

NEURODIVERGENTDESK — FREE SAMPLE

FREE DOWNLOAD — NO EMAIL REQUIRED

One Day at a Time

The ADHD daily planner that starts with your brain, not against it.

This is the daily planner page from The ADHD Starter System — complete and usable, exactly as it ships in the paid pack. Print it, use it today. The page after this one explains every design choice so you understand why it works.

WHAT'S IN THIS FREE DOWNLOAD

- **This page** — the cover
- **Page 2** — the daily planner (print and use today)
- **Page 3** — what's in the full 6-page pack and where to get it

NeurodivergentDesk — neurodivergentdesk.com

Daily Planner

FREE — PRINT AS MANY TIMES AS YOU NEED

Brain dump first. Get everything out of your head before picking your tasks. No order required — just clear the mental backlog so your working memory can breathe. Tasks come after the dump, not before.

BRAIN DUMP — EVERYTHING IN YOUR HEAD RIGHT NOW

TODAY'S 3 TASKS — PICK THE THREE THAT MATTER MOST (NOT THE MOST)

1 _____
 MY ESTIMATE: _____ **REAL TIME x2** _____

2 _____
 MY ESTIMATE: _____ **REAL TIME x2** _____

3 _____
 MY ESTIMATE: _____ **REAL TIME x2** _____

ENERGY CHECK-IN

TODAY I FEEL: ○ ○ ○ ○ ○ 1 = empty — 5 = charged

NOTES / PARKING LOT

TIME BLOCKS (OPTIONAL)

"One thing I did today that counts —"

The rest of the desk is waiting.

The daily planner you just used is one page of a six-page system designed around how ADHD brains actually work. The full pack adds a weekly overview with energy ratings, a streak-free habit tracker, a dopamine menu you fill in yourself, a task initiation worksheet, and a body-doubling session card — all in printable PDF and a GoodNotes-compatible dark version.

WHAT'S INSIDE THE ADHD STARTER SYSTEM (\$12)

FREE

Daily Planner

The page you just used. Brain dump first, 3-task cap, time-estimate doubling, energy check-in.

1 PAGE

Weekly Overview

One column per day, energy-rating dots, weekend column, and a three-box bottom strip (non-negotiable / not-doing / small win).

1 PAGE

Streak-Free Habit Tracker

31 days, 8 habits, checkbox grid with no streak counter. The total column is for curiosity, not judgment.

1 PAGE

Dopamine Menu

Four-quadrant worksheet (high/low stimulation x physical/digital). Fill in what actually works for your brain.

1 PAGE

First Tiny Step

Task initiation worksheet. Breaks any avoided task into a first action under 2 minutes. Mountain to pebble.

1 PAGE

Body-Doubling Card

Session setup card for working alongside someone. Before/after prompts, focus mode settings, reflection row.

+ DARK

GoodNotes Dark Version

All 6 pages in a dark background variant optimized for iPad annotation in GoodNotes and Notability.

\$12

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