



Scatterb rain's

30-DAY

PLANNER

YOUR GUIDE & PLANNER TO HELP YOU
START DESIGNING YOUR LIFE THE ADHD
WAY

SCATTERBRAIN'S 30-DAY PLANNER



Hello Lovely! 

I'm so excited that you're ready to plan life your own way!

We have all tried to live the neurotypical way and failed. Now it is time to live life YOUR way.

Be prepared for a rollercoaster ride!



SCATTERBRAIN'S 30-DAY PLANNER WAS
DESIGNED TO HELP YOU START THE PROCESS

This Planner is all about...

- 1.** Finding your individual character strengths two different ways
- 2.** Making a plan for how you will use them to design your life
- 3.** Commit to doing one step at the time
- 4.** Have fun in the process

Now, buckle your seat as here we go!

Anita Hemperius xx





Penguins not being able to fly is only sad because we see them as birds.
If you think of their wings as flippers and call them fish it is a miracle they can walk on land.



Life

DOESN'T HAVE TO BE

LIVED

THE

NEUROTYPICAL WAY



..... Step One

.....
MY STRENGTHS
.....

In order to design the best life for yourself, you have to figure out what you love and what your strengths are.

Instead of focusing on the things you cannot do, focus on what you love doing.

When you get laser-focused on doing what you love, amazing things start to happen.



Do the characterstrength questionnaire on <https://www.viacharacter.org> and look at the top five strengths. Which three feel really right? Those are your character strengths.

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“Do not judge me by my success, judge me by how many times I fell down and got back up again.”

NELSON MANDELA

..... Step One

MY STRENGTHS -2

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Now think about different jobs you have had, about your hobbies, your interests, housework, etc.

Below, in the top left quadrant, write down all the things you do that you love doing and that give you energy. These are your natural strengths.

Top right, write down all the things you find easy to do but that take energy. These are your learned strengths.

Bottom left, write down the things that you find difficult but am willing to work on. These are the areas to strengthen.

Top right, write down all the things that are simply impossible. These are the task that you should always hand over to someone else. They take too much energy.



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WHAT STRUCK YOU ABOUT YOUR STRENGTHS?

The main things that struck me are:



How did that make you feel?



TAKE A FEW MOMENTS TO REALLY
CELEBRATE YOUR STRENGTHS

.....

I'd gone through life believing in the strengths and competence of others; never in my own. Now, dazzled, I discovered that my capacities were real. It was like finding a fortune in the lining of an old coat.

JOAN MILLS



IF YOU FAIL TO
CELEBRATE YOUR

SUCCE SSES,

YOU WILL ONLY EVER REMEMBER
YOUR

failures



SO CELEBRATE!!!!

.....

Step Two

STEPS TO TAKE

Now that you know what your strengths are, how are you going to use that knowledge to design your new life?

The first step is to consciously use your strengths and celebrate them. Write down your strengths and ideas how to use them.



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|-------------|------------|
| HOW TO USE: | ① STRENGTH |
| HOW TO USE: | ① STRENGTH |
| HOW TO USE: | ① STRENGTH |
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| HOW TO USE: | ① STRENGTH |



And now go and celebrate!



Who could help you to celebrate using your strengths? For example, if one of your strengths is art, who could join you for an art making evening?

THESE PEOPLE CAN HELP ME:

CONTACT DETAILS:

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What do you feel you could do every day in order to make progress?

I COULD...



AND I'M GOING TO ENJOY DOING THAT!



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Do not go where the
path may lead, go
instead where there is no
path and leave a trail.

Ralph Waldo Emerson



What is important for you

THAT NEEDS TO BE IN YOUR LIFE?

.....

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If something feels like this -
confining, depriving, or
restrictive - it will NOT work
for someone with ADHD

THE
 **GOAL**

MUST BE

Freedom to live

LIFE THE WAY THAT MAKES YOU

happy

.....

THE TROUBLE WITH GOALS

Many of us find it hard to visualise goals as we have a present time perspective - we live in the present and the future is

this amorphous blob....

(look up <https://www.thetimeparadox.com/zimbardo-time-perspective-inventory/>)

HERE'S WHAT WE CAN DO INSTEAD



1. Close your eyes.
2. Take a few deep breaths and relax.
3. Create a movie in your mind: I want you to imagine that you take one step towards a possible future. Really image that you are there. One small step. Then sense your body. Does that step feel right?



By setting a specific future goal, there is only one possibility for the future.

By focusing only on the next step, you set yourself up for a future full of possibilities.



STICK THE NEXT PAGE ON YOUR WALL,
SOMEWHERE YOU WILL SEE IT EVERY DAY:



BY THE END OF THE MONTH

MY FIRST STEP WILL BE

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STOP TRYING TO FIT IN WHEN YOU
WERE BORN

TO STAND OUT





DO SOMETHING

TODAY

THAT YOUR

FUTURE SELF

WILL

Thank You

FOR

..... *Step Four*

TAKE ACTION

.....

 DO SOMETHING RIGHT NOW THAT
WILL HELP YOU TO GET CLOSER TO
ACHIEVING THAT FIRST STEP 

Try something out. If your plan is to live in a van, hire one for the weekend. If your plan is to change jobs, investigate possible jobs (this is where our tendency to go down rabbit holes can be an advantage - we are good at research).

RIGHT NOW I'M GOING TO:

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What if I

FALL?

Oh, my darling,

BUT WHAT IF

YOU FLY?



ERIN HANSON