ADHD Daily Reset

Top-3 only · energy · dopamine pick · time anchors · one win

Top-3 Only

- [ ] _____
- [ ] _____
- [ ] _____

Energy 1–5

1 2 3 4 5

circle one

Dopamine Pick

_____

one tiny spark before the next thing

Time Anchors

morning _____ midday _____

afternoon _____ evening _____

Mini Brain-Dump

One Win

_____

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