BOOTCAMP BLUEPRINT



THE SYSTEM BEHIND
THE TRANSFORMATION

WELCOME TO YOUR BOOTCAMP BLUEPRINT PACKET

WELCOME TO BOOTCAMP!

This packet is the hands-on part of the Bootcamp. The place where everything finally becomes real-world, doable, and visible.

You are not here to be perfect. You are here to build systems that work with your brain, not against it.

This Blueprint is your:

- home base
- progress tracker
- nervous system support
- habit builder
- clarity finder
- safety net

Every page in here has one job: **to make your life easier.**

WELCOME TO YOUR BOOTCAMP BLUEPRINT PACKET

HOW TO USE THIS PACKET

1. One week at a time
Don't skip ahead. Don't pre-fill pages.
Your brain learns best in layers, and each page builds on the last.

2. The micro-task pages are DAILY
This is where your tiny wins go.
Tiny wins → momentum → identity shift.

3. The big task page is WEEKLY
You'll complete it on Day 7 of each week.
This becomes your "circuit" for that week.

4. Use a pencil (or pen if you're brave)
You'll evolve. Your answers will evolve.
This packet grows with you.

5. Keep it somewhere visible
Don't hide this in a drawer.
Your Blueprint Packet works best when your eyes land on it regularly.

6. If you fall off? Flip to the Emergency Reset Page
This Bootcamp is built for real life, not fairy tales.

EMERGENCY RESET PAGE

**FOR SHUT DOWN DAYS, MELTDOWN DAYS,
SPIRALING DAYS, OR "WHY AM I LIKE THIS?" DAYS**

If you're reading this, pause. Your brain is screaming for support. This page is your emergency mual. The "do this, not that" plan for days when everything feels too loud, hard, or difficult.

You're not failing. You're dysregulated, and dysregulation is fixable.

STEP 1: REGULATE

Do ONE of the following:

- Slow exhale: 4 seconds in → 6 seconds out
- Put cold hands on your cheeks or neck
- Hand on chest + say "I'm safe"
- Unclench jaw, drop shoulders
- Look at something green

This tells your nervous system: "We're not in danger."

STEP 2: DE-LOAD (30–60 seconds)

Choose one:

- Leave the room for 30 seconds
- Dim lights or reduce noise
- Close 3 tabs (mental or literal)
- Put phone face down
- Sit, sip water, breathe

Your brain is overloaded. We are lowering the stimulation.

EMERGENCY RESET PAGE

**FOR SHUT DOWN DAYS, MELTDOWN DAYS,
SPIRALING DAYS, OR "WHY AM I LIKE THIS?" DAYS**

STEP 3: SINGLE FOCUS RESET (1–2 minutes)

Pick ONE ultra-small action:

- Throw away 1 piece of trash
- Put 1 item where it belongs
- Wipe one surface
- Reply to ONE message
- Move laundry from washer to dryer
- Drink 3 sips of water
- Write one task on "The List"

This gives your brain a micro-win → momentum → calm.

STEP 4: SCRIPT FOR YOUR BRAIN

Write this down or say it:

"I am overwhelmed, not broken.
I'm restarting from where I am, not where I think I should be."

STEP 5: OPTIONAL: SAFE ZONE (if available)

- Sit in your Safe Zone for 2 minutes
- Wrap yourself in a blanket
- Put on your sensory comfort (hoodie, light, scent)

You're safe. You're supported. You're allowed to pause.

You don't fail when you need a reset. You fail when you don't give yourself one.
Use this page as many times as you need, it's here to protect you.

INTEGRATING "THE LIST" INTO YOUR BOOTCAMP

YOUR DAILY SYSTEM FOR CLARITY, MOMENTUM, AND OVERWHELM RELIEF.

If you're new to The List or haven't used it yet:
CLICK HERE TO DOWNLOAD IT (printable + instructions included)

WHAT "THE LIST" ACTUALLY IS:

Inside this Bootcamp, The List becomes your:

- overwhelm interrupter
- micro-task generator
- anchor for momentum
- safety net on chaotic days
- bridge between your emotions & your actions

When the Bootcamp ends, The List becomes your long-term structure, the daily system that keeps all your new skills alive.

STEP 1: GET EVERYTHING OUT OF YOUR BRAIN

Once a day (or whenever you feel mentally crowded), write down:

- unfinished tasks
- things weighing on you
- tiny annoyances
- appointments
- emotional load
- thoughts you can't shake

This clears the "mental tabs" that drain your capacity.

INTEGRATING "THE LIST" INTO YOUR BOOTCAMP

YOUR DAILY SYSTEM FOR CLARITY, MOMENTUM, AND OVERWHELM RELIEF.

STEP 2: RUN THE MICRO-TASK FILTER

Look at your list and ask: "What is the smallest possible step I can do?"

Examples:

- "Clean the kitchen" → "Throw away one wrapper"
- "Laundry" → "Move clothes to dryer"
- "Pay bills" → "Open my bank app"
- "Organize room" → "Pick up 3 things"

STEP 3: MATCH IT WITH YOUR ENERGY

Using your Bootcamp tools:

- Good days → bigger version
- Typical days → micro-version
- Low-capacity days → bare-minimum version

STEP 4: USE "THE LIST" AS A REGULATION TOOL

When you feel:

- overwhelmed
- frozen
- chaotic
- scattered
- emotionally loud

...write down 3 things.

It instantly grounds your brain.

"The List" = emotional regulation disguised as productivity.

INTEGRATING "THE LIST" INTO YOUR BOOTCAMP

YOUR DAILY SYSTEM FOR CLARITY, MOMENTUM, AND OVERWHELM RELIEF.

STEP 5: END YOUR DAY WITH A WIN

Check off ONE thing. Just one.

Your brain will start associating The List with:

relief → momentum → pride

OPTIONAL: WEEKLY RESET

Take 2-3 minutes each week to rewrite a clean list. It keeps your system uncluttered and your brain clear.

The Bootcamp teaches you structure.
The List keeps that structure alive long-term.
Together, they make your progress stick.

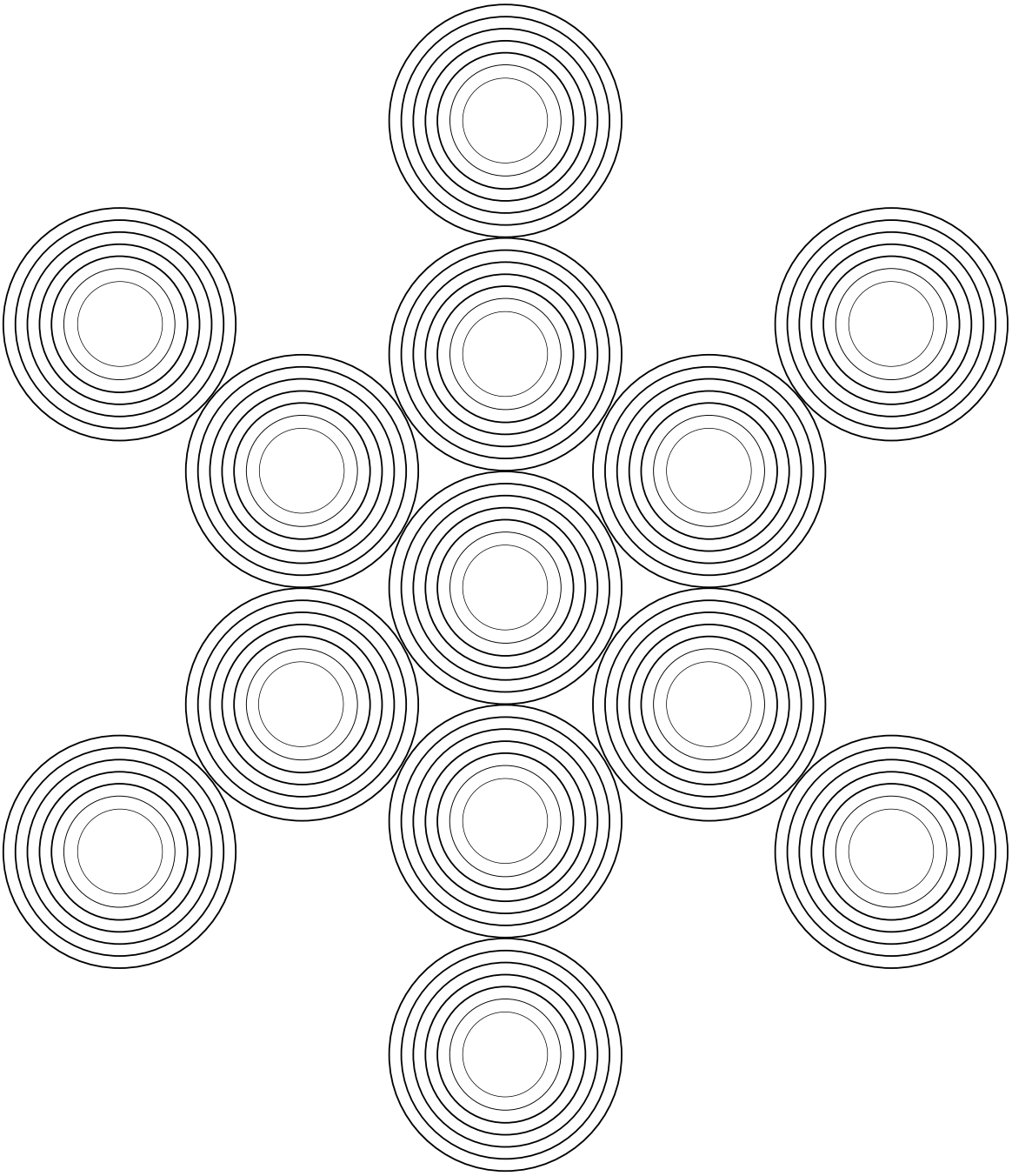
PROGRESS TRACKER

This tracker gives you a visual way to see your consistency build over time. Each circle represents one week of the Bootcamp, and each ring inside that circle represents one day.

Every day you show up, even if it's just a tiny micro-task, you shade in one ring. By the end of the week, that whole circle is filled, and you can see your momentum instead of guessing whether you're "doing enough."

It's simple, but it works:
small actions → daily rings → completed circles → real, undeniable progress.

Use this page as your reminder that even on the chaotic days, every little layer still counts.



WEEK 0: WARM UP WEEK

WHAT THIS WEEK IS ABOUT:

This week is your gentle landing.
No fixing. No pushing. No “getting your life together.”
You are simply getting honest about where you’re starting —
with compassion, not judgment.
You’re learning:

- What drains you
- What supports you
- What patterns follow you
- What your nervous system actually needs

This week sets the emotional foundation for everything that comes next.

WHAT YOU’LL BUILD:

- Your capacity awareness
- Your glimmers (your nervous system “green lights”)
- One repeating pattern that matters
- What you want more of
- What you want less of
- Your Starting Point Map (end of week)

WHAT YOU NEED THIS WEEK:

Honesty without shame, curiosity about your own patterns, the willingness to write one sentence a day, and a soft landing place to start from. This week is emotional groundwork, the part everyone skips, but the part that changes everything.

WEEK 0 DAILY MICROTASKS

MY BEGINNING STATEMENT

MY REPEATING PATTERN

WHAT DRAINS ME

MY GLIMMER

WHAT I WANT LESS OF

WHAT I WANT MORE OF

MY STARTING POINT MAP

MY BARRIERS

MY STRENGTHS

MY PRIORITIES

“THIS IS MY STARTING POINT, NOT MY ENDING.” DATE: _____

WEEK 0 WINS

A TRUTH I FACED THIS WEEK:

A PETTERN I RECOGNIZED:

SOMETHING I GAVE MYSELF PERMISSION TO FEEL:

A MOMENT I WAS GENTLE WITH MYSELF:

ONE THING I'M PROUD OF FROM THIS WEEK:

WEEK 0 ADJUSTMENTS

NEXT WEEK, I WANT TO...

BE A LITTLE MORE HONEST ABOUT...

GIVE MYSELF MORE COMPASSION WHEN...

NOTICE MY PATTERNS EARLIER WHEN...

TAKE MORE BREAKS WHEN...

WARM UP NOTES

WEEK 1: AWARENESS AND FOUNDATIONS

WHAT THIS WEEK IS ABOUT:

This week is about finally understanding how your brain actually works. You're not fixing anything. You're observing, noticing, and connecting the dots.

By the end of the week, you'll understand your patterns, your energy, your challenges, and your strengths without shame.

WHAT YOU'LL BUILD:

- Your hardest times of day
- Your dysregulation triggers
- Your Time Warp Zones
- Your natural strengths
- Your calm + stress amplifiers
- Your personal brain map

WHAT YOU NEED THIS WEEK:

Just honesty, awareness, and noticing what's already happening inside you. No pressure, no fixing, no judgement.

WEEK 1 DAILY MICROTASKS

THE HARDEST TIME OF THE DAY FOR ME IS...

WHAT DYSREGULATES ME THE FASTEST?

WHERE DOES MY TIME DISSAPEAR?

WHERE DO I NATURALLY THRIVE?

WHAT (OR WHO) RAMPS UP MY STRESS?

WHAT CALMS ME THE FASTEST?

MY BRAIN MAP SYSTEM

MY STRENGTHS

WHERE I THRIVE	WHAT FUELS ME	WHAT CALMS ME

MY CHALLENGES

HARDEST TIMES	DYSREGULATION TRIGGERS	TIME WARP ZONES

MY SUPPORT NEEDS

WHAT STRESSES ME	WHAT HELPS ME REGULATE	WHAT I NEED MORE OF

MY BRAIN MAP SNAPSHOT

MY TOP 3 STRENGTHS

MY TOP 3 CHALLENGES

MY TOP 3 SUPPORT NEEDS

WEEK 1 WINS

What went better this week than usual?

AREAS FOR ADJUSTMENT

What did I learn about my patterns?

WEEK 1 NOTES

WEEK 2: MOMENTUM WEEK

WHAT THIS WEEK IS ABOUT:

Momentum, not motivation.
This week you'll learn how to start, how to keep going, and how to restart without shame, using the way your ADHD brain actually functions.

You're building systems that make life feel smoother, lighter, and more doable.

WHAT YOU'LL BUILD:

- Your Energy Window
- Your 5-Minute Ignition Key
- Your Momentum Loop
- Your Transition Ritual
- Your Win-Stacking Habit
- Your full Momentum Circuit

WHAT YOU NEED THIS WEEK:

Tiny steps.
Curiosity.
Zero perfection.
Everything this week is simple, small, and designed for ADHD brains.

WEEK 2 DAILY MICROTASKS

WHY MOMENTUM IS HARD FOR ME

MY STRONGEST ENERGY WINDOW

MY 5 MINUTE STARTING TRICK

MY MOMENTUM LOOP

MY TRANSITION RITUAL

ONE WIN I CAN STACK TODAY

THE MOMENTUM CIRCUIT

MY STARTING TOOLS

IGNITION KEY:

ENERGY WINDOW:

MY STAYING TOOLS

MOMENTUM LOOP:

TRANSITION RITUAL:

MY REWARD + WIN TOOLS

WIN STACKING HABIT:

REWARDS I ACTUALLY ENJOY:

MOMENTUM QUICK REFERENCE SNAPSHOT

TOP 1 IGNITION KEY

TOP 1 TRANSITION RITUAL

TOP 1 WIN-STACK HABIT

WEEK 2 WINS

What went well this week?

AREAS FOR ADJUSTMENT

What did I learn about my momentum patterns?

WEEK 2 NOTES

WEEK 3: ORGANIZATION WEEK

WHAT THIS WEEK IS ABOUT:

This week is about creating ADHD-friendly organization.
Systems you can actually maintain, not systems that collapse or shame you.
We're building spaces that support your brain, lower your stress, and reduce overwhelm.

WHAT YOU'LL BUILD:

- Your Clear Zone
- Your Overwhelm Hotspot
- Your 3-Category Sorting System
- Your Zone Item
- Your 60-Second Reset Ritual
- Your 3-Zone Organization System

WHAT YOU NEED THIS WEEK:

One tiny space.
One tiny decision at a time.
One small win per day.
This is about support, not aesthetic perfection.

WEEK 3 DAILY MICROTASKS

ENVIRONMENT STRESS TRIGGER

OVERWHELM HOTSPOT

CLEAR ZONE

3-CATEGORY SYMBOLS

ZONE ITEM

RESET RITUAL

MY 3-ZONE ORGANIZATION SYSTEM

MY CLEAR ZONE

CHOSEN CLEAR ZONE	MY ZONE ITEM	MY RESET RITUAL

MY OVERWHELM HOTSPOT

HOTSPOT	ONE SIMPLIFICATION STRATEGY

MY 3 CATEGORY SYSTEM

KEEP	MOVE	LET GO

MY HOME ZONES MAP

MY CLEAR ZONE

MY HOT SPOT

MY FLOW ZONE
(Place I like working/being)

MY SLOW ZONE
(Place that drains energy)

WEEK 3 WINS

What worked this week? What felt easier?

AREAS FOR ADJUSTMENT

What still felt sticky or overwhelming?
What small tweak would make next week smoother?

WEEK 3 NOTES

WEEK 4: EMOTIONAL REGULATION WEEK

WHAT THIS WEEK IS ABOUT:

This week teaches you how your nervous system works, and why your emotions feel so fast, loud, and overwhelming. You'll learn to recognize early signs, calm your body, interrupt spirals, and return to emotional safety without shame.

WHAT YOU'LL BUILD:

- Your emotional patterns
- Your early warning signs
- Your emotional triggers
- Your 30-second body reset
- Your reset phrase
- Your co-regulation plan
- Your 3-Layer Emotional Regulation Circuit

WHAT YOU NEED THIS WEEK:

Gentleness.
Slow noticing.
Compassion for the way your brain reacts under pressure.
You're not "too much."
You're learning the language of your nervous system.

WEEK 4 DAILY MICROTASKS

ENVIRONMENT STRESS TRIGGERS

OVERWHELM HOTSPOT

CLEAR ZONE

3-CATEGORY SYMBOLS

ZONE ITEM

RESET RITUAL

EMOTIONAL REGULATION CIRCUIT

EARLY SIGNS: MY FIRST ALERT SIGNALS

BODY RESET: MY EMERGENCY BRAKE

EMOTIONAL RESET: MY RETURN TO SAFETY TOOLS

EMOTIONAL AWARENESS MAP

EMOTIONAL PATTERNS

When my emotions take over, I usually...

EARLY WARNING SIGNS

My early physical cues...

EMOTIONAL TRIGGERS

Situations that reliably trigger me...

WHAT HELPS ME REGULATE (BODY + WORDS + PEOPLE)

What calms my nervous system...

Physical reset:

Reset phrase:

Co-regulation needs:

EMOTIONAL REGULATION CHEAT SHEET

MY TOP EARLY SIGNS

MY FASTEST PHYSICAL RESET

MY RESET PHRASE

MY CO-REGULATION NEEDS

WEEK 4 WINS

When did I feel proud of how I handled something?
When did I catch my emotions earlier than usual?

AREAS FOR ADJUSTMENT

Where did I ignore my early signs?
Which reset didn't work when I needed it?

WEEK 4 NOTES

WEEK 5: OVERWHELM & SENSORY WEEK

WHAT THIS WEEK IS ABOUT:

This week teaches you how overwhelm actually works. As a capacity issue, not an emotional failure.

You'll learn how to read your warning lights, interrupt overload earlier, and give your nervous system the exits it's been missing.

WHAT YOU'LL BUILD:

- Overwhelm trigger
- Your first Warning Light
- Your early sensory signs
- Your 60-second Exit Ramp
- Your Sensory Safe Zone
- Your Overwhelm Reset Circuit

WHAT YOU NEED THIS WEEK:

Awareness, not effort.
Honesty, not perfection.
One tiny action at a time.
Show up. Even if it's messy.

WEEK 5 DAILY MICROTASKS

OVERWHELM TRIGGER

WARNING LIGHT

SENSORY SIGNS

EXIT RAMP

SAFE ZONE

SAFE ZONE SETUP

MY OVERWHELM RESET CIRCUIT

MY WARNING LIGHTS

OVERWHELM TRIGGER	FIRST SYMPTOM	EARLY SENSORY SIGNS

MY EXIT RAMPS

SENSORY EXIT	REGULATION EXIT

MY SAFE ZONE

SAFE ZONE LOCATION	WHAT MAKES IT CALMING

WEEK 5 WINS

When did I prevent a shutdown?
Did my Safe Zone help me this week?

AREAS FOR ADJUSTMENT

What overloaded me the fastest?
Where did I ignore my capacity limits?

WEEK 5 NOTES

WEEK 6: IDENTITY & BEHAVIOR CHANGE WEEK

WHAT THIS WEEK IS ABOUT:

This week is about separating who you are from what you've been told you are.
You'll start to see the difference between your true self, your symptoms, your coping mechanisms, and the labels other people put on you.
We're not doing fluffy affirmations. We're updating your identity to match your actual wiring and strengths.

WHAT YOU'LL BUILD:

- The old story you've been carrying
- Where that story came from
- Who you are when you're regulated and supported
- Your identity blockers
- Your identity expanders
- Your Identity Anchor Phrase
- Your Identity Calibration Map

WHAT YOU NEED THIS WEEK:

Curiosity.
Honesty.
A little courage.
No perfection — just noticing and writing things down.

WEEK 6 DAILY MICROTASKS

THE STORY I'VE BELIEVED ABOUT MYSELF

WHERE THAT STORY CAME FROM

WHO I AM WHEN I'M SUPPORTED

MY IDENTITY BLOCKER

MY IDENTITY EXPANDER

MY IDENTITY ANCHOR PHRASE

IDENTITY CALIBRATION MAP

OLD STORY: WHAT I'M RELEASING

WHAT STORY DID I BELIEVE ABOUT MYSELF?	WHERE DID IT COME FROM?	WHICH LABEL AM I GIVING BACK?

TRUE SELF: WHO I ACTUALLY AM

WHO AM I WHEN I'M REGULATED AND SUPPORTED?	WHAT EXPANDS MY IDENTITY?	WHAT STRENGTHS + QUALITIES SHOW UP THEN?

NEW IDENTITY ANCHOR: WHO I AM BECOMING

MY IDENTITY ANCHOR PHRASE	ONE BELIEF I WANT TO PRACTICE	ONE HABIT THAT REINFORCES THIS IDENTITY

WEEK 6 WINS

When did I feel proud of how I showed up?
When did I act like the version of me I WANT to be?

AREAS FOR ADJUSTMENT

What do I want to respond to differently next time?
What situations still make it hard to see my real self?

WEEK 6 NOTES

WEEK 7: EXECUTIVE FUNCTION & PLANNING WEEK

WHAT THIS WEEK IS ABOUT:

This week is about building a planning system that doesn't depend on discipline, motivation, or perfect energy.
You're going to learn how YOUR brain plans, starts, and keeps going, without shame, without rigidity, and without burnout.
We build predictability, not pressure.
Clarity, not perfection.

WHAT YOU'LL BUILD:

- Your Daily Peak Hours
- Your 3 Daily Anchors
- Your ADHD-Friendly Weekly Plan
- Your 5-Minute Life Admin System
- Your First Daily Rhythm
- Your Weekly Flow Map

WHAT YOU NEED THIS WEEK:

A little structure, a little honesty, a few tiny actions, and the willingness to try things in a new way... not the "perfect" way.

WEEK 7 DAILY MICROTASKS

WHEN MY DAY FALLS APART

MY DAILY PEAK HOURS

MY 3 DAILY ANCHORS

MY MUST-DO & WANT-TO TASKS

MY 5-MINUTE LIFE ADMIN TASK

MY DAILY RHYTHM

WEEKLY FLOW MAP

PEAK HOURS + ANCHORS

MY PEAK HOURS:	MY 3 DAILY ANCHORS: 1. 2. 3.

WEEKLY PLAN ESSENTIALS

1-3 MUST-DO'S:	1-3 WANT-TO'S:	MY 5-MINUTE LIFE ADMIN SYSTEM:

MY FLOW RHYTHM

MY RHYTHM:	THIS HAPPENS AFTER:	ONE SUPPORTIVE ENVIRONMENT TWEAK:

WEEK 7 WINS

What felt smoother than usual?
When did I follow a rhythm without forcing it?

AREAS FOR ADJUSTMENT

When did I feel rushed, scattered, or behind?
Where did my energy drop?

WEEK 7 NOTES

WEEK 8: HABIT FORMATION WEEK

WHAT THIS WEEK IS ABOUT:

This week we're fixing the REAL reason habits never stick for ADHD brains. Not because you're inconsistent. Not because you're undisciplined. Not because you "can't follow through."
But because your habits were never built for your wiring.

This week you'll learn how to create habits that are:

- stupidly tiny
- dopamine-friendly
- flexible
- shame-free
- built for different energy levels
- impossible to "fail"

You'll build ONE habit the right way, and learn how to make it stick for life.

WHAT YOU'LL BUILD:

- Your micro-habit
- Your habit pairing trigger
- Your 3-day versions (good, typical, low)
- Your habit reset cue
- Your Habit Loop System

WHAT YOU NEED THIS WEEK:

Small steps, honesty, and consistency in the TINIEST ways.

WEEK 8 DAILY MICROTASKS

THE HABIT I WISH I COULD KEEP

WHY THIS HABIT HASN'T STUCK

MY MICRO-HABIT

PAIRING MY MICRO-HABIT WITH SOMETHING I ALREADY DO

MY GOOD/ TYPICAL/ LOW DAY VERSIONS

MY HABIT RESCUE CUE

HABIT LOOP SYSTEM

MY MICRO-HABIT + PAIRING

GOOD/ TYPICAL/ LOW VERSIONS

MY HABIT RESET SYSTEM

WEEK 8 WINS

Where did I create momentum this week?
Did I notice even one positive shift in my routines, mood, or energy?

AREAS FOR ADJUSTMENT

Did I need a clearer good/typical/low version? What is ONE tiny tweak that would help next week?

WEEK 8 NOTES

WEEK 9: ENVIRONMENT & SYSTEMS UPGRADE

WHAT THIS WEEK IS ABOUT:

This week is all about building a home that supports your brain instead of stressing it out.
Your environment affects your emotions, energy, and executive function more than most people realize.
We're not doing aesthetics, perfection, or deep cleaning — just functional support.

WHAT YOU'LL BUILD:

- ADHD Home Base
- Drop Zone
- Stabilized Hotspot
- Micro-Cleaning Circuit
- Sensory Comfort Upgrade
- Your Environment Support System

WHAT YOU NEED THIS WEEK:

Gentleness.
Zero perfection.
Micro-steps only.
Function > Aesthetics.

WEEK 9 DAILY MICROTASKS

WHEN MY SPACE OVERWHELMS ME MOST

CHOOSING MY ADHD HOME BASE

CREATING MY DROP ZONE

CHOOSING MY HOTSPOT TO STABILIZE

MY MICRO-CLEANING CIRCUIT

MY SENSORY COMFORT UPGRADE

MY ENVIRONMENT SUPPORT SYSTEM

ADHD HOME BASE + DROP ZONE

MY HOME BASE	MY DROP ZONE	RULES FOR EACH

STABILIZED HOTSPOT

MY HOTSPOT	MY MICRO-CLEANING CIRCUIT	SUPPORT ITEM

SENSORY COMFORT UPGRADE

MY UPGRADE	WHY I CHOSE IT	WHEN I'LL USE IT

WEEK 9 WINS

Where did my environment support me this week?
Where's one moment where my environment reduced stress instead of adding to it?

AREAS FOR ADJUSTMENT

What needs simplifying or tweaking next week?
What part of my system was too complicated or unrealistic?

WEEK 9 NOTES

WEEK 10: PRODUCTIVITY WEEK

WHAT THIS WEEK IS ABOUT:

Traditional productivity breaks ADHD brains.
This week, we build a version that actually works for you — based on energy, capacity, dopamine, clarity, and micro-action.
By the end of this week, you will:

- know your Task Personality
- know how to prioritize without overwhelm
- know how to break tasks into micro-steps
- know how to switch tasks without melting down
- know your real focus window
- build your full Productivity Circuit

WHAT YOU'LL BUILD:

- Task Personality Type
- ADHD Priority Filter
- Micro-Task Formula
- Switching Cue
- Productivity Window
- Productivity Circuit (your big task)

WHAT YOU NEED THIS WEEK:

Clarity.
Micro-steps.
Gentle structure.

WEEK 10 DAILY MICROTASKS

MY PRODUCTIVITY BLOCKERS

MY TASK PERSONALITY TYPE

MY PRIORITY FILTER

MY MICRO-TASK FORMULA

MY SWITCHING CUE

MY PRODUCTIVITY WINDOW

MY PRODUCTIVITY CIRCUIT

MY TASK PERSONALITY + PRIORITY FILTER

PERSONALITY TYPE	MUST/ SHOULD/ COULD LIST

MY MICROTASK + SWITCHING CUE

MICRO-TASK	SWITCHING CUE

MY PRODUCTIVITY WINDOW

WINDOW LENGTH	ONE SUPPORTIVE ENVIRONMENT TWEAK

WEEK 10 WINS

What went unexpectedly well this week?
Which micro-tasks felt easiest?

AREAS FOR ADJUSTMENT

Where did your system break down?
What support or environment tweak would have helped?

WEEK 10 NOTES

WEEK 11: STRESS & RECOVERY WEEK

WHAT THIS WEEK IS ABOUT:

This week you're finally learning why stress hits your ADHD brain harder than everyone else's, and how to recover before burnout, shutdown, or emotional overwhelm takes you out for days.

Your nervous system has been running without support for a long time. This is the week you change that.

You'll learn how to catch stress early, interrupt spirals gently, and rebuild capacity with tools that actually work for ADHD wiring.

WHAT YOU'LL BUILD:

- Your Stress Signature
- Your early stress signals
- Your Stress Interruptors
- Your Capacity Recovery Plan
- Your In-the-Moment Script
- Your full Stress & Recovery Circuit

WHAT YOU NEED THIS WEEK:

Honesty about how stress shows up in your body, judgement free curiosity, willingness to practice tiny tools, and ZERO perfection pressure.

Stress isn't a moral failure.
Stress is a system.
And this week, you learn yours.

WEEK 11 DAILY MICROTASKS

WHEN STRESS HITS ME THE HARDEST

MY STRESS SIGNATURE

MY EARLY STRESS SIGNALS

MY STRESS INTERRUPTORS

MY CAPACITY RECOVERY TOOLS

MY IN-THE-MOMENT SCRIPT

STRESS & RECOVERY CIRCUIT

MY STRESS SIGNATURE

HOW MY STRESS SHOWS UP	MY EARLY PHYSICAL/ EMOTIONAL SIGNS

MY STRESS INTERRUPTORS

THE TWO INTERRUPTORS I CHOSE	WHEN TO USE THEM (E.G., “WHEN MY JAW TIGHTENS,” “WHEN NOISE SPIKES,” ETC.)

MY RECOVERY PLAN + SCRIPT

MY TOP 3 RECOVERY TOOLS	MY IN-THE-MOMENT SCRIPT

WEEK 11 WINS

“When did I notice stress sooner this week?”
“What interruptor worked the best?”

AREAS FOR ADJUSTMENT

“Where did I push past my capacity?”
“How can I support myself better next week?”

WEEK 11 NOTES

WEEK 12: LONG TERM INTEGRATION WEEK

WHAT THIS WEEK IS ABOUT:

This week is where everything you've built finally clicks into one system.

You're not learning something new, you're connecting the tools, habits, resets, and circuits you've already created into a life-long support structure.

This is where you step into the "after" version of yourself.

WHAT YOU'LL BUILD:

- Momentum Formula
- 30-Day Maintenance Plan
- Long-Term Anchor
- Future-Self Letter
- Future-Self Support Map

WHAT YOU NEED THIS WEEK:

Honesty, self-recognition, gentleness, reflection, and permission to celebrate yourself.

You're not finishing a program.
You're stepping into a new identity.

WEEK 12 DAILY MICROTASKS

RECOGNIZE MY PROGRESS

IDENTIFY MY BIGGEST WINS

MY MOMENTUM FORMULA

MY 30-DAY MAINTENANCE PLAN

MY LONG-TERM ANCHOR

LETTER TO MY FUTURE SELF

MY FUTURE SELF-SUPPORT MAP

MY MOMENTUM FORMULA

THESE ARE THE TOOLS THAT RESTART MY MOMENTUM WHEN LIFE GETS CHAOTIC:

MY 30-DAY MAINTENANCE PLAN

CHOOSE ONE SMALL FOCUS FOR EACH OF THE NEXT 4 WEEKS.
KEEP IT EASY, GENTLE, AND SUSTAINABLE.

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

MY LONG-TERM ANCHOR + FUTURE SELF SUMMARY

LONG TERM ANCHOR	ONE THING MY FUTURE SELF WANTS ME TO REMEMBER:

THIS IS MY PERMANENT SUPPORT SYSTEM.
MY FUTURE SELF IS SAFE BECAUSE OF ME.

WEEK 12 WINS

MY BIGGEST PERSONAL TRANSFORMATION:

THE TOOL OR HABIT THAT CHANGED THE MOST FOR ME:

A MOMENT I REALIZED 'I'M NOT THE OLD ME ANYMORE'

SOMETHING I NOW HANDLE DIFFERENTLY

A TRUTH ABOUT MYSELF I'M FINALLY READY TO OWN

WEEK 12 ADJUSTMENTS

ONE THING I WANT TO MAINTAIN MORE INTENTIONALLY NEXT MONTH

ONE CIRCUIT OR TOOL I WANT TO RETURN TO WHEN THINGS ARE HECTIC

ONE PATTERN I'M STILL WORKING ON RELEASING

ONE AREA I WANT TO OFFER MYSELF MORE COMPASSION

ONE SUPPORT I WANT TO ASK FOR MORE (FROM MYSELF OR OTHERS)

WEEK 12 NOTES