



ADHD DAILY PLANNER SYSTEM

Turn Your ADHD Brain Into Your Superpower

Structure doesn't cage an ADHD mind — it sets it free. Here's how.

1

THE ADHD-FRIENDLY MORNING ROUTINE

- ◆ 6:00 AM: Move your body first (10 min walk, stretch, dance)
- ◆ 6:15 AM: Write 3 Most Important Tasks (MIT) for today only
- ◆ 6:30 AM: No phone, no email for the first 60 minutes
- ◆ 7:00 AM: Time-block your calendar — make it visual, use color
- ◆ 7:30 AM: Start your hardest MIT first (peak focus window)

2

THE 3-3-3 PRODUCTIVITY METHOD

- ◆ 3 deep work blocks of 25 minutes (Pomodoro style)
- ◆ 3 quick wins — small tasks that build momentum
- ◆ 3-minute brain dump before bed (clears mental RAM)
- ◆ Rule: After each block, move your body for 5 minutes
- ◆ Break tasks into 10-minute chunks — ADHD thrives in sprints

3

ADHD FOCUS ENVIRONMENT HACKS

- ◆ Body double: Work in a coffee shop or on camera with someone else working
- ◆ Noise: Brown noise or lo-fi beats reduce distractibility
- ◆ Remove friction: Keep your workspace ready the night before
- ◆ Reward loop: Celebrate every completed task (no matter how small)
- ◆ Visual timer: Time Timer app makes time feel real and concrete

PRO TIP: ADHD brains have 30-minute 'flow windows.' When you hit flow — don't stop for anything. Protect those windows like gold.

Download Our Full ADHD Planner Template at BarcaProduction.com

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