

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

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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

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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.



### QUICK TIPS

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

## MICRO GOALS

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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

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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!



### QUICK TIPS

At the end of the month, take a moment to look back at all your completed tasks —you might be surprised how much you have achieved!

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

BRAIN DUMP	
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APRIL 2025						
M	T	W	T	F	S	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

TO DO TRACKER		
Not Started	In Progress	Complete

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

BRAIN DUMP	
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APRIL 2025						
M	T	W	T	F	S	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

TO DO TRACKER		
Not Started	In Progress	Complete

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

BRAIN DUMP	
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APRIL 2025						
M	T	W	T	F	S	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

TO DO TRACKER		
Not Started	In Progress	Complete



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 3rd May	Sunday 4th May

BRAIN DUMP	
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APRIL 2025						
M	T	W	T	F	S	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

TO DO TRACKER		
Not Started	In Progress	Complete

NOTES FOR MAY

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NOTES FOR THE REST OF 2025

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BRAIN DUMP	
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APRIL 2025						
M	T	W	T	F	S	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

TO DO TRACKER		
Not Started	In Progress	Complete

# GOAL 1:

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

**Progress Tracker**

Shade in the stars as you reach each milestone

10%

20%

30%

40%

50%

60%

70%

80%

90%

100%

# GOAL TRACKERS

Create, track and review your monthly goals.

# GOAL 2:

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

**Progress Tracker**

Shade in the stars as you reach each milestone

10%

20%

30%

40%

50%

60%

70%

80%

90%

100%

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 I 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!**

[illegible]

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 I celebrate my victories?	

## NOTES

# BONUS 2 - CRUSTACEAN PROCRASTINATION STATION

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

