



# ADHD Hyperfocus Management Planner Sheet

Plan your day with intention

17 Date: \_\_\_\_\_

📌 Day: \_\_\_\_\_

🌈 Mood: ○ ○ ○ ○ ○

## ★ Top 3 Priorities

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



## 📝 To-Do List

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## ⚡ Energy Level

Morning      Afternoon      Evening

○ ○ ○ ○ ○      ○ ○ ○ ○ ○      ○ ○ ○ ○ ○

## 🕒 Time Blocks

- 7 AM
- 8 AM
- 9 AM
- 10 AM
- 11 AM
- 12 PM
- 1 PM
- 2 PM
- 3 PM
- 4 PM
- 5 PM
- 6 PM
- 7 PM
- 8 PM
- 9 PM

## 🏆 Today's Wins

## ☁️ Gratitude / Reflection

"Focus on progress, not perfection."

