



The Momentum Toolkit

Put your systems into practice with daily tools
that build consistency, reduce overwhelm,
and keep your momentum going



[INNERKINDER.COM](https://www.innerkinder.com)



About InnerKinder

InnerKinder is a safe space where you can become your best self

It's a space for anyone who feels ready to heal the parts of themselves that were never seen, never heard, never nurtured. The kid inside you - the one who still wonders if they're too much or not enough - deserves kindness. At InnerKinder, we know you have untold inner strength. We're here to walk with you on your journey to recognize unhealthy coping mechanisms, break through toxic patterns and realize your true potential - offering tools, support, and gentle reminders that everything you need is already within you.

To explore more resources and support your journey, visit us anytime at www.innerkinder.com - you're always welcome here.



INNERKINDER
GROW FROM WITHIN

Welcome

Welcome to **Phase 3 of The Clarity & Momentum Method** — *The Momentum Toolkit*.

You've gained clarity and built structure — now it's time to make it real. This phase turns everything you've learned into daily, tangible action.

Inside, you'll find printables, trackers, and self-coaching tools to help you stay aligned with your systems. These are not one-size-fits-all templates — they're starting points for your own rhythm of focus, rest, and recovery.

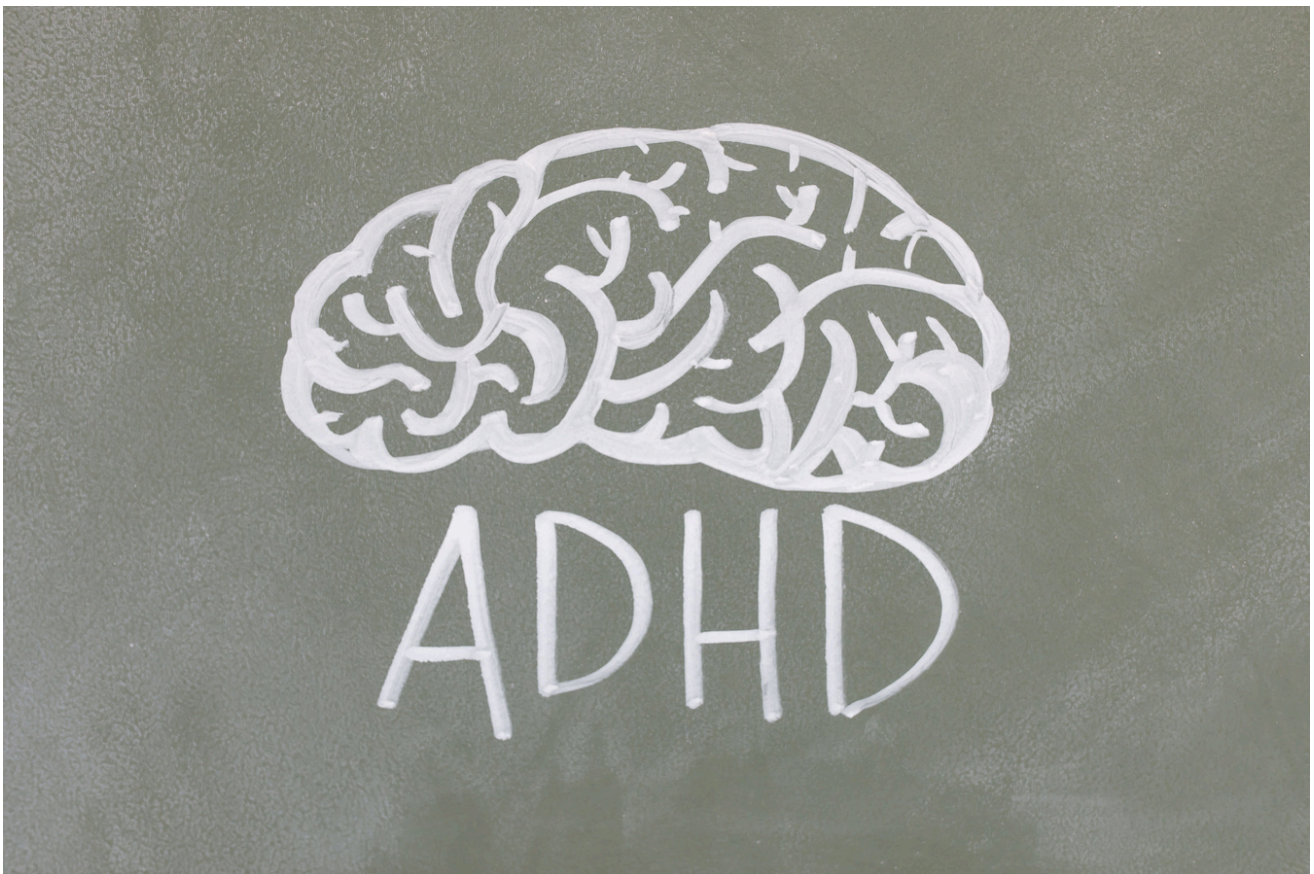
Each worksheet, planner, and prompt is designed to reconnect you to calm action: not “push harder,” but “proceed with awareness.”

Keep these tools close. Use them when you feel scattered, when energy dips, or when you need a gentle reset. They'll remind you that momentum isn't about speed — it's about direction and self-trust.

🌟 You don't need to force focus anymore. You know how to create it.

Part 1:

ADHD-Approved Resources
& Printable Tools



Self-Assessments and Diagnostic Tools

These tools help clarify symptoms and patterns. While not diagnostic on their own, they're great starting points for self-reflection or clinical conversations.

- **Adult ADHD Self-Report Scale (ASRS-v1.1)**
Free online screener developed by the World Health Organization
[Google: "ASRS Adult ADHD Screener PDF"]
- **Mind Diagnostics: ADHD in Adults Quiz**
<https://www.mind-diagnostics.org/adhd-test>
- **ADHD 2.0 Self-Inventory by Dr. Edward Hallowell**
A more narrative, pattern-focused reflection tool

Podcasts That Actually Get It

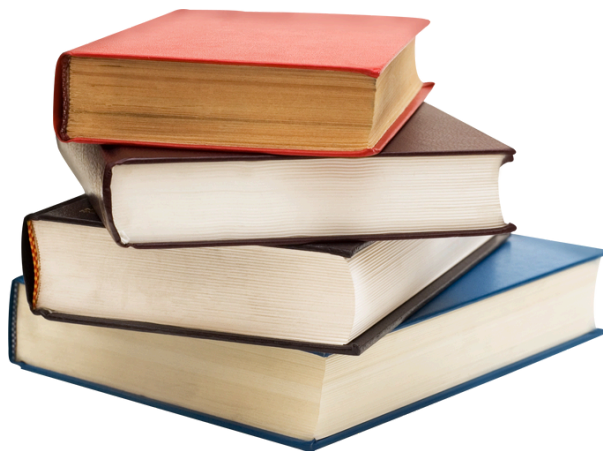
These creators share lived experience, research, and ADHD-specific strategies with humor and honesty.

- **ADHD ReWired** – Hosted by Eric Tivers, covers deep dives into productivity, identity, and treatment
 - **The ADHD Women's Wellbeing Podcast** – A UK-based pod focused on hormones, late diagnosis, and feminine masking
 - **I Have ADHD with Kristen Carder** – One of the most relatable and empowering shows for late-diagnosed women
 - **Hacking Your ADHD** – Bite-sized episodes focused on tactical systems and real-world tools
-

Books Worth Reading (Even If You Don't Finish Them)

Carefully selected titles designed for ADHD brains — readable, validating, and solution-oriented.

- **“Driven to Distraction” by Edward Hallowell & John Ratey**
The original ADHD classic — now updated for adults
- **“You Mean I’m Not Lazy, Stupid, or Crazy?!” by Kate Kelly & Peggy Ramundo**
Straightforward, compassionate, and immensely validating
- **“ADHD 2.0” by Edward Hallowell & John Ratey**
Science + strategy, explained clearly
- **“How to Keep House While Drowning” by KC Davis**
Written for ADHD, depression, and burnout — non-shaming and powerful
- **“Unmasking ADHD” by Dr. Nedra Glover Tawwab (coming soon)**
For women and marginalized communities — intersectional and affirming



Supportive Communities & Content Creators

Finding “your people” is life-changing. Here’s where your reader can feel seen — and stop second-guessing themselves.

Reddit

- r/ADHDWomen – Full of real-life insights, validation, and humor
- r/ADHD_Programmers / r/ADHD_Students – Niche, tactical subs for applying tools

TikTok & Instagram Creators

- @catieosaurus – Sex, neurodivergence, and mental health
- @thedanielswears – High-energy, educational ADHD tools
- @neurodivergent_insights – Psychology-based, inclusive ADHD content
- @itsallinmyhead.show – Emotional nuance and healing for ADHD + trauma



Downloadable Printable Toolkit

These ADHD-friendly tools are **designed for how your brain actually works** — short, visual, and dopamine-optimized.

Included PDFs in this Bundle:

1. Daily Dopamine Menu

List of mini rewards and sensory shifts to stimulate motivation

2. Weekly Task Grid (Visual Planner)

Block by energy level, not time

3. Time Estimation Worksheet

Trains internal clock accuracy over time

4. Self-Compassion Scripts

Affirmations that interrupt shame spirals - use before/after tasks, social events, or when emotionally overloaded

5. The One-Thing Loop Tracker

A one-page tracker to rebuild self-trust by completing one micro-task per day

6. My “This Is Me” Identity Sheet

Helps communicate your ADHD to others — or to yourself

How to Use This Toolkit

- **Don't print them all.** Start with ONE that feels exciting or needed.
 - **Post them where your eyes go.** Fridge, door, mirror, desktop.
 - **Change them up weekly.** ADHD thrives on novelty — rotate layouts, colors, or formats.
 - **Add rewards.** Each printable should earn you a win. Use stickers, checkmarks, or a reward of choice.
-

Dopamine Menu

How to use: Pick one item from any category when you need a motivation boost, dopamine hit, or transition support.



Physical

- Jump in place for 10 seconds
- Squeeze a stress ball or therapy putty
- Step outside for fresh air
- Quick dance to a favorite song
- Run cold or warm water over your hands
- Try 3 yoga poses or a full-body stretch



Creative

- Doodle or color for 5 minutes
- Arrange something by color (e.g., pens, snacks)
- Try a sensory craft: slime, clay, or kinetic sand
- Play a music clip that sparks joy
- Decorate your planner or notebook
- Snap a quirky photo of something around you



Emotional

- Watch a 1-minute uplifting video
- Cuddle a pet or plush toy
- Write one sentence of gratitude
- Light a favorite candle or smell essential oil
- Give yourself a compliment out loud
- Hold a comfort object or grounding stone



Social

- Send a “thinking of you” emoji or text
- Leave a voice note to a friend
- Watch a funny TikTok or reel
- Ask someone their favorite song
- Join a support group or community online
- Share a meme that made you smile

2. Weekly Task Grid (Visual Planner)

Organize by Energy, Not Time

Instructions: On the following page, write your tasks in the zone that matches how much energy it requires, not when you'll do it. Fill this out at the start of your week.

Low Energy Zone (Use when you're tired, bored, or overwhelmed)

- Reply to texts/emails
- Tidy one corner
- Schedule appointments
- Fold laundry while watching TV
- Read something short

High Energy Zone (Great for when you're buzzing or hyperfocused!)

- Big projects
- Social calls
- Errands outside the house
- Deep cleaning
- Creative brainstorming

Urgent Zone (Time-sensitive or must-dos regardless of energy)

- Pay bills
- Submit paperwork
- Take meds
- Attend appointments
- Respond to deadlines

Tip: Use sticky notes or dry-erase surfaces so you can move tasks between zones as your week shifts!

Weekly Task Grid

	Su	M	Tu	W	Th	F	Sa
Low Energy							
High Energy							
Urgent							

3. Time Estimation Worksheet

Train Your Inner Time Clock

Instructions: On the Time Estimation Worksheet on the following page, you will list a task you're about to start, and estimate how long it will take. After you have completed the task you will record how long it actually took to complete. Over time this practice will help calibrate your inner time clock.

Reflection Questions

- Did anything surprise me about the time difference?
- What distracted me?
- What helped me stay focused?
- How might I estimate differently next time?

Tip: Use once a week to gradually train your internal clock accuracy.



Time Estimation Worksheet

Train Your Inner Time Clock

Instructions: Choose a task. Write your guess on how long it will take. Do the task. Write down how long it actually took.

Task	Estimated Time	Actual Time	Over / Under?

How accurate were my time estimates? What adjustments could I make next time?

Self-Compassion Scripts

Affirmations to Interrupt Shame Spirals

Use these when...

- You're avoiding a task
- You just finished something hard
- You're emotionally overloaded
- You feel like you "should've done more"

Before a task:

"Starting is the hard part. It's okay if I need help to begin."

"I don't have to do it perfectly — I just have to begin."

"My brain may resist, but my goals still matter."

After a task:

"I did something hard. That counts."

"Even small steps are valid. Progress is progress."

"I am proud of the effort, not just the outcome."

In an emotional spiral:

"I'm not lazy, I'm living with a differently-wired brain."

"This moment is hard, but I'm not alone in this."

"Shame is a feeling, not a fact."

Write your own: "When I feel _____, I will tell myself: _____"

5.The One-Thing Loop Tracker

Rebuild Trust Through Micro-Wins

Goal: Use the tracker on the following page. Complete one micro-task per day and check it off on the tracker. Build the habit of finishing tiny things — it creates a positive feedback loop that rewires self-trust.

Examples of “One Things”:

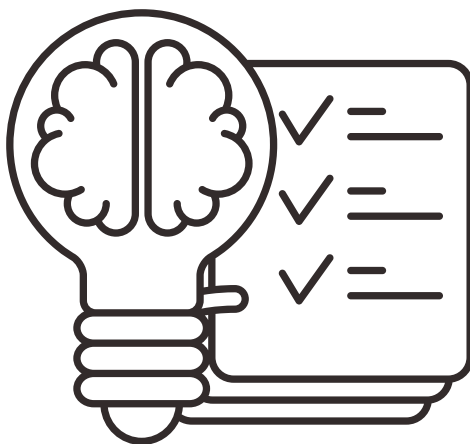
- Drink a glass of water
- Put one dish in the sink
- Text one friend
- Write one sentence
- Move your body for 2 minutes
- Cross off one to-do

Reflection:

“Which day felt easiest? Why?”

“What’s working for me right now?”

“Where can I be more flexible with myself?”



The One-Thing Loop Tracker

Rebuild Trust Through Micro-Wins

Goal: Complete one micro-task per day. Build the habit of finishing tiny things — it rewires self-trust.

Day	My One-Thing	✓	What Helped Me Follow Through?
M			
Tu			
W			
Th			
F			
Sa			
Su			

“This Is Me” Identity Sheet

Your ADHD Summary: Strengths, Struggles, Needs

Fill this out and keep it visible — or share it with a partner, coach, or therapist.

5 Strengths

(What makes you awesome — neurodivergence included!)

- 1.
- 2.
- 3.
- 4.
- 5.

5 Struggles

(Things that trip you up more often than not)

- 1.
- 2.
- 3.
- 4.
- 5.

5 Needs

(What helps you feel safe, focused, or successful)

- 1.
- 2.
- 3.
- 4.
- 5.

Part 2:

Neurodivergent-Friendly Printable Templates, Planners and Worksheets





1. Sensory Calibration Kit Builder

Design a 3-level system to regulate your nervous system before burnout begins

Instructions:

Your sensory needs are not extra - they're essential.

Use this worksheet to build a personalized kit that soothes and supports you during high stress, transition, or overwhelm.

Choose 1–2 tools from each sensory category, and sort them into three tiers based on your current energy or regulation level.

STEP 1: Define Your Sensory Profile

I tend to feel most overwhelmed by (check all that apply):

<input type="checkbox"/> Noise	<input type="checkbox"/> Social spaces
<input type="checkbox"/> Bright lights	<input type="checkbox"/> Being touched
<input type="checkbox"/> Clothing textures	<input type="checkbox"/> Multitasking noise
<input type="checkbox"/> Strong smells	<input type="checkbox"/> Internal tension (heart racing, stomach in knots)
<input type="checkbox"/> Too much movement	

I feel more regulated when I have (check all that apply):

<input type="checkbox"/> Soft lighting	<input type="checkbox"/> Movement or pressure
<input type="checkbox"/> Gentle textures	<input type="checkbox"/> Silence and solitude
<input type="checkbox"/> Calming music or white noise	<input type="checkbox"/> Something to fidget with
<input type="checkbox"/> Strong smells (mint, citrus, etc.)	<input type="checkbox"/> Weighted items



STEP 2: Choose Your Sensory Tools

Sense	My Tools (List 1–2 per row)
Touch	
Sound	
Smell	
Movement	
Visual	

Tip: Think small and portable - use what's already in your space.

STEP 3: Build Your 3-Level Kit

Kit Tier	When to Use	My Go-To Tools
Baseline Ritual		
Midday Reset		
Emergency Calm Kit		



Permission Reminder:

Write your own script or mantra for when you use your kit:

“I am allowed to pause and recalibrate.

This is not a failure - it's a strategy.”

Quick Setup Checklist

- My tools are visible and easy to reach
- I have a kit in at least one key space (desk, bedroom, bag)
- I know which version I need right now
- I've given myself full permission to use this every day

Tip: Think small and portable - use what's already in your space.

Sensory regulation is not luxury.

It's foundational support for executive function.

Use your kit before you need it - not just after you crash.



2. Daily Capacity Mapping Board

Because you're not a robot - your energy and regulation shift every day.

Instructions:

This tool helps you check in with your **true capacity** before you make decisions, commitments, or plans. ADHD and sensitive nervous systems experience variable energy, sensory bandwidth, and focus from day to day (or even hour to hour). Planning from your actual zone prevents shame spirals and burnout.

STEP 1: Check Your Capacity Zone

- GREEN Zone** – Regulated, focused, motivated
 - ✓ You feel ready to engage, tolerate interruptions, make decisions, or socialize.
- YELLOW Zone** – Frayed, distracted, semi-functional
 - ✓ You're tired, sensitive to noise/people, or avoiding things but still moving.
- RED Zone** – Flooded, shutdown, disconnected
 - ✓ You feel overwhelmed, numb, panicky, or like hiding. No clarity. No buffer.

STEP 2: Match Today's Tasks to Your Zone

Zone	Ideal Task Types	Today's Matching Tasks I Can Handle
Green	Deep work, planning, social tasks, decision-making	
Yellow	Admin, low pressure, solo tasks, cleanup	
Red	Sensory support, journaling, rest, micro-movements	

Tip: Don't punish Yellow/Red days - adapt to them.



STEP 3: Track Zone Shifts During the Day

Time of Day	My Zone	Notes (e.g. what shifted me?)
Morning	<input type="checkbox"/> Green <input type="checkbox"/> Yellow <input type="checkbox"/> Red	
Midday	<input type="checkbox"/> Green <input type="checkbox"/> Yellow <input type="checkbox"/> Red	
Evening	<input type="checkbox"/> Green <input type="checkbox"/> Yellow <input type="checkbox"/> Red	

Tip: Don't punish Yellow/Red days - adapt to them.

Self-Compassion Reminder:

“My energy is data - not a character flaw.

I am allowed to adjust my day to what I *have*, not what I *wish I had*.”

Quick Re-Use Setup

- Print one for each weekday and clip to planner
- Use color-coded highlighters for each zone
- Post in work/home space for visibility
- Laminate one version for dry-erase re-use

Your capacity is not fixed.

Your worth is not tied to your output.

This map helps you plan with compassion - and that's how you build consistency that lasts.



3. Safe-to-Fail Routine Cards

No more all-or-nothing mornings. Build routines that flex with your energy.

Instructions:

This tool helps you build a **modular, three-tiered routine** for any part of your day (morning, evening, work start, reset, etc.).

Instead of expecting consistency from a neurodivergent brain, this system **adapts to your capacity**. You'll build Low, Medium, and High versions of your routine - and they all "count."

This ends the cycle of:

"I missed a step → I failed → I quit the routine."

STEP 1: Choose Your Routine Focus

<input type="checkbox"/> Morning <input type="checkbox"/> Evening <input type="checkbox"/> Start of Work <input type="checkbox"/> End of Work	<input type="checkbox"/> Home Reset <input type="checkbox"/> Creative Flow Prep <input type="checkbox"/> (Write your own):
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STEP 2: Build Your Routine Tiers

Level	Description	My Actions (Keep it short + realistic)
Low	Survival mode (5% energy)	1. 2. 3.
Medium	Functional baseline	1. 2. 3.
High	Full capacity, ideal version	1. 2. 3.

Tip: The goal is not to always reach "high." It's to stay in motion without judgment.



Permission Slip:

Write yourself a phrase you'll say when choosing a lower-tier routine:

"I didn't fail - I chose the version that respected my capacity."

My version:

Optional Add-Ons:

- Use different colored sticky notes for each tier and stick them near your mirror or desk
- Laminate and check off each action daily with dry-erase marker
- Create multiple cards for different parts of your day or energy rhythms

You don't need perfect routines to thrive.

You need flexible ones you can return to - even on the messy days.

This is how you build real consistency: with compassion, not control.



4. Flipbook Reframe Prompts

Rewire your internal dialogue with compassionate, neuro-affirming scripts. Speak to yourself the way you wish others always had.

Instructions:

Your brain listens to how you talk to yourself. This printable gives you **ready-to-use scripts** for interrupting shame and replacing it with compassion.

Use them as:

- Flashcards
- Sticky notes on your mirror or desk
- Screensaver text or wallpaper
- A printable mini-book you flip through during spirals

You'll also have space to write your **own custom reframes** based on your most common inner critics.

STEP 1: Choose Your Routine Focus

Inner Critic Thought	Reframe (Flip This Thought to...)
"I'm so inconsistent"	"My consistency looks different - and that's valid."
"I should have done more."	"I did what I could with what I had - that matters."
"I ruin everything."	"One moment doesn't define my worth or growth."
"I'm too sensitive."	"My sensitivity is my intelligence - tuned in, not broken."
"I'm always behind."	"My timeline isn't broken. I'm moving at my brain's pace."
"People will get tired of me."	"The right people value my rhythm, not my replies."



My Custom Reframe 1:

Critic Thought: _____

Flip: _____

My Custom Reframe 2:

Critic Thought: _____



Flip: _____

STEP 2: Choose Your Delivery Style

<input type="checkbox"/> Speak aloud in the mirror <input type="checkbox"/> Whisper it while tapping or breathing <input type="checkbox"/> Write it on your hand or sticky note	<input type="checkbox"/> Use a digital note titled "Reframes That Work" <input type="checkbox"/> Record voice memos to play when dysregulated
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STEP 3: Flipbook Script Set (Print + Cut Optional)

Cut along the lines or copy to index cards. These are ready to use.

<p>INNERKINDER.COM</p> <p><i>I'm not lazy - I'm navigating without scaffolding.</i></p>  <p>INNERKINDER <small>GROW FROM WITHIN</small></p>	<p>INNERKINDER.COM</p> <p><i>This is a nervous system response - not a personal failure.</i></p>  <p>INNERKINDER <small>GROW FROM WITHIN</small></p>
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*It's okay to restart.
Restarting is still progress.*



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*I can do this at my pace.
My urgency is not a moral
value.*



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*Even when I'm struggling,
I'm still worthy.*



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*This task isn't hard -
it's just misaligned with
how my brain starts.*



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*I am not a machine -
I am a living system.*



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*I am allowed to stop
moralizing my executive
function.*



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Tip: Print these on cardstock, or laminate for pocket use. Create a “brain-friendly” deck to flip through during freeze or overwhelm.

Permission Reminder

You’ve internalized harsh scripts from a world that didn’t understand your wiring. This flipbook is your **return to truth** - on your terms.

Bonus: My Favorite Reframes

Situation	My Go-To Line
When I forget something	_____
When I delay replying	_____
When I get distracted	_____
When I feel “too much”	_____

**Shame is not a motivator - it’s a shutdown switch.
These words are more than affirmations - they are tools of resilience.
Let them interrupt the spiral. Let them be your pause. Let them carry you home.**



5. Shame Disruption Loop

Interrupt emotional spirals with a fast, body-based recovery system. A 3-step ritual for calming your nervous system, reframing self-talk, and reclaiming function after a shame spiral.

Instructions:

Shame spirals hijack executive function.

They disconnect you from truth, capacity, and motivation - fast.

This printable gives you a **repeatable, 3-step loop** to interrupt the spiral and restore your sense of self-regulation. It's not just emotional - it's **neurological**.

Use this loop when you:

- Miss a deadline
- Drop a ball in a relationship
- Procrastinate something important
- Feel "lazy," "too much," or like a failure

This is a pattern reset - not a punishment.

STEP 1: Choose Your Somatic Pattern Breaker

Engage your **body before your brain**. Use 1–2 of these fast actions:

<input type="checkbox"/> Splash cold water on wrists or neck	<input type="checkbox"/> Walk outside or move to a different room
<input type="checkbox"/> Stretch or jump in place	<input type="checkbox"/> Humming or singing to activate vagus nerve
<input type="checkbox"/> Stand barefoot on cool surface	<input type="checkbox"/> Do 4-count breathing (In–Hold–Out–Hold)
<input type="checkbox"/> Touch something textured or weighted	



STEP 2: Reframe the Narrative (Internal Script)

Pick a phrase that names what's happening - not who you are.

Spiral Thought	Disruption Reframe
"I'm a failure."	"This is shame, not fact."
"I ruined everything."	"One moment doesn't define the whole story."
"I always do this."	"This is a protective pattern. I can shift it."
"I can't do anything right."	"I'm in shutdown - not broken."

My reframe script:

(Use second-person if helpful - "You're okay. This hurts, but it will pass.")

STEP 3: Choose One Tiny Action of Repair or Kindness

Re-engage your sense of *agency or care*. Pick just one:

<input type="checkbox"/> Send one sentence to check in with someone <input type="checkbox"/> Say: "Hey, I messed up - I still care." <input type="checkbox"/> Add a task to your Completion Archive	<input type="checkbox"/> Drink water, take a grounding breath <input type="checkbox"/> Wrap in blanket or stim freely <input type="checkbox"/> Write 3 things you did <i>right</i> today
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Today I choose to:

Loop Tracker

Spiral Date	Pattern Breaker Used	Reframe Used	Repair / Kinder Action Taken

Script for Emergency Use

“This is not a moral crisis.

This is a nervous system reaction.

I am safe to pause. I am allowed to recover. I do not have to earn rest.”

The spiral doesn't have to last.

You can return to regulation faster than you think.

This loop isn't weakness - it's resilience in motion.



6. Dopamine-Compatible Planner

Plan your day with motivation patterns that actually work for your brain. Design your day by energy mode, not the clock - and build in progress you can feel.

Instructions:

This isn't a typical planner. It's a **brain-based system** for ADHD and sensitive achievers that helps you:

- Plan by focus mode (not hour-by-hour)
- Choose tasks based on your dopamine flow
- Build momentum with visible progress

Traditional schedules expect consistency.

This one expects fluctuation - and still keeps you moving.

STEP 1: Set Your Focus Modes for the Day

Circle the modes that match your current brain energy:

Focus Mode	Description
Deep Mode	Writing, creative, planning, strategy
Maintenance Mode	Admin, chores, emails, errands
Compassion Mode	Rest, reset, movement, quiet
Social Mode	Calls, connection, meetings
Switch Mode	Short tasks, low capacity, dopamine breaks



STEP 2: Fill in Your Task Bubbles

Use the grid below to sort tasks into the right focus mode.

Focus Mode	Tasks (Write 1–3 per mode)
_____	_____
_____	_____
_____	_____
_____	_____

Use checkboxes, stickers, or color coding to track completion. Highlight 1 “priority task” that would feel like a win if done today.

STEP 3: Plan Your Dopamine Break Menu

To keep moving, plan small rewards **between** task bubbles.

Dopamine Break (5–15 mins)	I Used This Today
One song and vibe stretch	<input type="checkbox"/>
Favorite snack or stim toy	<input type="checkbox"/>
Meme scroll (time-limited!)	<input type="checkbox"/>
Text a friend or talk to pet	<input type="checkbox"/>
Doodle, voice memo, or freewrite	<input type="checkbox"/>
Go outside for air or movement	<input type="checkbox"/>
My Add-On: _____	

Treat the breaks as part of your system - not indulgences.



Bonus Tracker: Visual Feedback Row

Use emojis, dots, or Xs to track **how often you shifted focus or rewarded progress.**

Hour Block	Focus Mode Used	Progress Marker
Morning (8–12)	_____	_____
Midday (12–4)	_____	_____
Late Day (4–7)	_____	_____

(Leave blank if you skip blocks - that's okay!)

Encouragement Script:

“I don’t need to finish everything - I just need one clear win.

My motivation is not broken. My brain needs movement, novelty, and kindness.”

The goal isn’t to conquer the to-do list.

The goal is to keep returning - with momentum, visibility, and enough ease to make it doable again tomorrow.



7. Anti-Deadline Scheduler

Plan your day by rhythm and readiness - not unrealistic timelines. Replace rigid time blocks with energy-aware time windows and adaptive anchors.

Instructions:

Traditional planners ask, “What will you do at 10:00 AM?”

This one asks, “What can you do during your next open window - based on how you actually feel?”

The Anti-Deadline Scheduler is a **low-pressure time planning tool** for ADHD and sensitive nervous systems. It removes urgency and replaces it with flexible structure, so you stay in motion without collapse.

STEP 1: Define Your Daily Time Windows

Split your day into 3-5 flexible “zones” instead of hour-by-hour slots.

Time Window Name	Approximate Time Range	Mood / Capacity Notes
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Name your windows in a way that feels good - “Morning Flow,” “Lunch Reset,” “Evening Wind Down,” etc.



STEP 2: Anchor Tasks to Events, Not Clock Times

Instead of exact start times, attach each task to an event *trigger*.

Anchor Event	Task (What You'll Do)
After I finish breakfast	_____
When I switch locations	_____
Once I check email	_____
After a walk/stretch	_____
When the house is quiet	_____

Write your own anchor:

When I _____, I'll start _____.

STEP 3: Pick Priority Tasks by Time Window

Time Window	Priority Task(s)	Energy Match Check (✓ if aligned)
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>

Check the box only if it truly fits your current capacity. You're allowed to move things to later.



Optional Layer: What to Not Schedule

Create space by writing down 1–2 things you’re letting go of or postponing today.

I’m not forcing: _____.

I’m putting this off intentionally until: _____.

(That’s not procrastination — it’s prioritization.)

Permission Reminder:

“Time isn’t my enemy - urgency is.

I don’t have to chase the clock. I can move through time with rhythm, not rigidity.”

You’re not bad at time. You’re just not built for rigid clocks.

You are allowed to move your day like music - not machinery.



8. Temporal Transitions Board

Switch tasks, spaces, and states without chaos or shutdown. A visual system to help you shift between parts of your day with less friction, confusion, or fatigue.

Instructions:

Transitions are hard for people with ADHD and sensitive achievers - not because you're scattered, but because your brain needs **clear cues and closure** to move from one task, space, or identity to another.

This board gives you a **set of simple rituals** to help you exit one state and enter the next - calmly, clearly, and with intention.

STEP 1: Identify 3 Key Transitions in Your Day

These are moments where you often get stuck, lost, or overwhelmed.

Transition	Description (What's changing?)
_____	_____
_____	_____
_____	_____

Common transitions:

- Waking up → Getting ready
- Work → Evening
- Social time → Alone time
- Screen use → Sleep
- Errand energy → Home calm



STEP 2: Create Your “CLOSE & BEGIN” Ritual Pair

For each transition, pick 1–2 small actions that help **close** the last activity and **begin** the next.

Transition Time	Close Ritual (end the last task)	Begin Ritual (cue the new one)
_____	_____	_____
_____	_____	_____
_____	_____	_____

Examples:

- CLOSE: Shut laptop, wash hands, play transition sound
- BEGIN: Light candle, stretch arms, put on calming playlist

Think of these as “bookends” for your tasks.

STEP 3: Make It Visible

Choose your display method:

- Write it on sticky notes and place near transition spots
- Laminate this sheet and keep it by your desk or nightstand
- Use color-coded icons for each transition
- Record audio of yourself walking through the transitions



Optional Section: Emotional Anchors

Add a **phrase or body check-in** to each transition:

Transition	Grounding Phrase / Feeling I Want
_____	"I'm allowed to slow down here."
_____	"I'm leaving that behind with kindness."
_____	"This moment is a reset, not a rush."

Add your own:

Compassion Script:

"I don't need to rush from one thing to the next.
Transitions are bridges - not interruptions.
I am allowed to walk them with intention and care."

You're not bad at transitions.

You've just never been given a system that honors your nervous system.

This board is your bridge. Use it every day - even when it feels small.



9. Future Self Alignment Map

Turn your long-term identity into small, daily aligned actions. A values-based system for translating who you want to become into what you do - gently, consistently, and at any energy level.

Instructions:

This tool helps you **bridge the gap** between the person you are today and the version of you you're growing into.

It's not about big leaps or long-term goals.

It's about **micro-actions that reflect your values**, even on your lowest capacity days.

Use this printable to:

- Identify your current core values
- Create an Action Ladder (low / medium / high) for each
- Track small ways you are already becoming your future self

STEP 1: Choose 3–5 Core Values That Matter Right Now

Circle or write your current focus values.

These may shift seasonally - and that's okay.

My Values (Check or Add)

<input type="checkbox"/> Clarity <input type="checkbox"/> Creativity <input type="checkbox"/> Peace <input type="checkbox"/> Growth <input type="checkbox"/> Joy <input type="checkbox"/> Other: _____	<input type="checkbox"/> Connection <input type="checkbox"/> Integrity <input type="checkbox"/> Autonomy <input type="checkbox"/> Ease <input type="checkbox"/> Contribution <input type="checkbox"/> Other: _____
---	---

My Core Values for This Season:



STEP 2: Build Your Action Ladder for Each Value

Fill in 1–3 values below, then list low-, medium-, and high-capacity actions that reflect each one.

Value: _____

Low-Energy Action _____

Mid-Energy Action _____

High-Energy Action _____

Value: _____

Low-Energy Action _____

Mid-Energy Action _____

High-Energy Action _____

Value: _____

Low-Energy Action _____

Mid-Energy Action _____

High-Energy Action _____

You can do any version and still be in alignment. They all “count.”



STEP 3: Daily Alignment Tracker (Optional)

Date	Value Aligned With	Action Taken (even if tiny)
_____	_____	_____
_____	_____	_____
_____	_____	_____

Reflection Prompt:

Write a note to your future self (90 days from now):

“I’m building a life that honors you by _____.

You may not feel consistent, but you are already becoming.”

You don’t need to “fix” yourself.

You only need to keep taking small, honest actions that reflect what already matters to you.

That’s alignment - and it’s enough.



10. Visibility-First Storage Guide

Design storage systems that support your memory - not challenge it. A low-friction setup worksheet to reduce object permanence issues and make sure what matters stays in sight - and in reach.

Instructions:

This printable is for sensitive achievers who constantly lose track of what they can't see - vitamins, bills, tools, chargers, tasks, etc.

It's not disorganization.

It's **object permanence dysregulation**, and it's common in ADHD.

This guide helps you audit and reconfigure your storage systems using **visibility, simplicity, and sensory cues** so that you're not relying on memory alone.

STEP 1: Identify Frequently Forgotten Items

Think across categories: health, admin, tools, habits.

Item I Keep Forgetting / Misplacing	Current Storage (Why It's Not Working)	Visibility Fix Idea



Common Visibility Fixes:

- ✓ Clear bins or trays
- ✓ Hooks or wall clips
- ✓ See-through pouches
- ✓ Open-top containers
- ✓ Labels in plain language
- ✓ Color coding or bright visual cues

STEP 2: Set Up Visibility Cues

Choose at least 3 types of visibility support you'll use:

Cue Type	Example	I'll Use This (☐)
Transparent Containers	Clear tray for daily meds/tools	☐
Wall-Based Reminders	Bills clipped to a visible folder	☐
Color Coding	Red bin = urgent, blue bin = tools	☐
First-Sight Placement	Keys near door, charger on counter	☐
Labels You'll Notice	"Use Me Daily" or "Refill Weekly"	☐

Additional Idea:



STEP 3: Design One Visibility Zone (Your “Hot Spot”)

Choose one location you’ll redesign as your **first object permanence zone**.

Location: _____

Items You’ll Store There: _____

Visibility Tools You’ll Use: _____

Reminder or Label: _____

(Example: Desk corner with visible inbox tray, post-it reminders, labeled “Action Zone.”)

Optional: Weekly Quick Audit Tracker

Week of	Item I Lost or Forgot Again	Fix I’ll Try This Week
_____	_____	_____
_____	_____	_____

(This is not for shame - it’s for pattern design.)

Permission Reminder:

“If I can’t see it, I will forget it - and that’s not a flaw.
I am allowed to design my space for the brain I actually have.”

Visibility isn’t clutter.

It’s clarity for your brain’s unique wiring.

Design your space to support function — not someone else’s idea of tidiness.



11. Task Anchoring Map

A physical-context-based system to help you remember, engage with, and complete tasks by matching them to where you are and how you feel.

Instructions:

Struggle to remember what to do once you sit down?

ADHD impacts your brain’s ability to **hold abstract to-do lists** - especially when your energy or location shifts. This tool helps you **anchor tasks to body states and environments**, so your space can support your function.

You’ll group tasks into zones that fit your focus, not fight it - so nothing gets lost in the mental fog.

STEP 1: Identify 3-4 Body/Energy States You Often Experience

List your common “brain/body modes.”

These could be low energy, wired, creative, restless, shut down, overstimulated, etc.

State Name (write your own)

Physical Cues or Clues

_____	_____
_____	_____
_____	_____
_____	_____

Tip: You might write “Desk Brain,” “Couch Mode,” or “Fidgety Flow.”



STEP 2: Match Task Types to Your States

For each state above, list 2–4 things you *can actually do* in that mode.
Not what you should do - what feels doable.

Brain/Body State	Ideal Tasks in That Mode
_____	_____
_____	_____
_____	_____
_____	_____

(Example: “Couch Mode” = Answer texts, review voice memos, water plants)

STEP 3: Create Context Cues in Your Spaces

Choose 1–2 physical locations where tasks often die (or never get started).
Then add **visible prompts** or **task materials** to match your state.

Location	Matching Body State	Items or Tools to Place There
_____	_____	_____
_____	_____	_____

Examples:

- Nightstand = Journal + pen = “Calm Reflection Mode”
- Kitchen counter = Clip for grocery list = “Errand Activation”
- Car dashboard = Audio app + reminder = “Voice Task Zone”



Bonus Section: On-the-Go Anchors

Quick ideas for task anchoring on the move:

Context	Task I Can Do
In car (parked)	_____
Waiting room	_____
Walking or commuting	_____
In bed, winding down	_____

Permission Reminder:

“I don’t have to do every task in every state.

I can match what I *can do* with how I feel - and that’s enough.”

This isn’t procrastination.

It’s intelligent energy and context management.

Match your mode. Trust your space. Complete what *fits* - not what forces.



12. Boundary Menu

Create clear, values-based boundaries that protect your energy and peace - without guilt. A script-building tool for setting, keeping, and practicing boundaries that reflect who you are - not what others expect.

Instructions:

Boundaries aren't just about saying no - they're about choosing **what to protect**.

For sensitive achievers with ADHD, masking, people-pleasing, and fawning can override your needs.

This printable helps you build **customized, value-aligned scripts** that feel doable - not dramatic - and give you permission to hold your space without overexplaining.

Use this tool to:

- ✓ Define your needs by category
- ✓ Write supportive, pre-planned scripts
- ✓ Practice using them before you're in the moment

STEP 1: Choose the Areas Where You Need Boundaries

Check up to 3 categories to focus on now:

<input type="checkbox"/> Time / Scheduling <input type="checkbox"/> Communication Pace <input type="checkbox"/> Emotional Labor <input type="checkbox"/> Personal Space / Sensory	<input type="checkbox"/> Focus / Interruptions <input type="checkbox"/> Work / Project Scope <input type="checkbox"/> Mental Load / Decisions <input type="checkbox"/> Saying No
--	---

My Top 2 Focus Areas:

1. _____

2. _____



STEP 2: Write “I Statements” for Each Area

Use the formula:

“I need _____ because I value _____. That means I will _____.”

Area of Life

My Boundary Script

_____	_____
_____	_____
_____	_____

(Example: “I need recovery time after work because I value calm. That means I won’t schedule anything after 7pm.”)

STEP 3: Script Menu (Choose What to Say in the Moment)

Situation

Script You Can Use Without Apology

Declining a last-minute invite “Thanks for thinking of me — I won’t make it this time.”

Needing slower reply time “I may take a bit to respond, but I’m not ignoring you.”

Stopping emotional overfunction “I’m here to support, but I don’t have advice capacity today.”

Protecting focus or solitude “I’m off for a bit — I’ll circle back when I’m recharged.”

Add Your Own:



Bonus Practice Tracker:

Boundary I Set This Week	How It Felt (1–5) (Circle One)	What Helped Me Hold It
_____	1 2 3 4 5	_____
_____	1 2 3 4 5	_____

(You're not aiming for perfection - just awareness and practice.)

Self-Compassion Script:

“Boundaries are not rejection.

They're care instructions - for myself *and* for the people I want sustainable connection with.”

You're allowed to take up space.

You're allowed to protect your time, your senses, and your energy.

Clear boundaries build safe bridges - not walls.



13. Completion Archive

Keep a visual, emotional record of what you actually accomplish - even when it feels like nothing. A system to track progress, celebrate micro-wins, and dismantle the “I never finish anything” narrative.

Instructions:

If you struggle with feeling unproductive even after a full day...

If you forget what you’ve done just hours later...

If you beat yourself up for “not doing enough”...

You need a **Completion Archive** - a space to **collect proof** that you are showing up, adapting, and following through in ways that *matter*.

This tool helps ADHD brains reconnect with motivation, memory, and momentum - through **evidence, not emotion**.

STEP 1: Track Your Daily Completions (No Matter How Small)

Each of these count:

- ✓ Tasks
- ✓ Efforts
- ✓ Emotional labor
- ✓ Self-care
- ✓ Micro-attempts

Date

Wins / Completed Actions (Max 3–5)

Tip: Use checkboxes, emojis, or even draw icons!



STEP 2: Include Invisible or Emotional Wins

Don't just log tasks — log regulation, boundaries, reframes, and recovery.

Invisible Wins I'm Proud Of

Examples:

- I paused instead of spiraling
- I drank water even though I forgot breakfast
- I said no without apologizing
- I returned to a task after a break

STEP 3: End-of-Week Completion Reflection

Question

My Notes

What helped me stay in motion this week?

What systems or cues worked best?

What's one thing I'm proud of, emotionally?

What's one small thing I want to try again?

(Use this to guide your next weekly plan without shame.)



Compassion Reminder:

“Completion doesn’t mean perfection.

It means I came back. I contributed. I stayed curious.”

Bonus: Visual Archive (Optional)

Draw, collage, or screenshot 5-10 things you finished, created, or improved over the past month - no matter how “small.”

Items I finished, created or improved this month:

1. _____

2. _____

3. _____

4. _____

5. _____

You finish more than you think.

You show up more than you realize.

This archive is the antidote to self-doubt - and a record of your quiet brilliance.



14. Weekly Compassion Check-In

A 4-question framework to reflect, realign, and reset - without guilt or grind.

Instructions:

This check-in is not about fixing what went wrong. It's about listening to what *worked*, what *mattered*, and what *wants to be tried again*. Use this every week (or whenever you feel stuck) to pause with **presence, not pressure**. Do this in writing, as a voice memo, or as a conversation with someone you trust.

THE 4Q FRAMEWORK

Take 5–10 minutes to complete the prompts below.

What worked this week?

What supported your brain, energy, or mood — even in a small way?

What didn't work?

What felt forced, draining, or misaligned?

What matters right now?

What do you want to focus on next not because you “should,” but because it feels true?



What would I like to try again (without shame)?

What tool, plan, or habit deserves another gentle chance?

BONUS PROMPT (Optional):

Write a message to the past version of yourself who started this week.

“Thank you for _____

Even though _____

I’m proud of you for _____.”

Weekly Self-Compassion Scale (Check One)

- I extended myself extra grace this week
- I held myself with enough care, even when things got messy
- I forgot - and I’m practicing it again right now
- I feel guilty - but I’m choosing to stay curious instead

Reflection isn’t correction. It’s connection.

To your values. To your growth. And to the version of you that is already becoming.



15. 90 Day Values Blueprint

A sustainable, shame-free planning system to align your actions with who you're becoming - one season at a time.

Instructions:

This blueprint helps you gently design the next 90 days of your life around:

- What matters most to you
- What systems support you
- What you're realistically capable of right now

This isn't a productivity plan.

It's a rhythm system that protects your energy, honors your wiring, and lets you move forward without burnout.

STEP 1: Set Your Seasonal Anchor Values

Choose 2–3 values that will shape your decisions for the next 90 days.

My Anchor Values This Season:

Why They Matter Right Now:

(Examples: Clarity, Rest, Creativity, Connection, Play, Stability)



STEP 2: Choose 3 Systems You'll Focus On

Pick just three of the 25 roadmap systems to commit to revisiting, adapting, or deepening.

System Name (#)

Why I'm Choosing It Now

_____	_____
_____	_____
_____	_____

You don't need to do them perfectly. You just need to give them space to support you.

STEP 3: Name Your Current Capacity & Constraints

This is your "energy reality check." Planning with honesty builds resilience.

Truth About My Energy / Life Right Now

What I Will Not Be Forcing This Season

(Examples: Early mornings, overbooking, fast results, constant output)



STEP 4: Set 3 Gentle Milestones or “Wins”

These are small goals that reflect *effort and alignment* - not performance.

Month	Gentle Milestone / Progress Marker
1	_____
2	_____
3	_____

(Examples: Completed 3 safe-to-fail routines, finished a repair script, tracked 10 completions)

STEP 5: Reflection Space

At the halfway point (around 6 weeks), answer:

- What systems are still supporting me?
- What values feel even more important now?
- What feels ready to release or adapt?

Notes:

Self-Compassion Contract:

“I do not owe the world a polished version of me every day.
 I owe myself space to align, adjust, and return with care.
 My pace is enough. My presence is enough. My blueprint is my own.”

**This is not about fixing your life in 90 days.
 It’s about honoring your inner compass and moving from intention, not urgency.
 And that is more than enough.**

Closing Note

You've completed **Phase 3: The Momentum Toolkit** — the final phase of *The Clarity & Momentum Method*.

Pause for a moment. Breathe. You've done something remarkable: You've shifted from self-blame to self-awareness, from burnout to balance, from chaos to calm action.

The tools you've used here aren't meant to make you "perfect." They're meant to help you keep showing up — consistently, kindly, and in alignment with your brain.

Return to them whenever you need a reset. Growth isn't linear, but you've proven that sustainable momentum is possible — because you've built it from within.

✨ You don't need to force focus anymore. You've learned how to create it — *your way*.

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