

# The ADHD Daily Planner

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*One page. Plan by energy, not by the clock.*

A free printable from TheDailyStackStudio

## How to use it (two minutes, tops)

1. Brain-dump everything first. Get it out of your head and onto the page. Capture now, decide later.
2. Pick your Top 3 - and only 3. The first one is your anchor: if nothing else happens today, that one thing makes the day a win.
3. Plan by energy, not by the clock. Put your anchor in your high-energy band, admin in the middle band, easy wins in the low band. Hour grids assume you can feel time; energy bands don't.
4. Keep "now" visible. Draw an arrow next to whatever you're doing right now and move it as you go.
5. End with the shutdown ritual. Tick what got done - partly done still counts - write one win, pick tomorrow's anchor, close the page.

*Running on empty today? Skip straight to page 3 - the low-battery version. It's the whole system in three boxes.*

# Today's One Page

Date \_\_\_\_\_

My battery today:  Full  Half  Low

## — BRAIN DUMP *90 seconds. Don't sort, just empty.*

*Tasks, worries, ideas, the thing you keep almost forgetting - all of it.*

## — TOP 3 - ONLY 3 *If only #1 happens, today was a success.*

#1 ANCHOR \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

## — PLAN BY ENERGY *Match the task to the battery, not to the hour.*

**HIGH ENERGY** *deep work - do your anchor here*

> \_\_\_\_\_

> \_\_\_\_\_

**MEDIUM** *admin, calls, errands, email*

> \_\_\_\_\_

> \_\_\_\_\_

**LOW** *easy wins: tidy one surface, unsubscribe, refill, water the plant*

> \_\_\_\_\_

> \_\_\_\_\_

## — SHUTDOWN RITUAL *Two minutes. Ends the day on purpose.*

Tick what got done - partly done still counts.

One win from today ("I started" absolutely qualifies): \_\_\_\_\_

Tomorrow's anchor: \_\_\_\_\_

Close the page. The day is done, and so are you.

# The Low-Battery Version

Date \_\_\_\_\_

*For the days when the full page is too much. Three boxes, two minutes, zero guilt. This still counts as planning.*

— **QUICK DUMP** *Only what's actually buzzing. 60 seconds.*

— **ONE ANCHOR - JUST ONE** *The single thing that makes today okay.*

— **ONE KIND THING FOR YOURSELF** *Water, a walk, an early night. It goes on the plan too.*

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— **MINI SHUTDOWN**

I did what I could with the battery I had - that counts.

Tomorrow's anchor: \_\_\_\_\_

# Like the method? It's already built for you.

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This planner runs the same six-block method from our guides: brain dump, one anchor, energy-matched planning, a visible "now," and a kind shutdown. Paper is a genuinely great way to run it - if this page is all you need, enjoy it. Really.

But if you'd rather have the digital version - the daily planner, brain dump, and reward tracking already wired together in Notion, so you run the method instead of rebuilding it every morning - that's exactly what the Calm Productivity Vault is.

## Calm Productivity Vault - \$27, one-time

The ADHD Life OS in Notion. No subscription - keep it forever.

[thedadailystackstudio.gumroad.com/l/calmvault](https://thedadailystackstudio.gumroad.com/l/calmvault)

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*Calm over hustle,*

**TheDailyStackStudio**