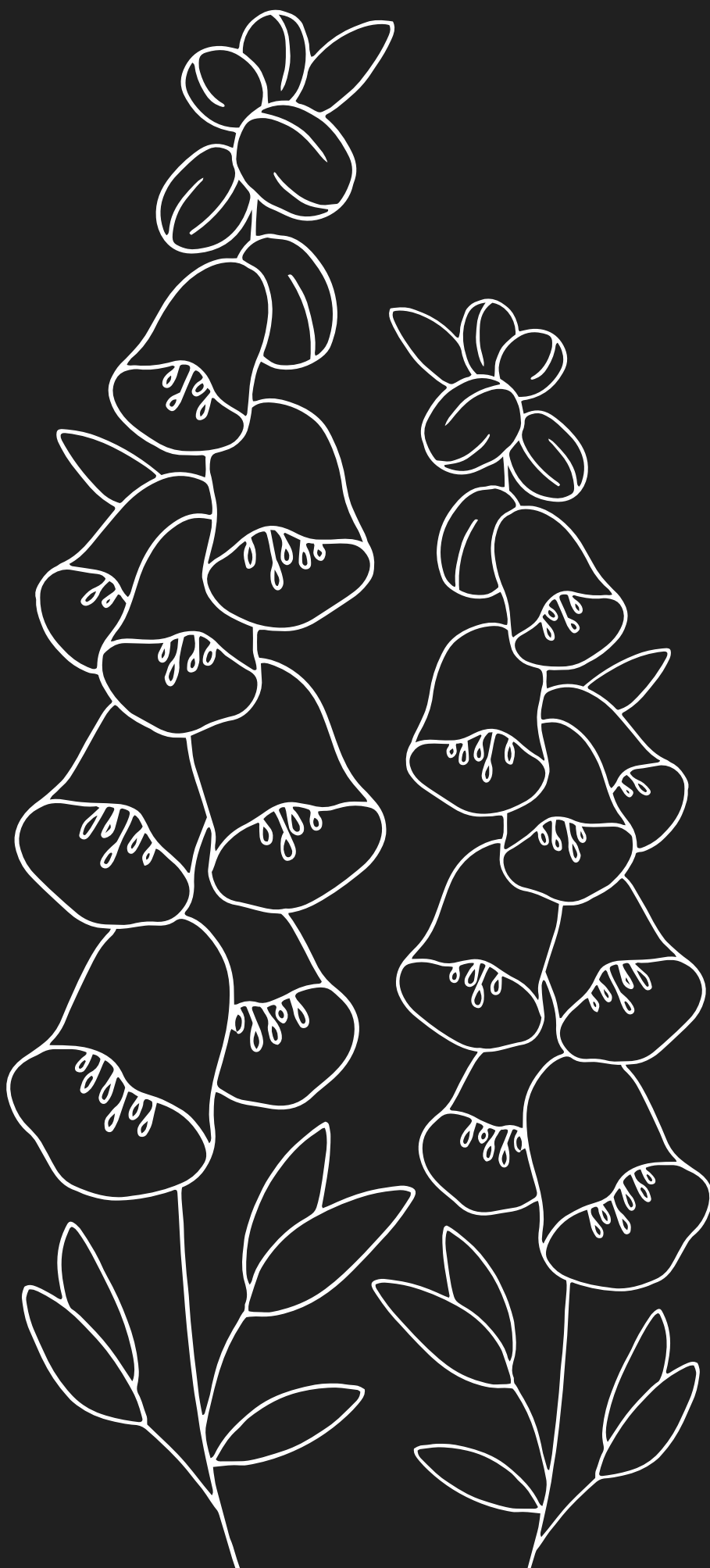
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Doodles

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Doodles

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