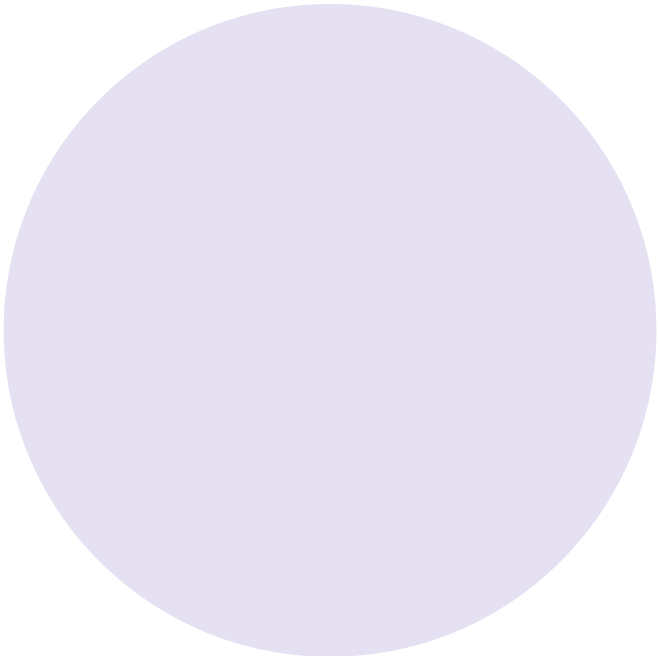


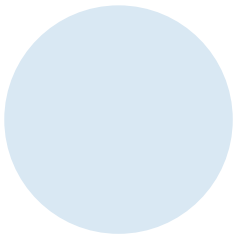


Free sample

# 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

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## One thing that would make today easier

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## What I want to keep from before

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# Good-energy day

Date \_\_\_\_\_

Ride the wave, and leave room to rest.

## Top 3 for today the rest is a bonus

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☐

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☐

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## Energy colour in

## Don't forget

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### Morning

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### Afternoon

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### Evening

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## Time guess vs actual

| Task | Guess | Actual |
|------|-------|--------|
|      |       |        |
|      |       |        |
|      |       |        |
|      |       |        |
|      |       |        |

## Win of the day

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# Low-energy day

Date \_\_\_\_\_

Small counts. Resting counts too.

**Energy right now** colour in**If I can, just one thing** optional

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**Bare minimum care**

- |                                                      |                                                             |
|------------------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> Water                       | <input type="checkbox"/> Something to eat (anything counts) |
| <input type="checkbox"/> Meds                        | <input type="checkbox"/> Rest without guilt                 |
| <input type="checkbox"/> Fresh air or an open window | <input type="checkbox"/> One kind thing for me              |

**What I managed today** all of it counts

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**A kind note to myself**

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# Chaos day

Date \_\_\_\_\_

Only three questions matter right now.

**Now** just one thing

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**Next** when Now is done

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**Later** can wait, and that's okay

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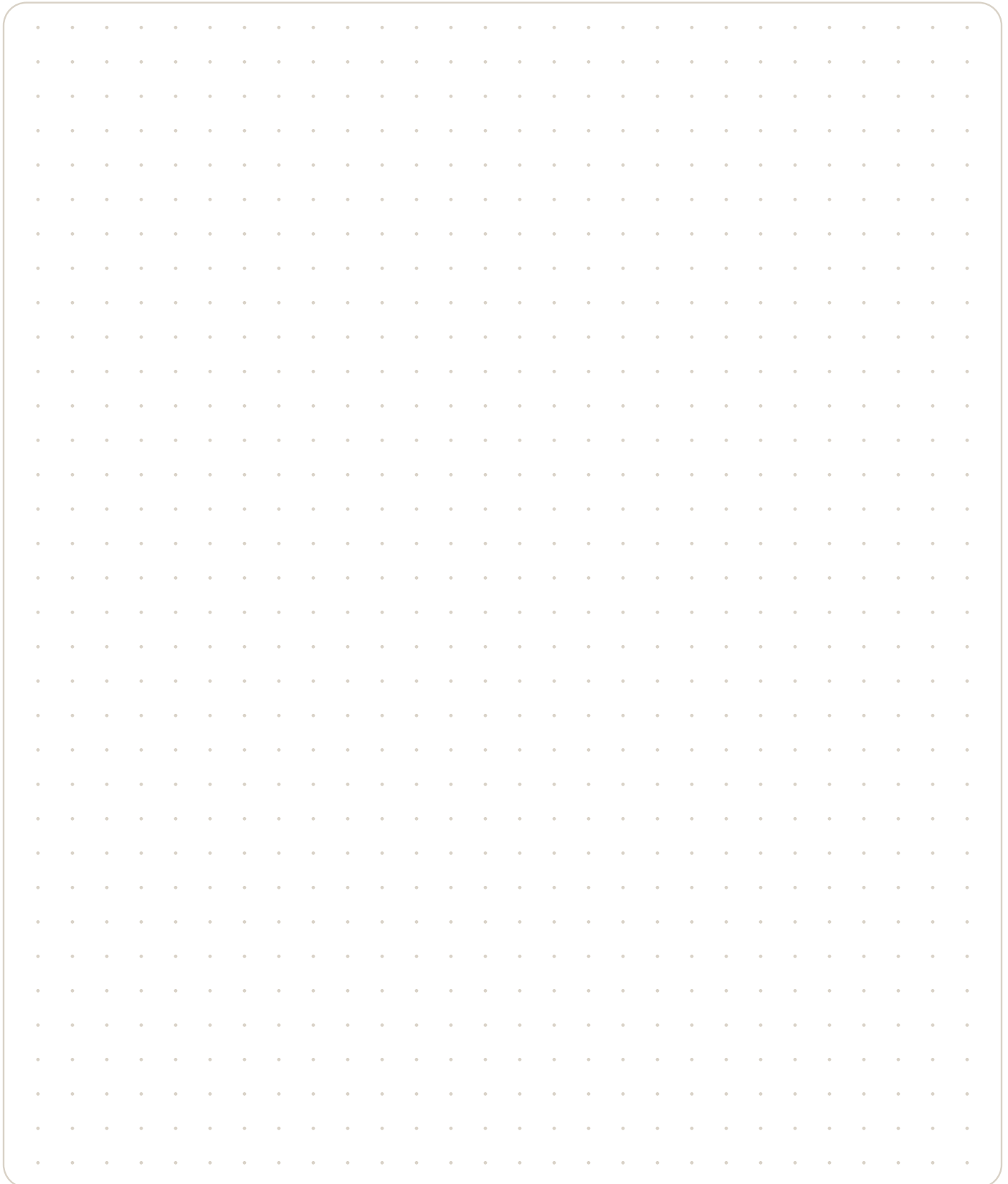
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**Get through it**

☐ 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

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## Why it matters optional

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Time guess 

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Actual 

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## Steps tick as you go

- |                          |                                      |           |
|--------------------------|--------------------------------------|-----------|
| <input type="checkbox"/> | <small>Tiny first step</small> <hr/> | <hr/> min |
| <input type="checkbox"/> | <hr/>                                | <hr/> min |
| <input type="checkbox"/> | <hr/>                                | <hr/> min |
| <input type="checkbox"/> | <hr/>                                | <hr/> min |
| <input type="checkbox"/> | <hr/>                                | <hr/> min |
| <input type="checkbox"/> | <hr/>                                | <hr/> min |
| <input type="checkbox"/> | <hr/>                                | <hr/> min |
| <input type="checkbox"/> | <hr/>                                | <hr/> min |
| <input type="checkbox"/> | <hr/>                                | <hr/> min |
| <input type="checkbox"/> | <hr/>                                | <hr/> min |

## Reward when done

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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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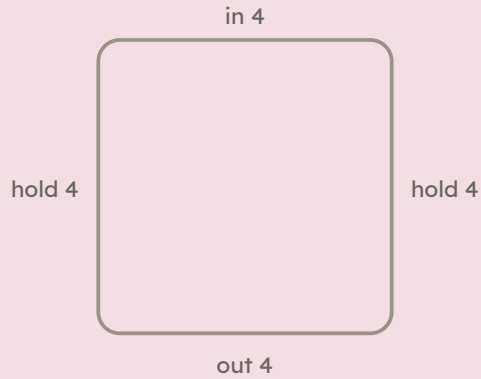
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# When it's too much

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

## Box breathing trace the square



## Try one

- ☐ Drink some water
- ☐ Step outside
- ☐ Lower noise and light
- ☐ 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.

## 2027 ADHD Printable Planner

96 pages, A4 + US Letter, colour + ink saver: dated months and weeks, undated day pages, trackers, routines and more.

## Undated ADHD Digital Planner

120 hyperlinked pages for GoodNotes, Notability, Samsung Notes, Xodo and other PDF apps. Start any day.

## 2027 ADHD Digital Planner

510 hyperlinked pages: every day of 2027, any day two taps away.

See them all at [tinywinsplanner.com/planners](https://tinywinsplanner.com/planners)