



ADHD Focus Planner

Step 3: Make a schedule for the smaller tasks

Schedule each task above

Schedule	Reminders
Ex: Clean microwave and stovetop 11-11:30	Ex: Set alarm on phone

Step 4: Consider what obstacles you may face for completion

What may distract you? What may cause procrastination.
Plan out how to tackle these.

Ex: phone notifications are distracting - put on silent from 11am-2pm
