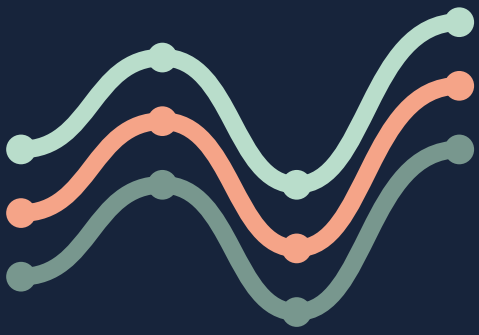
ADHD DAY KIT

30-Day ADHD Focus, Routine & Reset

A practical guide to an undated planner, Dopamine Menu and five-minute task starters.



Richard Davies

FREE SAMPLE

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Restart after a gap

Open the next blank card. Choose one thing that's relevant now and give it a first action.

- Check whether an earlier task still matters today. Carry forward only the item you actively choose.
- Look for a changed date, missing detail or new dependency before copying the old plan.
- If you'd like a brief reset, choose one from your menu. Leave a cue for the first action before you step away.

Returning to a bill after a few days

Kim finds the old card under a notebook. The bill is still the priority, but the due date is unclear. Kim takes a sip of tea, opens the bill and finds the date. The next choice is to pay it or put a reminder in the calendar.

TRY THIS

Try the Any-Day Restart on one real task. New date, one priority, first action.

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