

2025 PLANNER

thank you

Thank you so much for downloading our **SAMPLE ADHD 2025 Life Planner**.

Inside our **FULL VERSION ADHD DIGITAL PLANNER**, you'll find everything you need to help you stay focused, in control, and on track.

It not only includes several daily, weekly, monthly & yearly templates, but BONUS Health & Fitness, Goals, Wellness, Finance and Organization templates. **CHECK IT OUT HERE...**



Please make use of the links below to help you get started with your new planner:

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MY PLANNER

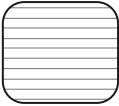
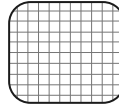
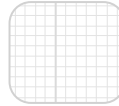
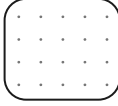
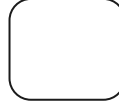
This planner belongs to:

Index

2025
Yearly Planner
At a glance
Important Dates
Year spread (Jan - Jun)
Year spread (Jul - Dec)
Year Reset
Vision Board
My Finances

Monthly Calendar			
Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec
Monthly Reflection			
Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec
Relax			
Bonus Templates			

Custom Sections	
1.	2.
3.	4.
5.	6.
7.	8.
9.	10.

Notes							
							
Lined	Lined w/ Cornell	Wide Ruled	Narrow Lined	Narrow Lined Cornell	Narrow Lined Title	Small Grid	Small Grid Cornell
							
Large Grid	Small Grid Title	Small Dot Grid	Small Dot Cornell	Large Dot Grid	Dot Grid Title	Checklist	Blank

January

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W1	29	30	31	1	2	3	4
W2	5	6	7	8	9	10	11
W3	12	13	14	15	16	17	18
W4	19	20	21	22	23	24	25
W5	26	27	28	29	30	31	

February

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W5						1	
W6	2	3	4	5	6	7	8
W7	9	10	11	12	13	14	15
W8	16	17	18	19	20	21	22
W9	23	24	25	26	27	28	

March

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W9							1
W10	2	3	4	5	6	7	8
W11	9	10	11	12	13	14	15
W12	16	17	18	19	20	21	22
W13	23	24	25	26	27	28	29
W14	30	31					

April

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W14			1	2	3	4	5
W15	6	7	8	9	10	11	12
W16	13	14	15	16	17	18	19
W17	20	21	22	23	24	25	26
W18	27	28	29	30			

May

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W18					1	2	3
W19	4	5	6	7	8	9	10
W20	11	12	13	14	15	16	17
W21	18	19	20	21	22	23	24
W22	25	26	27	28	29	30	31

June

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W23	1	2	3	4	5	6	7
W24	8	9	10	11	12	13	14
W25	15	16	17	18	19	20	21
W26	22	23	24	25	26	27	28
W27	29	30					

July

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W27			1	2	3	4	5
W28	6	7	8	9	10	11	12
W29	13	14	15	16	17	18	19
W30	20	21	22	23	24	25	26
W31	27	28	29	30	31		

August

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W31						1	2
W32	3	4	5	6	7	8	9
W33	10	11	12	13	14	15	16
W34	17	18	19	20	21	22	23
W35	24	25	26	27	28	29	30
W36	31						

September

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W36		1	2	3	4	5	6
W37	7	8	9	10	11	12	13
W38	14	15	16	17	18	19	20
W39	21	22	23	24	25	26	27
W40	28	29	30				

October

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W40				1	2	3	4
W41	5	6	7	8	9	10	11
W42	12	13	14	15	16	17	18
W43	19	20	21	22	23	24	25
W44	26	27	28	29	30	31	

November

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W44						1	
W45	2	3	4	5	6	7	8
W46	9	10	11	12	13	14	15
W47	16	17	18	19	20	21	22
W48	23	24	25	26	27	28	29
W49	30						

December

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W49		1	2	3	4	5	6
W50	7	8	9	10	11	12	13
W51	14	15	16	17	18	19	20
W52	21	22	23	24	25	26	27
W1	28	29	30	31	1	2	3

Vision Board



2025





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January



JAN

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DEC

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1	29	30	31	1	2	3	4
WEEK 2	5	6	7	8	9	10	11
WEEK 3	12	13	14	15	16	17	18
WEEK 4	19	20	21	22	23	24	25
WEEK 5	26	27	28	29	30	31	

This month's focus:

To do:

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

Top Priorities this month:

1. _____
2. _____
3. _____

January

Sun



Mon



Tue



Wed



Thu



Fri



Sat



Weekly schedule

Weekly Review

Focus this week:

Absolutely must do tasks...

1.

2.

3.

To do

☐

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Habit Tracker

	S	M	T	W	T	F	S
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

Dump it out....

January

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W1	29	30	31	1	2	3	4
W2	5	6	7	8	9	10	11
W3	12	13	14	15	16	17	18
W4	19	20	21	22	23	24	25
W5	26	27	28	29	30	31	



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[Back to week](#)

Sat 

5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

January

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>W1</i>	29	30	31	1	2	3	4
<i>W2</i>	5	6	7	8	9	10	11
<i>W3</i>	12	13	14	15	16	17	18
<i>W4</i>	19	20	21	22	23	24	25
<i>W5</i>	26	27	28	29	30	31	

Weekly Review

< Back to week

Focus this week:

Accomplished? ☐

This week's rating:



How was my week?

Productivity level this week



My biggest **accomplishments** this week

My biggest **challenges** this week

Things I've **learnt** this week...

Things **to improve** on next week...

Main Priorities next week

- _____
- _____
- _____

Next week's action plan:

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

Notes



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Date: _____

 Week: _____

Mood Today



Today's focus

Non-negotiable tasks

- ① _____
- ② _____
- ③ _____

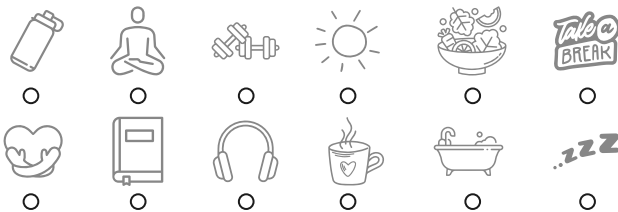
Absolutely cannot forget!

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

Leave it for later...

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

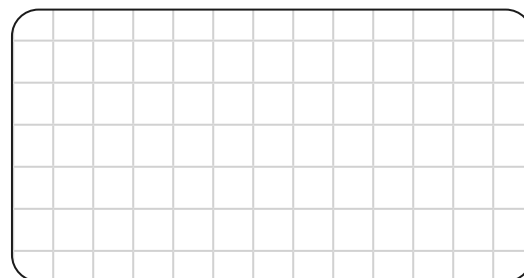
How did I look after myself today?



Today's wins...



Dump it out...



Today's schedule

5 am	
6 am	
7 am	
8 am	
9 am	
10 am	
11 am	
12 pm	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	
8 pm	
9 pm	
10 pm	

January

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W1	29	30	31	1	2	3	4
W2	5	6	7	8	9	10	11
W3	12	13	14	15	16	17	18
W4	19	20	21	22	23	24	25
W5	26	27	28	29	30	31	

finances

Savings Tracker	Savings Log	52 Week Challenge	Paycheck Budget	Budget Sheet	Daily Spending
Income Tracker	Expense Tracker	Sinking Funds	Debt Tracker	Subscriptions	Donations Tracker
		Bank Info	Credit Card Info		

lifestyle

Routines	Desk Organizer	Meeting Notes	Project Planner	Event Planner	Travel Planner
Chore Planner	Cleaning Schedule	Zone Cleaning	Declutter Checklist	Packing Checklist	Priority Matrix
To Do Lists	Master Task List	Brain Dump	Wishlist	Reading Journal	Movie / TV Shows
	Emergency Checklist	Passwords	Contacts		

wellness

Mood Tracker	Habit Tracker	Wellness Tracker	Water Tracker	Sleep Tracker	Level 10 Life Wheel
Self-Care Checklist	Self-Care Journal	Daily Self Love	Life Goals	Memories	Goal Setting
Daily Goals	Weekly Goals	Year Goal Overview	Morning Focus / Evening Reflection	Gratitude Journal	Manifestation Journal

health & fitness

Fitness Goals	Body Check In	Daily Food Journal	Weekly Nutrition Log	Weekly Meal Planner	Monthly Meal Planner
Daily Fitness	Workout Log	Yearly Fitness Goals	Weight Loss Tracker	Weight Loss Log	30 Day Challenge
Fitness Bingo	Period Tracker	Medication Log	Vitamins/Supplements	Grocery Lists	Recipes

Paycheck Budget

Paycheck date:

Paycheck amount:

Period:

Income	Budget	Actual
Totals:		

Bills	Budget	Actual
Totals:		

Expenses	Budget	Actual
Totals:		

Sinking Funds	Budget	Actual
Totals:		

Savings / Investments	Budget	Actual
Totals:		

Debt Payments	Budget	Actual
Totals:		

	Budget	Actual	+ / -
Income			
Bills			
Expenses			
Sinking Funds			
Savings			
Debt Payments			

Next Pay Date:

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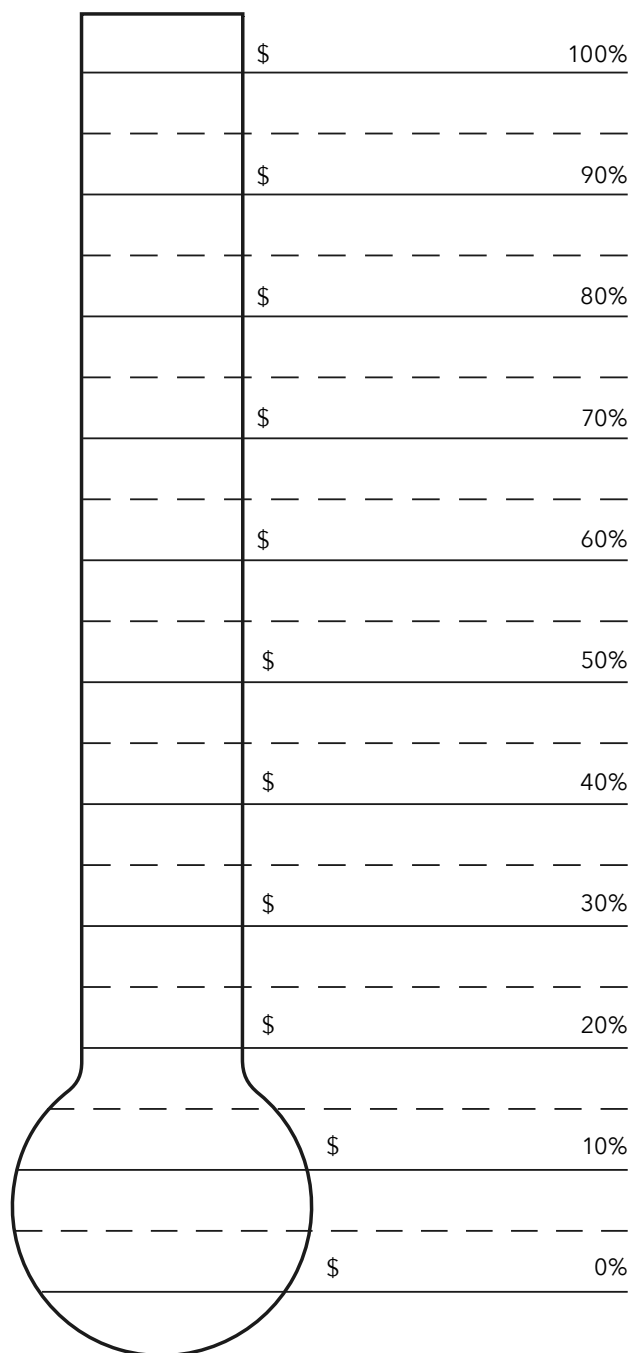
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[illegible]

Cleaning Schedule

Week of:

Every Day

Task	S	M	T	W	T	F	S

Sunday	✓

Monday	✓

Tuesday	✓

Wednesday	✓

Thursday	✓

Friday	✓

Saturday	✓

Things you can clean in under 10 minutes

- Load / Unload the dishwasher
- Disinfect handles / knobs
- Organize fridge
- Clean kettle / coffee maker
- Fold & Put away laundry
- Sort and file papers on desk
- Change bed sheets
- Quick dust

To do lists

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Brain Dump

Date:



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get it
all out

JAN

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Key

☐ Joyful☐ Cheerful

☐ Calm

☐ Happy☐ Angry

☐ Grumpy

☐ Silly

☐ Neutral

☐ Tired

☐ Optimistic

☐ _____

☐ _____

☐ _____

☐ _____

Notes

[illegible]

My daily affirmation:



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[illegible]

--

A decorative horizontal line of seven hearts. It consists of four large hearts and three small hearts interspersed between them.

--

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 JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

[illegible]

Grocery Lists

Date:

Budget

Actual spend

Meat & Poultry	Cost	✓
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

Fish	Cost	✓
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

Canned Goods	Cost	✓
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

Fruits	Cost	✓
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

Cupboard	Cost	✓
		☐
		☐
		☐
		☐
		☐
		☐
		☐
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		☐

Bakery	Cost	✓
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

Vegetables	Cost	✓
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

Frozen Foods	Cost	✓
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

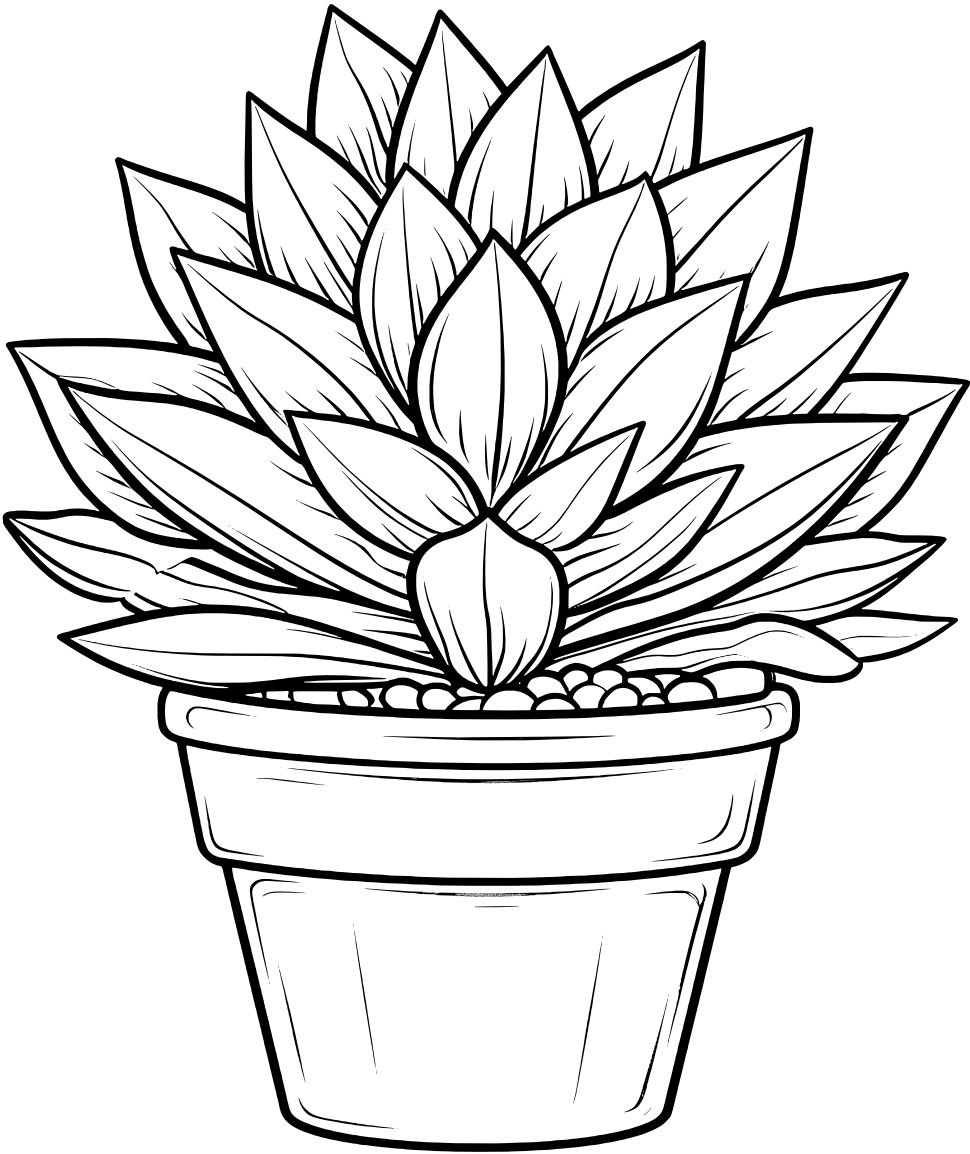
Other	Cost	✓
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

Time to Relax

Colouring is not only fun, but allows you to focus your attention on creating instead of your anxious thoughts. Use this colouring pages as stress relievers and ways to explore your creativity

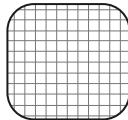
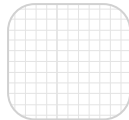
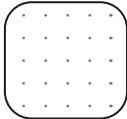
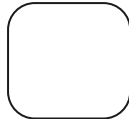
Click on the images below to go to each colouring page...





Custom Sections

1	
2	
3	
4	
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10	

							
Lined	Lined w/ Cornell	Wide Ruled	Narrow Lined	Narrow Lined Cornell	Narrow Lined Title	Small Grid	Small Grid Cornell
							
Large Grid	Small Grid Title	Small Dot Grid	Small Dot Cornell	Large Dot Grid	Dot Grid Title	Checklist	Blank

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