30-DAY ADHD FOCUS, ROUTINE & RESET

Try one daily card

Use this sample the next time an everyday task has sat on the list for longer than you wanted.

Imagine it’s been a few days

There’s an electricity bill on the bench. The first move is to open it and find the due date.

One priority

Sort out the electricity bill.

Two optional things

Put away the shopping bag. Leave the second line blank.

My smallest start

Open the bill and find the due date.

One reset I could try

Pour a glass of water first.

Result or leave a cue

The bill is due Friday. I’ve left it by the laptop.

The next page is yours to try. Write one thing that matters today and the smallest step you can take.

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REUSABLE DAILY CARD

One thing today

Start with what matters now.

Date (optional) _____

One priority

What would I like to move today?

Two optional things

My smallest start

Write one action you can see yourself doing.

One reset I could try

Result or leave a cue

Try up to five minutes if it helps. Then choose whether to stop, continue or leave a cue for next time.

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