

Free sample

Tiny Wins Starter Kit

ADHD-friendly pages for real, messy days.

This kit belongs to _____

Start here ›

tinywinsplanner.com

Start

Today

Brain
dump

Tools

Full
planner

Start here

Pick one door. That's enough for now.

Good-energy day

Plan it, ride the wave

Low-energy day

Small still counts

Chaos day

Just now, next, later

Brain dump

Empty your head first

Task breakdown

Tiny first steps

Dopamine menu

When you need a boost

Welcome back

Been away? Start here

When it's too much

Calm down first

Also in this kit

How to use

Dopamine ideas

The full planner

Need more of a page? Duplicate it in your app.

Links keep working on copies. Nothing here is dated, so nothing is ever 'behind'.

Start

Today

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How to use

Three minutes, then you're done. You can always come back.

1 Tap the tabs

The tabs on the right take you to any section. Every page is two taps or less from here.

2 Links in GoodNotes

Tap links with your finger, or switch to read-only mode. On Android, Windows or web: use read-only mode.

3 Need more pages?

Duplicate any page: page thumbnails, tap the arrow, then Duplicate. Links still work on copies.

4 Match your energy

Pick the day page that fits today: good-energy, low-energy or chaos. Switching mid-day is fine.

5 No dates, no guilt

Write a date only if it helps. Skipped pages aren't failures, they're just blank pages.

6 Been away?

Go to Welcome back. There's nothing to catch up on, you simply start again from today.

Start here

Welcome back

Start

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Welcome back

You're not behind. You're here, and that's what counts.

Skip the catch-up

- ☐ I don't need to fill in missed days
- ☐ I'll pick one tiny thing for today
- ☐ I'll empty my head in a brain dump
- ☐ I'll be kind to myself about the gap

What got in the way? just noticing, no blame

One thing that would make today easier

What I want to keep from before

Where to next?

Brain dump

Low-energy day

Start here

Start

Today

Brain
dump

Tools

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planner

Today

How's your energy? Pick the page that fits, not the one you 'should'.

Good-energy day

Plan it, ride the wave

Low-energy day

Small counts. Resting counts too.

Chaos day

Just now, next, later

Day changed halfway? Every day page has buttons to switch. All of it counts.

Start

Today

Brain
dump

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Good-energy day

Ride the wave, and leave room to rest.

Top 3 for today the rest is a bonus

☐ _____

☐ _____

☐ _____

Loose time blocks

Morning

Afternoon

Evening

Date (optional) _____

Energy right now colour in

Time guess vs actual just noticing

Task	Guess	Actual

Win of the day

Day changed?

Low energy

Chaos

Start

Today

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Low-energy day

Small counts. Resting counts too.

Energy right now colour in

If I can, just one thing optional

Bare minimum care

- ☐ Water
- ☐ Something to eat (anything counts)
- ☐ Meds
- ☐ Rest without guilt
- ☐ Fresh air or an open window
- ☐ One kind thing for me

What I managed today all of it counts

A kind note to myself

Day changed?

Good-energy page

Chaos page

Start

Today

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Chaos day

Only three questions matter right now.

Now just one thing

Next when Now is done

Later can wait, and that's okay

Get through it:

☐

Water

☐

Food

☐

Meds

☐

Three slow breaths

☐

Ask for help

Day changed?

Good energy

Low energy

Brain dump

Start

Today

Brain
dump

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Tools

Use what helps. Ignore the rest, no guilt.

Brain dump

No order needed

Task breakdown

Make the first step tiny

Dopamine menu

Your boost options

Dopamine ideas

Examples to borrow

When it's too much

Breathe, then one small thing

Welcome back

Restart without catching up

Start

Today

Brain
dump

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Brain dump

No order needed. Just get it out of your head.

Later, if you want: mark items

- Nnow
- Llater
- Ssomeday
- Xlet it go

Break a task down

Start

Today

Brain dump

Tools

Full planner

Task breakdown

Make the first step so small it feels a bit silly.

The big task

Why it matters optional

Time guess _____

Actual _____

Reward when done

Steps tick as you go

Tiny first step

Start

Today

Brain dump

Tools

Full planner

Dopamine menu

A menu of things that help. Order whatever you need today.

Appetizers quick boosts, 5 min

Entrées bigger, more filling

Sides pair with boring tasks

Desserts fun, easy to overdo

Specials rare treats worth planning

Start

Today

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Dopamine menu: ideas

Examples to borrow. Cross out what doesn't fit, add your own.

Appetizers quick boosts, 5 min

Favourite song, loud

Stretch for 2 minutes

Cold glass of water

Step outside

Text a friend

Entrées bigger, more filling

Walk with a podcast

Cook something new

Dance it out

Gym or a swim

Call someone I love

Sides pair with boring tasks

Music while cleaning

Fidget toy at my desk

Body doubling

Nice drink while I work

Desserts fun, easy to overdo

Scrolling (set a timer)

One episode

Snacks

Video games (timer on)

Specials rare treats worth planning

Concert or a show

Day trip

New hobby supplies

Spa or massage

Start

Today

Brain
dump

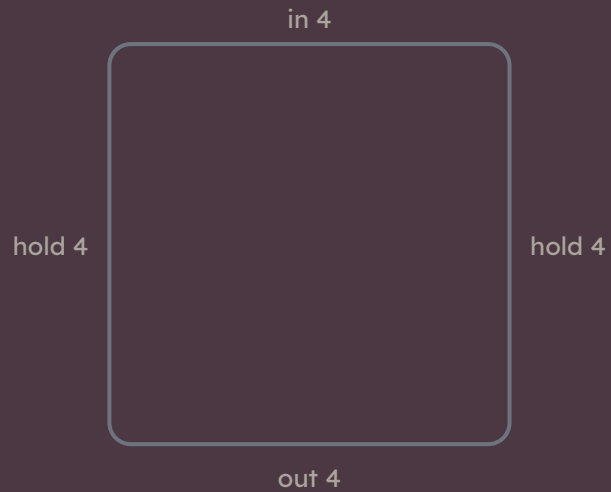
Tools

Full
planner

When it's too much

This feeling is real, and it will pass. Start small.

Box breathing trace the square



Try one

- ☐ Drink some water
- ☐ Step outside or open a window
- ☐ Lower the noise and light
- ☐ Put on my comfort playlist
- ☐ Text someone safe

Things that usually help me

People I can reach out to

A note from calm me write it on a good day

Start

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Like these pages?

No pressure. This kit works fine on its own.

Undated ADHD Digital Planner

120 pages · light + dark · Monday or Sunday start

- Start any day. Nothing is ever 'behind'
- 12 months, 12 weeks, 34 energy-based day pages
- Habit tracker that counts days, not streaks
- Mood, meds & sleep tracker, routines, body doubling

[See inside on tinywinsplanner.com](https://tinywinsplanner.com)

2027 ADHD Digital Planner

510 pages · light + dark · Monday or Sunday start

- Every day of 2027, any day two taps away
- 12 monthly calendars, 53 weeks, 365 days
- Intentions instead of resolutions
- Gentle monthly reflection pages

[See inside on tinywinsplanner.com](https://tinywinsplanner.com)

Prefer paper? There's a printable 2027 planner too (A4 + US Letter).

Planners are self-organisation tools, not medical advice.

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