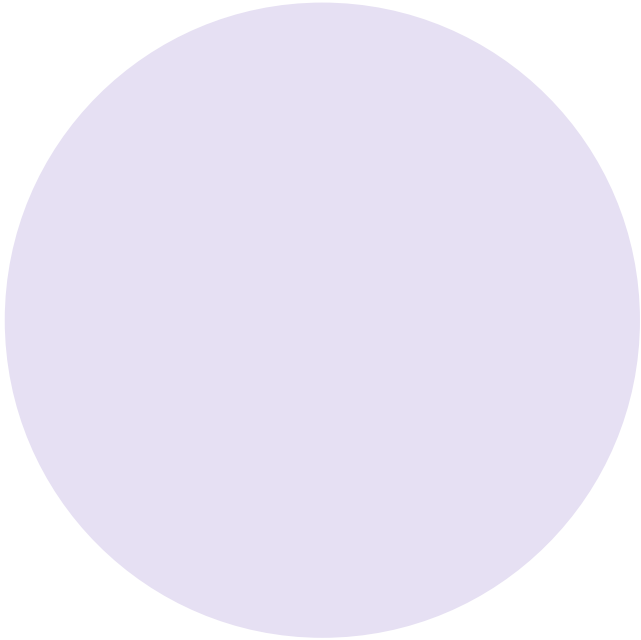


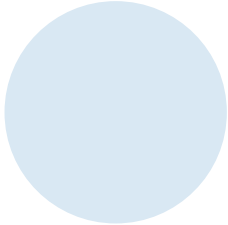


Free sample

Tiny Wins Starter Kit

Printable ADHD-friendly pages for real, messy days.

This kit belongs to _____



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

Good-energy day

Date _____

Ride the wave, and leave room to rest.

Top 3 for today the rest is a bonus

☐

☐

☐

Energy colour in

Don't forget

Morning

Afternoon

Evening

Time guess vs actual

Task	Guess	Actual

Win of the day

Small counts. Resting counts too.

☐ One kind thing for me

Chaos day

Date _____

Only three questions matter right now.

Now just one thing

Next when Now is done

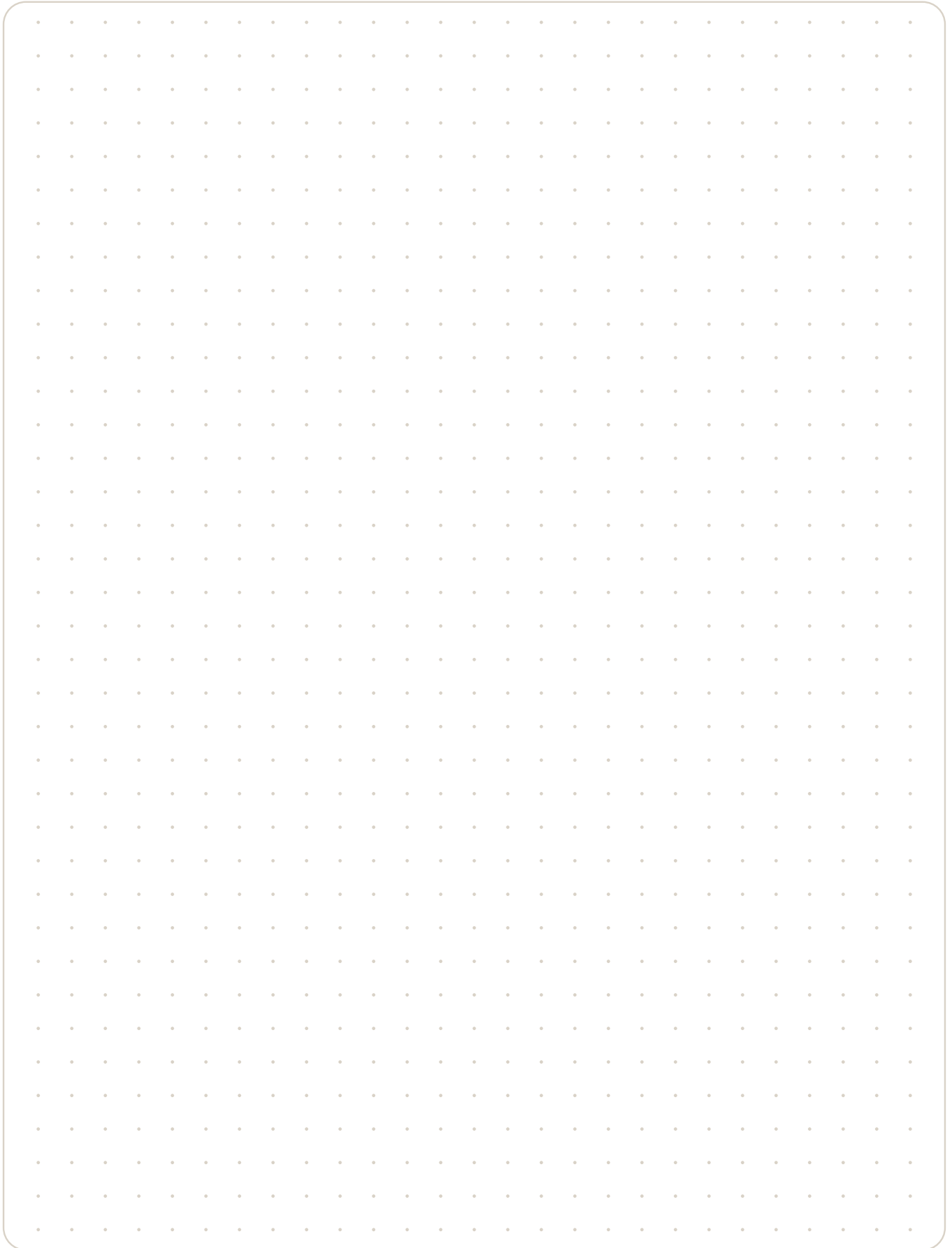
Later can wait, and that's okay

Get through it

☐ Water ☐ Food ☐ Meds ☐ Three slow breaths ☐ Ask for help

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

Task breakdown

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

The big task

Why it matters optional

Time guess

Actual

Steps tick as you go

- | | | | | |
|--------------------------|-----------------|-------|-------|-----|
| ☐ | Tiny first step | <hr/> | <hr/> | min |
| ☐ | <hr/> | <hr/> | <hr/> | min |
| ☐ | <hr/> | <hr/> | <hr/> | min |
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Reward when done

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

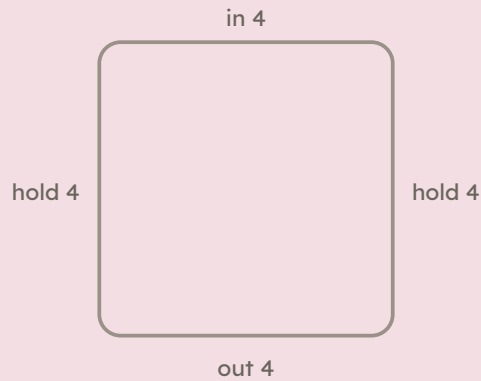
Desserts fun, easy to overdo

Specials rare treats worth planning

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
- ☐ Lower noise and light
- ☐ 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

Like these pages?

No pressure. This kit works fine on its own.

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