

Plan & Prosper

Your First Day Starts Here

One brain dump. One next action. Ten minutes.

A starting point for people whose fifth planner was never the problem.

1 Empty your head

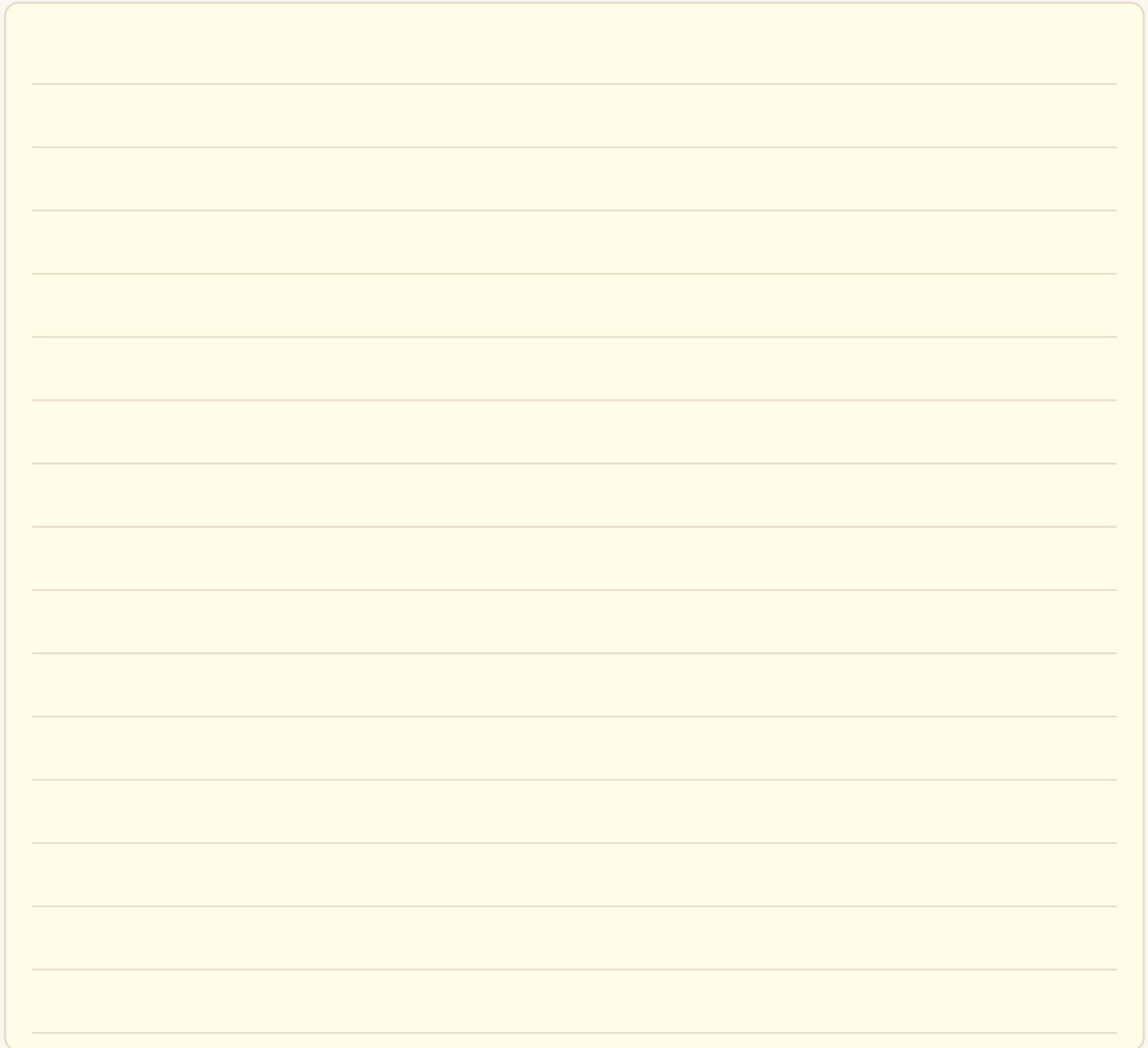
2 Pick your three

3 Set one reminder

Step 1 of 3: The inbox

Write down everything taking up space. Bills, tasks, worries, ideas, the thing you keep forgetting. Do not organize. Do not prioritize. Just dump.

2 minutes · No wrong answers · Everything belongs here

A large yellow rectangular area with horizontal lines for writing. It is intended for the user to 'dump' all their tasks, bills, worries, and ideas without organizing or prioritizing them.

Done? Flip the page. Everything stays here. You do not need to remember it anymore.

Step 2 of 3: Even Keel Daily Board

Look at your brain dump. Pick ONE thing for NOW. Just one. If it takes more than ten minutes, break it down: what is the first physical step?

NOW 1 item

NEXT 2 items

On deck once NOW is done. NOW plus NEXT is your three:

LATER everything else

Everything else is already on your brain dump page. Leave it there. Not forgotten. Just not today.

That is your whole plan. When NOW is done, pull from NEXT. Nothing more today.

Step 3 of 3: Cue Pairing Card

Pick ONE of these. Set it as a phone alarm right now:

Tomorrow morning at _____:

"Pick my three on the Daily Board. Then stop picking."

Tonight at 8 pm:

"Pay one bill. Just one. Open the banking app."

Sunday at 4 pm:

"Weekly reset. Fifteen minutes: look back, then pick the week's three."

One reminder. Not three. A reminder you have learned to swipe away is worse than none.

What is tested, and what is not

Tested.

The brain dump, the one-thing-at-a-time board, and the single-cue reminder in this kit are drawn from programs tested in randomized controlled trials with adults with ADHD.

Not tested.

No printable, ours included, has been trial-tested against a plain sheet of paper. We are telling you because it is true.

Scope.

A self-help organization tool. It is not a medical device or therapy, and it does not replace diagnosis, medication, or professional care.

Onwards.