

ADHD Focus Day

Top priorities, time anchors, brain dump, and a low-pressure reset.



TOP 3

1

2

3

TIME ANCHORS

MORNING

Start-up + first wins

MIDDAY

Must-dos before the dip

AFTERNOON

Lighter tasks + follow-through

EVENING

Close loops + prep tomorrow

RESET/BUFFER

Pause, catch up, or rest

Use broad anchors instead of exact hours.

FOCUS SUPPORTS

Medication / water

Low-energy swap

Body double / timer

BRAIN DUMP

Write directly on the lines or print multiple copies.

CELEBRATE + RESET

Write directly on the lines or print multiple copies.