Micro Goal 3							
Micro Goal 2							
Micro Goal 1							
Appointments							
Reminders							
	Monday 31st March	Tuesday 1st April	Wednesday 2nd April	Thursday 3rd April	Friday 4th April	Saturday 5th April	Sunday 6th April

HOW TO USE YOUR APRIL PLANNER

This month, we're flipping things—literally! Your planner is turned on its side for a fresh perspective. Why? Because research shows that novelty boosts dopamine, making tasks feel more engaging and helping ADHD brains stay motivated.

REMINDERS AND APPOINTMENTS

Use these sections in whatever way works best for you! Here's how I use them:

- **Reminders**: Birthdays, deadlines, meal planning—basically anything I need to keep on my radar.
- **Appointments**: I list meetings and appointments, with AM on the left and PM on the right to help me remember to actually take a lunch break.



Use different colour pens, stickers, washi tape, highlighters, doodles, whatever it takes to make your planner visually stimulating.

MICRO GOALS

Once you've set your monthly goals, pick three small daily habits that will help you move toward them.

Example: If you're trying to spend less, a daily micro goal could be having a no-spend day.

✓ Tick off or colour in the box for each day you meet your goal—because checking things off is weirdly satisfying!

TO DO TRACKER

This month's task tracker is inspired by Kanban-style planning.

- This works great with Post-it notes, washi tape, index tabs, or just a good old pencil/erasable pen.
- Start by listing all your tasks for the week in "Not Started." Move them across the table as you make progress.
- At the end of the week, move any unfinished tasks to the next week—no guilt, just flow!
- Enjoy watching your "Complete" column fill up—it's proof of how much you're actually getting done!



I							1
Micro Goal 3							
Micro Goal 2							
Micro Goal 1							
Appointments							
Reminders							
	Monday 7th April	Tuesday 8th April	Wednesday 9th April	Thursday 10th April	Friday 11th April	Saturday 12th April	Sunday 13th April

			S	9	13	20	27	4
			S	5	12	19	26	3
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BRAIN DUMP		APRIL 2025	н	С	10	17	24	<u>\</u>
BRA		APR	×	2	6	16	23	30
			н	-	8	15	22	29
			Σ	31	7	14	21	28
ACKER	ess Complete							
TO DO TRACKER	In Progress							
	Not Started							

Micro Goal 3							
Micro Goal 2							
Micro Goal 1							
Appointments							
Reminders							
	Monday 14th April	Tuesday 15th April	Wednesday 16th April	Thursday 17th April	Friday 18th April	Saturday 19th April	Sunday 20th April

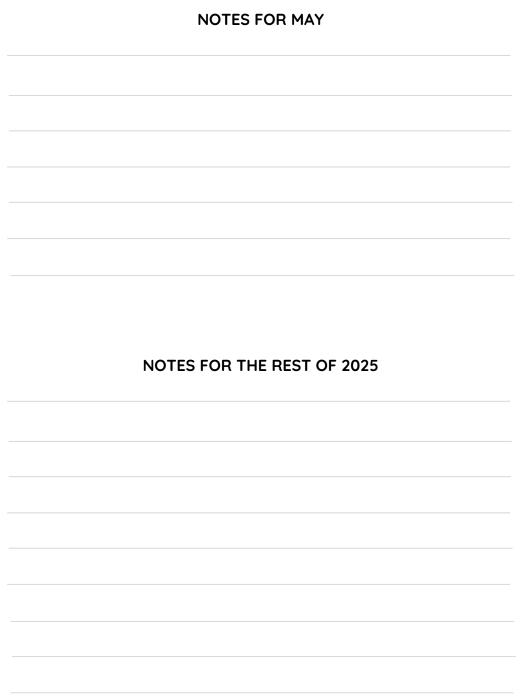
			S	9	13	20	27	4
			S	5	12	19	26	3
ΔP		025	u.	4	1	10	25	2
BRAIN DUMP		APRIL 2025	н	С	10	17	24	~
BRA		APR	3	2	6	16	23	30
			н	-	8	15	22	29
			Σ	31	7	14	21	28
TO DO TRACKER	In Progress Complete							
	Not Started							

Micro Goal 3							
Micro Goal 2							
Micro Goal 1							
Appointments							
Reminders							
	Monday 21st April	Tuesday 22nd April	Wednesday 23rd April	Thursday 24th April	Friday 25th April	Saturday 26th April	Sunday 27th April

			S	9	13	20	27	4
			S	5	12	19	26	3
ЧM		025	u.	4	1	18	25	2
BRAIN DUMP		APRIL 2025	F	Э	10	17	24	~
BRA		PR	×	2	6	16	23	30
			н	-	8	15	22	29
			M	31	7	14	21	28
	Complete							
TO DO TRACKER	In Progress							
	Not Started							

[]							
Micro Goal 3							
Micro Goal 2							
Micro Goal 1							
Appointments							
Reminders							
	Monday 28th April	Tuesday 29th April	Wednesday 30th April	Thursday 1st May	Friday 2nd May	Saturday ³ rd May	Sunday 4th May

			S	9	13	20	27	4
			S	5	12	19	26	3
ЧM		025	u.	4	1	18	25	2
BRAIN DUMP		APRIL 2025	F	Э	10	17	24	~
BRA		PR	×	2	6	16	23	30
			н	-	8	15	22	29
			M	31	7	14	21	28
	Complete							
TO DO TRACKER	In Progress							
	Not Started							



			S	9	13	20	27	4
			s	5	12	19	26	3
dΜ		025	u.	4	1	18	25	2
BRAIN DUMP		APRIL 2025	н	ი	10	17	24	~
BRA		PR	N	5	6	16	23	30
			н	-	8	15	22	29
			M	31	7	14	21	28
	Complete							
TO DO TRACKER	In Progress							
	Not Started							

GOAL 1:

What do I want to achieve?	
Make it SMART: Specific, Measurable, Achievable, Realistic, with a Timeframe	
What daily micro- challenges can I add to my weekly planner to help me achieve this goal?	
Week 1 Target	
Week 2 Target	
Week 3 Target	
Week 4 Target	
Week 5 Target	

Progress Tracker Shade in the stars as you reach each milestone





GOAL 2:

What do I want to achieve?	
Make it SMART: Specific, Measurable, Achievable, Realistic, with a Timeframe	
What daily micro- challenges can I add to my weekly planner to help me achieve this goal?	
Week 1 Target	
Week 2 Target	
Week 3 Target	
Week 4 Target	
Week 5 Target	

Progress Tracker Shade in the stars as you reach each milestone



Week 1 Review	
Week 2 Review	
Week 3 Review	
Week 4 Review	
Week 5 Review	
Month End Review	
What have been my roadblocks or challenges? What could I do differently next time?	
What did I do well? What went well? How have I benefitted from this? How will a celebrate my victories?	

BONUS 1 - SPRING CLEAN TRACKER

I'm afraid it is officially that time of year again.

Studies show a tidy space can promote calmness and a sense of wellbeing.

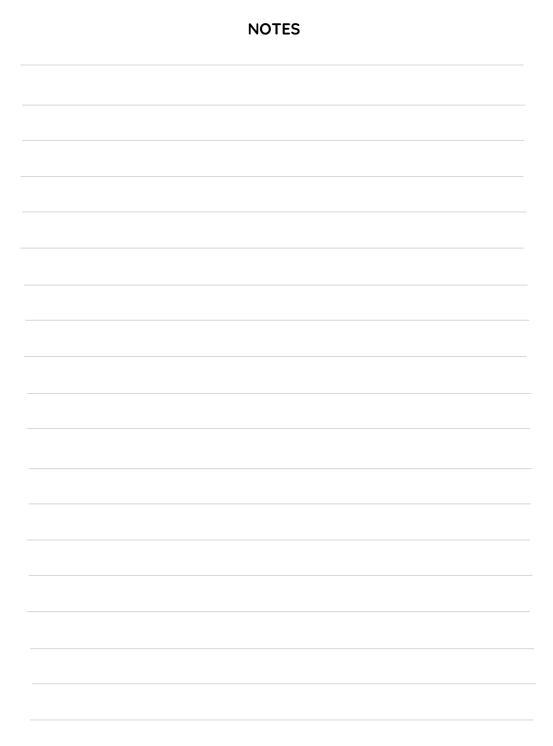
Also the physical activity involved in cleaning has been associated with **reduced anxiety**, **reduced depressive symptoms** and **increased concentration**.

If that's not enough to motivate you, set yourself a **package of rewards** for completing each task or stage. Plus one big reward for completing everything.

Remember to pace yourself and add reminders to your weekly planner. You have all month!

	Rooms						
Task	Rewards						
Dust all sides and skirting boards							
Dust light fittings and replace any bulbs that aren't working							
Clean Windows Inside							
Clean Windows Outside							
Wash linen (eg bath mats, rugs, curtains, bed sheets, cushions, throws).							
Declutter 1 - Go through room with a carrier bag and fill with any items to go in the bin or to the tip.							
Declutter 2 - Go through room with a carrier bag and fill with any items to go to a charity shop.							
Declutter 3 - Identify any doom piles. Is there a system you can introduce to stop things piling up here?							
Declutter 4 - Go through the room with a cardboard box and fill with any items to go in the loft/garage/storage.							
Wipe down walls where there are any marks or dirt.							
Check fire alarms and carbon monoxide alarms and replace batteries where necessary.							
Final Reward for finishing everything:							

Week 1 Review	
Week 2 Review	
Week 3 Review	
Week 4 Review	
Week 5 Review	
Month End Review	
What have been my roadblocks or challenges? What could I do differently next time?	
What did I do well? What went well? How have I benefitted from this? How will a celebrate my victories?	



BONUS 2 - CRUSTRACEAN PROCRASTINATION STATION

Come to this page and colour in for a few minutes when you feel you are procrastinating and need a break.

