

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'.

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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.

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Welcome back

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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

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# 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.

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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

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# Low-energy day

Small counts. Resting counts too.

Energy right now colour in

## Bare minimum care

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

If I can, just one thing optional

What I managed today all of it counts

A kind note to myself

Day changed?

Good-energy page

Chaos page

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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

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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

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# Brain dump

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

Later, if you want: mark items

- N

 now
- L

 later
- S

 someday
- X

 let it go

Break a task down

Start

Today

Brain dump

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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

min

min

min

min

min

min

min

min

min

Start

## Today

## Brain dump

## Tools

Full  
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# Dopamine menu

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

**Appetizers** quick boosts, 5 min

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**Entrées** bigger, more filling

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**Sides** pair with boring tasks

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**Desserts** fun, easy to overdo

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**Specials** rare treats worth planning

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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

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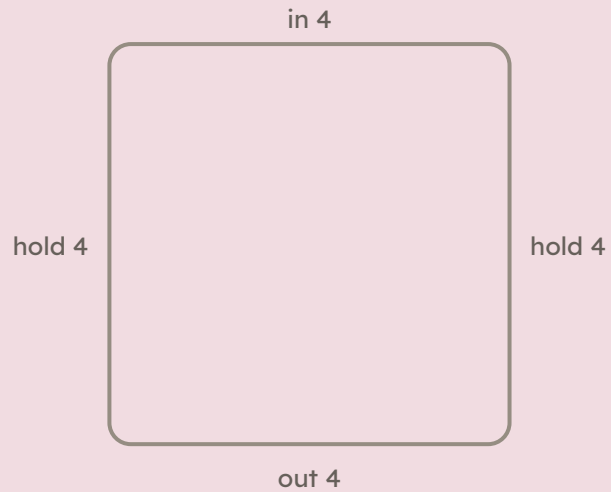
Tools

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# 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

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## People I can reach out to

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## A note from calm me write it on a good day

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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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