

UNDATED • SECOND EDITION

THE JACK OF ALL BRAINS ADHD PLANNER

built for your actual brain – hard days included.



@jackofallbrains

Let's make ADHD make sense.



FREE SAMPLER • full planner at jackofallbrains.org

How To Use This Planner

Five minutes now saves five meltdowns later.

1. Start on a hard day, not a perfect one.

This planner was designed for the days you can't start, can't focus, and feel behind. If it works then, it'll work anytime.

2. Frozen? Go to the Bad Day Emergency page.

It's page 6. Three tiny steps. No planning required — just follow it like a recipe.

3. Can't start a task? Open the Launch Pad.

It shrinks any scary task into a 2-minute first move. Starting badly still counts as starting.

4. Write down what you DID, not just what you'll do.

The Done List (page 17) is the most important page in this book. Tiny wins are fuel.

5. Nothing here grades you.

Skip pages. Cross things out. Do it messy. An unused perfect planner helps nobody — a messy used one changes everything.



Tip: keep a pen clipped to this planner. A planner without a pen is just a book.

Bad Day Emergency

Frozen? Overwhelmed? Do *ONLY* this. That's it.

You are not lazy. Your brain is buffering.

STEP 1 — Water.

Drink a full glass of water. Dehydration makes everything harder and nobody talks about it.

STEP 2 — Name the loudest thing.

Write down the ONE thing screaming loudest in your head right now:

STEP 3 — The tiniest version, for 5 minutes.

Set a timer for 5 minutes. Do the smallest possible piece. When the timer rings, you have full permission to stop. Stopping is allowed. Starting was the win.

Permission slip (signed, the squirrel)

You did enough today if all you did was drink water and name the thing. Tomorrow is another page. Be as kind to yourself as you'd be to a friend.



Brain Dump

No organizing. No judging. Ugly is perfect.

How to dump

Set a timer for 5 minutes. Write EVERYTHING in your head — tasks, worries, ideas, random nonsense. Short phrases, not sentences (that's rapid-logging, a favorite trick from the Bullet Journal world for getting racing thoughts out fast). Sort it later. Right now: just empty the tank.

DUMP ZONE — GO.



Done dumping? Circle the 3 that matter most, then visit the Triage page.

The Launch Pad

Turns "I can't" into a 2-minute first move.

The task I'm avoiding:

Name it. Vague dread is heavier than a named task.

Shrink it: the tiniest first move is...

Not "clean the kitchen" — "put one dish in the sink." Not
"write the report" — "open the document and type the title."
Make it so small it feels silly.

2-minute launch

Set a timer for 2 minutes. Do ONLY the tiny move. When it
rings, you may stop — stopping is allowed. (Most people
keep going. That's the trick.)

Make it stupid-easy

Do the first step badly on purpose. A terrible first draft beats
a perfect blank page. Perfectionism is just procrastination in a
fancy coat.

Body double on duty: (who's in the room / on call with me?)



Dopamine Menu

Quick wins aren't procrastination. They're refueling.

5-minute sparks

Tiny resets for when your brain feels like static.

15-minute boosts

Bigger refuels: a walk, a shower, dancing to one song, tidying one shelf.

My go-to resets (fill in your favorites)

When you find a reset that works, write it here so future-you remembers.



The Done List

"Got out of bed" counts. Write it down.

To-do lists tell you what you haven't done. Done lists show what you **HAVE**.

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____
- ☐ 4. _____
- ☐ 5. _____
- ☐ 6. _____
- ☐ 7. _____
- ☐ 8. _____
- ☐ 9. _____
- ☐ 10. _____



Look at all that. You did that.

January

New year. Same brilliant brain. Better systems.



This month I want to feel...

One word. Calm? Caught-up?
Proud? Write it here and check
back later.

One thing I'm working toward

Not ten things. One.

This month's frogs (big ones)

The 2–3 big tasks this month.
You'll break them down later.

January

20____ (fill in your year)

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Undated = fill in the numbers yourself. Your month, your rules.

This Week

Week of ____ / ____ / 20____

Monday

____ / ____

frog:

energy:


Tuesday

____ / ____

frog:

energy:


Wednesday

____ / ____

frog:

energy:


Thursday

____ / ____

frog:

energy:


Friday

____ / ____

frog:

energy:


Saturday

____ / ____

frog:

energy:


Sunday

____ / ____

frog:

energy:



Carry-forward (no guilt)

Didn't finish something? Move it here for next week. Unfinished is not failure — it's just not done yet.

January Review

Shame-free. Promise.

What worked this month?

Systems, tricks, lucky accidents — what actually helped? Do more of that.

What felt hard?

Name it without judging it. Hard is information, not a verdict.

One tiny tweak for next month:

Not an overhaul. One small adjustment.

I'm proud of...

Big or tiny. If it mattered to you, it counts.



You made it through another month. That's the win.

Today's Game Plan

____ / ____ / 20____

EAT THE FROG (do this first, thank me later)
TOP 3 (if these get done, the day is a win)

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

TIME MAP (block it visually — time blindness hates this)

6a	
7a	
8a	
9a	
10a	
11a	
12p	
1p	
2p	
3p	
4p	
5p	
6p	
7p	
8p	
9p	

Hyperfocus alarm every ____ min • Water bottle filled:

☐
One kind thing for future-me:

Lay out clothes? Pack the bag? Write tomorrow's frog? Future-you says thanks.

END OF SAMPLER

Liked these pages?

This was just a taste. There's a whole brain-friendly book waiting.



The full 107-page planner is \$9.99

12 undated months • 48 weekly spreads • monthly reviews • daily game plans
+ Triage, Micro-Step Breaker, Parking Lot, Time Map, Shutdown Ritual & more

Get the full planner

<https://jackbrain.gumroad.com/l/adhd-planner-undated>

You showed up. That's the whole game.