

ADHD INFINITE FOCUS

printable planner


INFINITY
edition

"ADHD IS NOT A DEFICIT OF
ATTENTION, BUT RATHER A
REDIRECTION OF ATTENTION!"
- DR. NEEL HALLIWELL



Daily focus

WEEKEND (2)

- 1. Get ready to get started
- 2. Get started to get on with it
- 3. Get started to get on with it
- 4. Get started to get on with it
- 5. Get started to get on with it
- 6. Get started to get on with it
- 7. Get started to get on with it
- 8. Get started to get on with it
- 9. Get started to get on with it
- 10. Get started to get on with it



ADHD SELF-CARE

prioritize your life

ADHD SELF-CARE

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DATE

DAY OF THE WEEK

WEEK + YEAR

Productivity	20
Distraction	20
Focus	20
Total days	

ADHD TRACKER

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A4, A5 & US

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science
based

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