

THE ESSENTIAL DE-STRESS PLANNER FOR HYPERACTIVE MUMS

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ADHD Mums



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ABOUT THIS PLANNER

This planner is a framework designed by an ADHD brain (mine!) especially for your hyperactive ADHD brain. I'm Jane McFadden, a Neuroscientist and fellow ADHD Mum who knows what it's like to have a brain that never stops buzzing.

For years, I tried every planner out there, but none of them worked. Instead of helping, they left me more anxious and overwhelmed. Sound familiar? Hyperactive brains like ours aren't wired for rigid systems or endless to-do lists. We need something different - something that works with our need to move, think, and do, not against it.

That's why I created this guilt-free planner. It's designed to catch all the thoughts, tasks, and ideas racing through your brain - without making you feel like a failure if you miss a day, a week, or even a month. It's not about keeping up with productivity hype. It's about understanding your hyperactive brain and finding freedom within the chaos.

If you have hyperactive ADHD, you know the constant drive to do something. The struggle to relax. The itch to rearrange the pantry when you really want to sit and play with your kids. This planner lets you brain-dump, prioritise, and take a breath - knowing you don't have to do it all right now. It helps turn your whirlwind days into something manageable and far less stressful.

Hyperactive brains don't need more tasks, more pressure, or more rewards to "get things done." We need tools that flex when life doesn't go to plan - sick kids, school holidays, burnout, or those inevitable "off" days.

Most ADHD planners are built for inattentive brains, and they just don't get us. This one does. It's simple, flexible, and ready to meet you where you are.

Because hyperactive brains deserve something made just for them.

Jane xx

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CONFESSION

I have no idea how to follow complicated instructions, and every planner I've downloaded has left me clueless. It always feels too hard, so I give up. Let's cut all the fluff and focus on what actually works for a hyperactive brain.

KEY TIPS

No Miracles

This planner isn't going to fix everything overnight. But it will help you manage your days in a way that feels less overwhelming and more achievable.

Short-Term Focus

Don't try to plan out an entire year. Start with just **two months** at a time – that's more than enough for our hyperactive brains.

Print Wisely

Print a stack of daily and monthly templates and keep them somewhere easy to grab, like your desk or a clipboard. Flexibility is key!

GETTING STARTED

- Print out your daily, weekly and monthly templates.
- Place them on your desk or clipboard.
- Focus on what's essential. Add other templates – like Micro Moments or the Task Priority Matrix – when they help simplify the chaos.
- Spending time with your children, family is a JOB. This doesn't happen after you have finished all your tasks, it is a part of your task list.

This planner is here to support you – not overwhelm you. Pick what you need, leave what you don't, and remember: progress over perfection.

SECTION 1

MONTH PLANNER + MONTHLY FOCUS

The **Month Planner** and **Monthly Focus** pages give you a high-level view of your month, helping you align with your values and tackle the big-picture chaos – no fluff, no guilt, just what works for hyperactive brains.

Use this when:

- **You're Planning the Month Ahead:** Step back and map out the key priorities, events, and challenges you know are coming.
- **You Need to Anchor in Your Values:** Figure out which values need your attention this month and how they fit into what's on your plate.
- **You're Hitting a Wall:** If you're on the edge of burnout, use this to reassess what actually matters and what can wait.
- **You Keep Overcommitting:** Set monthly boundaries so you don't overload your weeks before they even start.
- **You Need a Strategy, Not Just Tasks:** Identify your top goals and potential challenges so you're not blindsided by the chaos.

There's also a blank Monthly Focus page included, so you can add your own prompts or questions that align with your values and priorities. This flexibility means you can:

- **Create Custom Prompts:** Tailor questions to fit your specific challenges, goals, or current mindset.
- **Track What Matters Most:** Focus on things like energy levels, boundaries, self-care, or anything else that helps you stay on track.
- **Brainstorm Big Ideas:** Use the space to capture new ideas or projects without the pressure to act immediately.
- **Check-In with Yourself:** Add reflection prompts to review how your values and goals are showing up throughout the month.

This blank template gives your hyperactive brain the freedom to adapt, pivot, and stay engaged – because boring templates don't work for brains like ours.

MONTHLY PLANNER

MONTH / YEAR:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							

BRAIN DUMP

MONTHLY FOCUS

MONTH / YEAR:

Which of my values are driving my decisions this month?

Where am I overcommitting, and what boundaries do I need this month?

What are my top 3 goals for this month - the ones that will actually move the needle?

What potential chaos or curveballs could derail me, and what's my backup plan?

What's one way I can challenge myself this month without overwhelming myself?

What's lighting me up at the moment, and how can I make space for more of it?

What's one habit or behaviour that's getting in my way, and how do I interrupt it?

How can I create micro-moments of freedom or fun amidst the chaos this month?

MONTHLY FOCUS

MONTH / YEAR:

SECTION 2

WEEKLY PLANNER + WEEKLY FOCUS

The **Weekly Planner + Weekly Focus** is your go-to tool when you need to zoom in on the next 7 days. It's not about sticking to a rigid weekly routine – it's a quick way to regain clarity, set boundaries, and map out your priorities without overthinking.

Use this when:

- **You Need a Weekly Reset:** When last week was a write-off and you need to regroup for the week ahead.
- **Your Week Feels Packed:** When you know there are appointments, deadlines, or commitments piling up, and you need a game plan to avoid overwhelm.
- **You're Heading into a Busy or Chaotic Week:** Think school holidays, work projects, family events, or anything that threatens to derail your usual flow.
- **You're Overcommitting (Again):** When you catch yourself saying 'yes' to everything, use the weekly focus to set boundaries and protect your time.
- **You Feel Out of Sync with Your Values:** When you're losing sight of what matters, a weekly focus helps realign your actions with your priorities.
- **You Need a Quick Strategy Check-In:** When you want to keep your goals on track without getting bogged down in daily details.
- **You're Dreading the Week Ahead:** When anxiety is creeping in, and you need to break the week down into manageable chunks.

Why This Works for Hyperactive Brains:

- **Big-Picture Focus:** Covers the next 7 days without daily micromanagement.
- **Low Commitment:** Use it only when you need it – no pressure to do it every week.
- **Guilt-Free Flexibility:** Helps you adapt to what's coming without feeling trapped by plans.

Think of it as your weekly reset button – ready to help you regroup, realign, and tackle the week without chaos taking over.

WEEKLY PLANNER

WEEK COMMENCING ON:

MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

WEEKLY FOCUS

WEEK COMMENCING ON:

**What's my main priority
or theme for this week?**

**What's the one thing I need
to make sure happens this week?**

**Where do I need to set (or enforce)
boundaries this week?**

**What potential challenges might come up,
and how can I handle them?**

**What can I drop, delegate, or delay
to make my week more manageable?**

**What's one way I can stay
connected to my values this week?**

WEEKLY FOCUS

WEEK COMMENCING ON:

TASKS THAT DON'T NEED IMMEDIATE ATTENTION
BUT CAN'T BE FORGOTTEN.

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SECTION 3

DAILY TEMPLATES

The **Daily Section** is here for when you need to take it one day at a time. Hyperactive brains don't always thrive on long-term plans – sometimes you need a right-now strategy to get through the day without spiralling or burning out. These templates are designed to be flexible, adaptable, and guilt-free, helping you stay focused on what actually matters.

When to Use the Daily Templates:

- **You Need a Clear Game Plan for the Day:** When your brain is buzzing with too much and you need to prioritise what to tackle today.
- **You're Feeling Scattered:** When focus is hard to come by, and you need a structured plan to stay on track.
- **You Have a High-Output Day:** When you've got the energy and need to power through tasks (hello, *Get Shit Done Day*).
- **You Need to Sort Out Your Priorities:** When everything feels urgent, the *Task Priority Matrix* helps you figure out what needs attention first.
- **You Want to Avoid Overwhelm:** Break the day into manageable chunks so you're not drowning in the chaos.
- **You're in Mental Clutter Mode:** When your head is full of ideas, tasks, and reminders, use the Brain Dump to clear space and lighten the load.

Why These Templates Work

- **No Rigid Rules:** Pick the template that suits your day – whether you need structure, focus, or flexibility.
- **Guilt-Free Flexibility:** Use them when you need them, skip them when you don't. No pressure, no guilt.
- **Energy-Aware:** They adapt to your energy levels, helping you stay productive without burning out.

These daily tools are here to help you make progress, manage chaos, and stay aligned with what matters most – one day at a time.

DAILY PLANNER

MON ☐
 TUE ☐
 WED ☐
 THR ☐
 FRI ☐
 SAT ☐
 SUN ☐

Time/Focus Block	Priority or Action	Done!
Morning (5am to 9am) <i>Whatever your start looks like – ease in or dive right in.</i>		☐
		☐
		☐
Late Morning (9am to 12pm) <i>A stretch for tasks, focus, or whatever's on your plate.</i>		☐
		☐
		☐
Midday (12pm to 3pm) <i>Space to reset, regroup, or keep things rolling.</i>		☐
		☐
		☐
Afternoon (3pm to 6pm) <i>Wrap things up, tackle projects, or catch a breather.</i>		☐
		☐
		☐
Evening (6pm to 9pm) <i>Slow down, wind down, or finish off the day.</i>		☐
		☐
		☐
Cool Down (9pm and later) <i>Time to relax, reflect, or let your brain wander.</i>		☐
		☐
		☐

DAILY PLANNER

MON

TUE

WED

THR

FRI

SAT

SUN

Time/Focus Block	Priority or Action	Done!
		☐
		☐
		☐
		☐
		☐
		☐
		☐
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		☐
		☐
		☐
		☐

DAILY FOCUS

MON

TUE

WED

THR

FRI

SAT

SUN

TODAY’S FOCUS: WHAT’S ONE THING I WANT TO FOCUS ON TO FEEL ALIGNED WITH WHAT MATTERS TO ME?

TOP 3 PRIORITIES / QUICK WINS:

01	
02	
03	

REMEMBER / DON’T FORGET:

01	
02	
03	

WHO DO I NEED TO CHECK IN WITH OR REPLY TO TODAY TO CLEAR MY MENTAL LOAD?

WHAT’S ONE SMALL HABIT I WANT TO FOCUS ON? HOW WILL I TRACK IT?

MICRO-MOMENT: WHAT’S ONE TINY THING I CAN DO FOR MYSELF TODAY, EVEN IF IT’S JUST 5 MINUTES?

LIGHTEN THE LOAD BY DROPPING A TASK, EXPECTATION, OR WORRY

PLAN MEALS, SNACKS, OR JUST JOT DOWN IDEAS.

BREAKFAST	LUNCH
DINNER	SNACKS

CLEAR THE MENTAL CLUTTER

GET SHIT DONE DAY

FOCUS ON PROGRESS, NOT PERFECTION. ONE STEP AT A TIME.

MON



TUE



WED



THR



FRI



SAT



SUN



IF NOTHING ELSE GETS DONE, WHAT'S THE ONE THING THAT WILL MAKE TODAY FEEL LIKE A WIN?

WHAT'S BUZZING IN MY BRAIN? WRITE IT ALL DOWN TO CLEAR MENTAL CLUTTER.

WHAT'S MY FOCUS FOR EACH TIME BLOCK?

Morning

Midday

Afternoon

Evening

AFTER THE BRAIN DUMP, SORT TASKS INTO CATEGORIES:

DO NOW

(Urgent + Important)

DO LATER

(Important but
Not Urgent)

DELEGATE

(Urgent but Not
Important)

LET IT GO (for now)

(Not Urgent +
Not Important)

WHAT CAN I DO BETWEEN TASKS TO RESET AND STAY ON TRACK?

HYDRATION GOAL:



HYDRATION TRACKER:



MOOD



WHAT'S MY MICRO-MOMENT FOR TODAY?

ENERGY TRACKER:

MORNING: BUZZING / SCATTERED / SLUGGISH

MIDDAY: FOCUSED / MANAGING / DRAINED

EVENING: UNWINDING / EXHAUSTED / RESTLESS

GET SHIT DONE DAY

FOCUS ON PROGRESS, NOT PERFECTION. ONE STEP AT A TIME.

MON



TUE



WED



THR



FRI



SAT



SUN



--

A full-page view of a blank sheet of graph paper. The grid consists of thin, light gray horizontal and vertical lines forming small squares across the entire page. There are no margins, text, or other markings on the paper.

WHAT'S MY FOCUS FOR EACH TIME BLOCK?

AFTER THE BRAIN DUMP, SORT TASKS INTO CATEGORIES:

A blank sheet of graph paper with a grid pattern. The grid consists of 10 columns and 8 rows of squares. The lines are light gray and form a uniform grid across the page.

HYDRATION GOAL:



HYDRATION TRACKER:



MOOD

[illegible]

ENERGY TRACKER:

ENERGY TRACKER:

TIME BLINDNESS AND PRIORITIES

In the ADHD world, there are only two time zones: **“now”** and **“not now.”** We get so locked into a task that time just... disappears. The seconds, minutes, or even hours? Gone. It's a black hole.

The tricky part? **Everything feels like “now.”** Eating, sleeping, resting – they get pushed aside because our brains switch on, and suddenly every task is equally urgent. It's like your body is vibrating, and you *can't stop* until it's done. Then, weeks later, you wonder why you were so desperate to reorganise that drawer at 5pm.

Prioritising isn't natural for us – not consciously, anyway. Sure, we'll drop everything for a new business idea, but deciding what's urgent in daily life? Exhausting.

This planner isn't here to shame you for that. It's here to help you **offload the mental chaos** and figure out what *actually* needs your attention. And here's a big one:

Time spent with your kids is a JOB. It's not something you squeeze in after everything else. It's “now.” If sitting on the floor playing Barbies for hours isn't your thing, that's okay. Maybe 15 minutes of cards, a puzzle, or a quick dance party is doable. Block out the time, call it your job, and let the pantry stay messy.

The Goal?

Clear the mental clutter, set small boundaries, and know that “everything” doesn't have to happen *right now*.

Jane xx

THE ADHD MUMS PRIORITY MATRIX

How to Use the Matrix

Step 1: Write down all the tasks and ideas that are on your mind.

Step 2: Place each task in one of the four categories below.

Step 3: Focus on tasks in the “Urgent and Important” category first, then move to “Important but Not Urgent.”

Step 4: Try to delegate “Urgent but Not Important” tasks or delay/skip “Not Urgent and Not Important” ones.

1. Urgent and Important

These are tasks that need immediate attention and have significant consequences if not completed. Focus on these first.

Prompt: What needs to be done NOW to avoid problems later?

Example: Responding to an urgent work email or attending a scheduled appointment.

3. Urgent but Not Important

These tasks require quick action but aren't as crucial. Delegate these if possible.

Prompt: What's pressing but doesn't necessarily need me to handle it?

Example: Answering non-critical emails or minor household chores.

2. Important but Not Urgent

These tasks are important but don't need to be done immediately. Schedule them for later

Prompt: What's important for the long run but doesn't have to happen today?.

Example: Planning your child's birthday party or creating a long-term project plan.

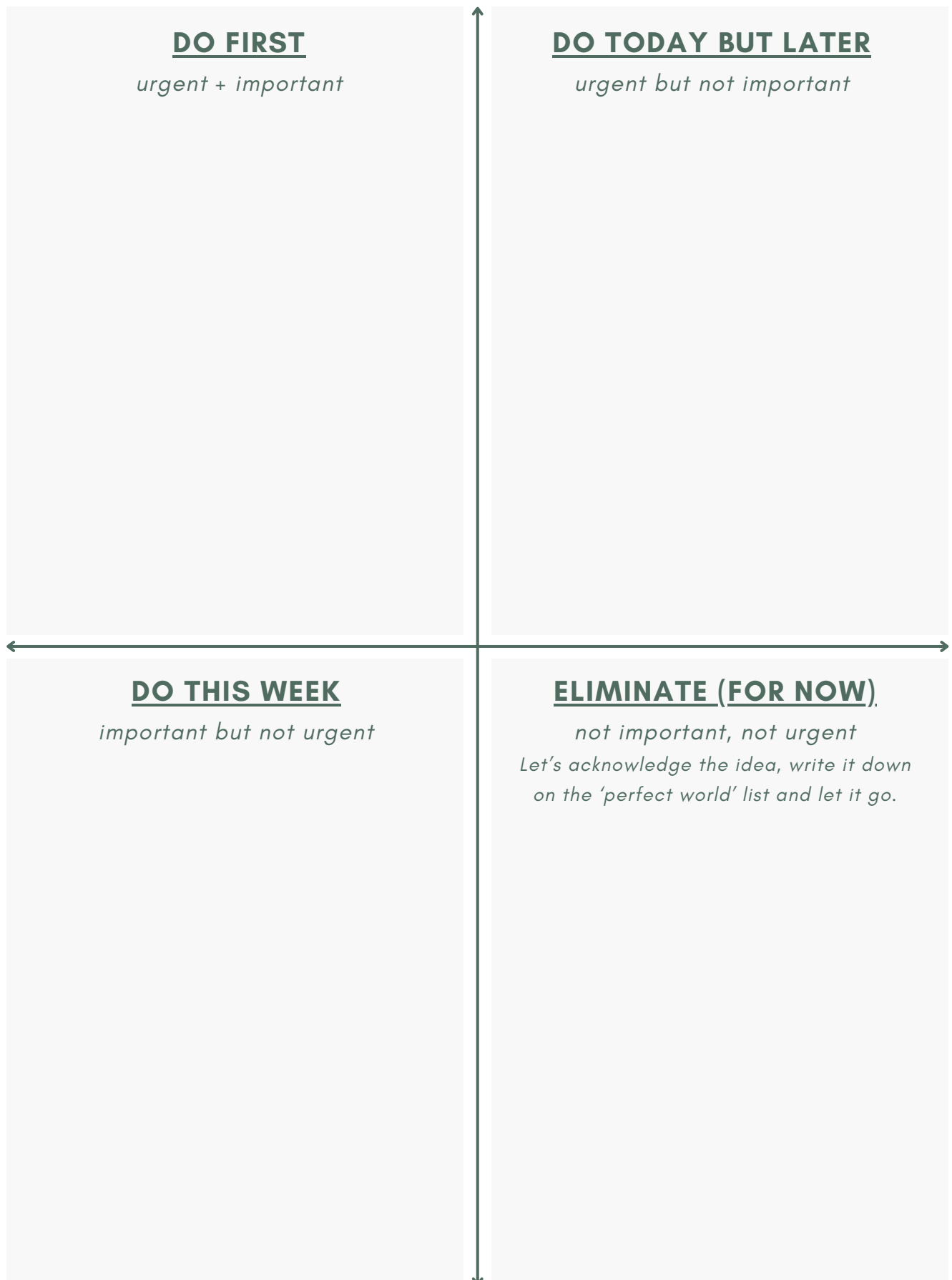
4. Not Urgent and Not Important

These tasks have minimal impact that you can do if you have extra time – or skip entirely.

Prompt: What's something I'd enjoy doing, but it's okay if it doesn't happen right now?

Example: Reorganising your closet or researching the “best” tools for a hobby you haven't started yet.

PRIORITY MATRIX



SECTION 4

MICRO MOMENTS: SMALL BREAKS, BIG IMPACT

Hyperactive brains don't do well with long stretches of downtime – but that doesn't mean you don't need a break. Enter **Micro Moments**: short, intentional bursts of self-care, movement, or connection that help you reset without losing momentum. Think of them as **tiny recharges** designed to fit into your day without guilt.

These Micro Moments are designed to help you find small pockets of time for self-care, ensuring you maintain your well-being amidst the chaos of daily life. **Remember, taking care of yourself is crucial for being able to take care of others.**

You can use Micro Moments when:

- **You're Overwhelmed:** A quick break to reset and breathe.
- **You Have 5 Minutes:** Instead of doing the laundry (again), do something just for you.
- **The Chaos Is Building:** When the family's energy is spiralling, take a moment to ground yourself and the environment.
- **You're Out and About:** Grab a small, refreshing break even when you're not at home.
- **You Need a Quick Win:** A small action to remind you that you matter too.

These aren't indulgences – they're essential resets for your mind and body. Whether it's sipping a hot coffee without interruption, doing a quick brain dump, or stepping outside to feel the breeze, these moments add up to help you stay calm, clear, and connected.

Why This Works for Hyperactive Brains

- **Quick and Flexible:** No long commitments, just short bursts that fit your life.
- **Low Pressure:** No need for perfection – just pick something small and do it.
- **Guilt-Free:** Self-care isn't selfish; it's the fuel that keeps you going.

Take a Micro Moment – you've earned it.

SELF CARE MICRO MOMENTS FOR HYPERACTIVE MUMS

MICRO MOMENTS AT HOME

- **Find Small Joys:** It's surprising how many of us get a few minutes but don't know what to do, so we end up doing the laundry. Think about what your partner does when they have downtime and try to mimic that.
- **WWMHD (What Would My Husband Do):** Write this on your hand when your partner leaves the house. It can be adapted to any relationship: WWMHD, WWMPD, WWMWD.
- **Relax Like Your Partner:** My husband doesn't clean; he relaxes when he can and helps with chores when I get home. He isn't going to change (trust me, I checked), so if I can't beat him, I join him. I started sitting down when the kids are watching a movie and enjoy it with them. When he gets home, we tackle the chores together. This way, I ensure I have some downtime.
- **Have a Plan:** The trick is to have ideas ready. If I have to think about what I might do, I end up working. Keep a list of things you love to do and choose from that.

MICRO MOMENTS OUT OF THE HOUSE

- **Just Go:** Tell your partner when you want to go out instead of asking for permission. I used to ask or wait for my husband to offer, but if I just told him, he would usually agree. If I waited for everyone to be happy, I would never go.
- **Don't Wait:** Don't wait for everyone to be happy before you leave; just go.
- **Take Imperfect Breaks:** Don't wait for everything to be perfect before you sit down.
- **Prioritise:** Be mindful of what you put on your list and its importance. Don't overwhelm yourself with massive tasks every day. If you're a perfectionist, you might list every single thing a perfect mother/wife/person would do, leading to exhaustion.
- **Joy Without Purpose:** Set a target to do something without an outcome, like going for a walk with no destination. Try to do one thing a week purely for joy.

TAKE A MICRO MOMENT

A SMALL BREAK CAN DO WONDERS.

PICK ONE SMALL THING AND GIVE YOURSELF THAT TIME – IT'S NOT SELFISH, IT'S ESSENTIAL.

SELF-CARE AND RELAXATION

- Enjoy a hot cup of tea or coffee – completely undisturbed.
- Take a warm shower with music and a favourite scent.
- Apply a face mask or hand lotion while sitting quietly.
- Lie down and practise deep breathing for 5 minutes.
- Sit outside and feel the sun or breeze on your face.
- Listen to a calming playlist or a favourite nostalgic song.
- Light a candle and spend a few moments journaling.
- Use a meditation or relaxation app for guided calm.
- Stretch gently for 10 minutes to release tension.
- Read 5-10 pages of a book you love.

MENTAL RESET

- Do a mini brain dump of everything on your mind.
- Organise your thoughts with a simple to-do list/priority list.
- Write a gratitude note for something you appreciate.
- Doodle or colour in an adult colouring book.
- Flip through an inspirational magazine or Pinterest board.
- Watch a short, funny or uplifting YouTube video.
- Daydream – allow your mind to wander without guilt.
- Write down one goal or dream and brainstorm the first step.
- Quick digital declutter: delete unnecessary emails or apps.
- Close your eyes: visualise a happy memory/dream vacation.

CONNECTION AND RELATIONSHIPS

- Call or text a friend to say hello or check in.
- Write a short note or card to someone you love.
- Play a short game with your child (e.g., Uno or a puzzle).
- Hug someone for 10 seconds – it's proven to reduce stress.
- Spend 15 mins chatting with someone without distractions.
- Look at family photos or videos that bring you joy.
- Take a walk with your child and just chat.
- Plan a simple family outing or activity for later in the week.
- Share a joke or funny story with a loved one.
- Watch part of a favourite show or video clip with your kids.

MOVEMENT AND ENERGY BOOST

- Walk around the block or step outside for fresh air.
- Do a quick yoga flow or stretch to ease tension.
- Dance to a favourite upbeat song (kids optional!).
- Try a short workout app or routine (e.g., 7-minute workout).
- Tidy one small area of the house for an instant win.
- Take your pet for a short walk or playtime.
- Bounce on a trampoline or use a hula hoop if you have one.
- Sweep or vacuum one high-traffic area.
- Do a quick kitchen reset.
- Organise one small drawer or shelf that's been bugging you.

CREATIVE AND FUN

- Start a small craft or DIY project.
- Bake or prepare a simple treat just for yourself.
- Write a short journal entry or poem.
- Do a mini photo shoot of something you love (kids, pets, or nature).
- Try out a new makeup look or hairstyle just for fun.
- Browse for new recipes you want to try later.
- Play an instrument or learn a song on a music app.
- Rearrange or style a small space to refresh the vibe.
- Paint your nails or do a quick beauty touch-up.
- Learn something new from a quick online tutorial (e.g., a 10-minute skill on YouTube).

NATURE AND SENSES

- Lay on a blanket outside or sit by a window and watch the clouds drift by.
- Stand barefoot on grass, sand, or a soft rug and focus on the sensations.
- Listen to an app or playlist with ocean waves, rain, or forest sounds.
- Take a short walk and look for flowers, trees, or anything colourful in nature.
- Use essential oils, a scented candle, or fresh herbs like lavender or mint to refresh your space.
- Step outside at night for a few minutes and just look up at the stars.
- Spend 10-15 minutes weeding, watering, or just sitting near plants.
- Walk somewhere natural and gather small treasures like pretty rocks or shells.
- Sit in a sunny spot for a few minutes with your eyes closed, soaking in the warmth.
- Listen for birds and try to spot them in your yard or nearby trees.

OTHER IDEAS

MY MICRO MOMENTS

A SMALL BREAK CAN DO WONDERS.

PICK ONE SMALL THING AND GIVE YOURSELF THAT TIME – IT'S NOT SELFISH, IT'S ESSENTIAL.

WHEN I'M ON MY OWN

What's are things I can do when I have a quiet moment to myself?

WHEN MY FAMILY IS DYSREGULATED

What can I do to calm the environment and myself when things feel chaotic?

WHEN I FEEL OVERWHELMED

What small, grounding things help me reset when I'm feeling too much?

WHEN I'M OUT OF THE HOUSE

What can I do when I need a break while out and about?

WHEN I HAVE 5-10 MINUTES

What's something small I can do to recharge or bring joy in a short window of time?

WHEN I HAVE 15-20 MINUTES

What's one slightly longer activity that feels refreshing and manageable?

WHEN MY KIDS NEED ATTENTION

What's one thing I can do to connect with my kids without draining my energy?

MY TOP 5 GO-TO MICRO MOMENTS

What are the easiest and most effective micro moments for me?

MY GREAT IDEA LIST

REMINDER: NOT EVERY IDEA NEEDS TO HAPPEN NOW.
CAPTURE IT, LET IT BREATHE, AND REVISIT WITH FRESH EYES.

TOPIC / THEME	

WHAT'S LIGHTING UP MY BRAIN RIGHT NOW? WRITE IT ALL DOWN - BIG OR SMALL

REVISIT IDEA AFTER AT LEAST A WEEK	
Does this idea align with my values or goals?	
Do I have the capacity to take this on right now?	
What's the first small step to test this idea without a big commitment?	

PERFECT WORLD LIST

REMINDER: THESE ARE THE THINGS I'D LOVE TO DO IN A PERFECT WORLD.
NO PRESSURE, NO GUILT - JUST POSSIBILITIES.

HOBBIES OR SKILLS

FAMILY EXPERIENCES

PERSONAL GROWTH

PROFESSIONAL GROWTH

SELF CARE AND WELLNESS

BIG DREAMS

What's still exciting
and meaningful here?
What can wait,
and what's
no longer a priority?

THANK YOU FOR BEING HERE

This planner and its resources are here to support you with strategies and ideas that work for many hyperactive brains. But remember - there's no one-size-fits-all solution. Everyone's ADHD journey is unique, and what works for one person might need some adjusting for another.

These tools are designed to help you feel more aligned and empowered, not to replace professional advice or make you feel pressured to 'fix' everything at once. Progress over perfection is the goal here!

If something doesn't feel right or doesn't work for you, that's okay - adapt, tweak, or leave it behind. Your journey is yours alone, and just showing up for yourself is already incredible.

As always, this resource is not a substitute for medical, psychological, or professional advice. Please consult a healthcare professional if you have any concerns about your well-being.

You've got this!

Jane xx