



Cosy Corners & Chaos



Hi there,

Here are some tips on making the most out of free printable ADHD Daily Planner.

Choose your top three priorities, note likely distractions, and use the Brain Dump for reminders, ideas, or anything taking up space in your head.

Add appointments, tasks, meals, and breaks to the Schedule (ish) section.

The times are only a guide, so move things around when plans change.

Use don't Forget! for one important reminder, then choose a small reward for getting through the day.

This planner is here to support you, not pressure you. Skip sections, scribble, change your plans, and celebrate progress.

A5 Printing Tips

Print on *5 paper at 100% or Actual Size. Turn off "Fit to Page" and print one test copy first.

To print on A4, choose **two pages per sheet**, then cut in half.

Reuse It

Laminate the page or place it in an A5 reusable sleeve. Write with a suitable wipe-clean pen.

Make a Tear-Off Pad

Print several copies and stack them neatly with thick card or cardboard at the back. Clip the stack firmly, glue along the top edge, and leave it to dry completely before removing the clips.



ADHD

= daily planner =

TOP 3 PRIORITIES (LOL)

1. _____
2. _____
3. _____

THINGS I'LL PROBABLY GET DISTRACTED BY

- _____
- _____
- _____

BRAIN DUMP

SCHEDULE (ISH)

8AM _____

10AM _____

12PM _____

2PM _____

4PM _____

6PM _____

8PM _____

DON'T
FORGET!

REWARD IF I SURVIVE THE DAY:
