



Welcome Back Planner.

start any day · skip any day · come back any day

An undated, no-guilt planner for ADHD & busy brains

This planner belongs to _____

The no-guilt rules.

read once, then forget about them

HOW THIS PLANNER WORKS

Nothing here has a date printed on it. A missed day needs a date to exist, so you can't fall behind. Skip a day, skip three weeks — just grab the next page.

Use only the pages you like. This isn't a system you have to follow. It's a buffet. Print 20 of the page that works and 0 of the one that doesn't.

Three things max. The daily page gives you three slots on purpose. If you finish them, that's a great day. Extra stuff goes on the Brain Dump.

Write the smallest first step. "Do taxes" is a cliff. "Open the tax folder" is a step. Every top-3 slot has a line for the first tiny step.

Count what you did, not what you didn't. The Ta-da list is for everything that counts — including "replied to that email" and "ate lunch".

When you come back after a break, start with the **Welcome Back** page. No catch-up. No guilt. Just a fresh start.

WHAT'S INSIDE

- ☐ Welcome Back (restart) page
- ☐ Daily: Today, gently
- ☐ Daily: Bare-minimum day
- ☐ Weekly plan + weekly reset
- ☐ Month & year (fill your own dates)
- ☐ Brain dump + sorter
- ☐ Too big? Break it down
- ☐ Time-blindness tracker
- ☐ Dopamine menu
- ☐ Habit dots (not chains)
- ☐ Mood & energy log
- ☐ Focus sessions + body doubling
- ☐ Projects, waiting-on, someday
- ☐ Admin, bills & appointments
- ☐ Meds, meals & 10-min tidy
- ☐ Launch pad, wins, notes

PRINTING TIPS

Print at 100% / "actual size". Print the daily page double-sided for a week of pages on 4 sheets. Low on ink? Use the **low-ink** edition — same pages, outlines only.

Today, gently.

three things. that's it.

Date (if you want) _____

ENERGY RIGHT NOW



empty



low



okay



good



zoomy

TODAY IS A...



rest day



easy day



normal



big day

TOP 3 (MAX!) *everything else waits*

1

smallest first step: _____

2

smallest first step: _____

3

smallest first step: _____

IF I ONLY DO ONE THING

TA-DA LIST

things I did that count (they all count)



ROUGH TIMELINE *pencil it in*

7

8

9

10

11

12

1

2

3

4

5

6

7

8

9

10

BASICS

☐ water

☐ meds

☐ ate real food

☐ moved my body

☐ fresh air

TOMORROW-ME WILL THANK ME FOR...

empty the tabs in your head

Date (if you want)

EVERYTHING. NO ORDER. NO JUDGMENT.

NOW SORT IT

pick a lane for each thing - then only look at "do"

DO TODAY-ISH

☐

☐

☐

☐

[SCHEDULE](#) [LATER](#)

☐

☐

☐

☐

ASK SOMEONE ELSE

☐	
☐	
☐	
☐	

DROP LET IT GO

☐
☐
☐
☐

Too big? Break it.

every cliff is just stairs

Date (if you want) _____

THE SCARY TASK

Dread level:

☐

meh

☐

ugh

☐

nope

☐

AAAA

TINY STEPS

each one should take under 15 minutes. if not – split it again.

1

_____ ~___ min

2

_____ ~___ min

3

_____ ~___ min

4

_____ ~___ min

5

_____ ~___ min

6

_____ ~___ min

7

_____ ~___ min

8

_____ ~___ min

LAUNCH SENTENCE

"I'm just going to..." (the first 2 minutes)

MAKE IT EASIER

- ☐ body double / call a friend
- ☐ timer for 10 minutes
- ☐ music / podcast on
- ☐ reward lined up

REWARD WHEN DONE

Dopamine menu.

pick from here before the phone picks for you

STARTERS

2-5 min quick hits: stretch, song, cold water...

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MAINS

longer, really refuels me: walk, hobby, friend...

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SIDES

pairs with boring tasks: podcast, fidget, snack...

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DESSERTS

fun but sneaky: scrolling, games... (timer!)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SPECIALS

occasional treats: concert, day trip, new thing...

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

RULES OF THE HOUSE

Starters before desserts. Set a timer on desserts. When stuck, pick **any** starter — no deciding twice.

Liked these pages?

the full planner has 28 page types

This free sampler has 5 pages. The full **Welcome Back Planner** includes:

- ✓ Welcome Back restart page
- ✓ Bare-minimum day
- ✓ Weekly plan & weekly reset
- ✓ Undated month & year
- ✓ Time-blindness tracker
- ✓ Habit dots (not chains)
- ✓ Mood & energy log
- ✓ Focus & body-doubling log
- ✓ Projects & waiting-on
- ✓ Life admin & bills
- ✓ Meds, meals & 10-min tidy
- ✓ Launch pad, wins & more
- ✓ US Letter + A4 + low-ink editions
- ✓ Hyperlinked iPad version (266 pages)

*use code **FRESHSTART** for 30% off*

welcomebackplanner.pages.dev/#get-it