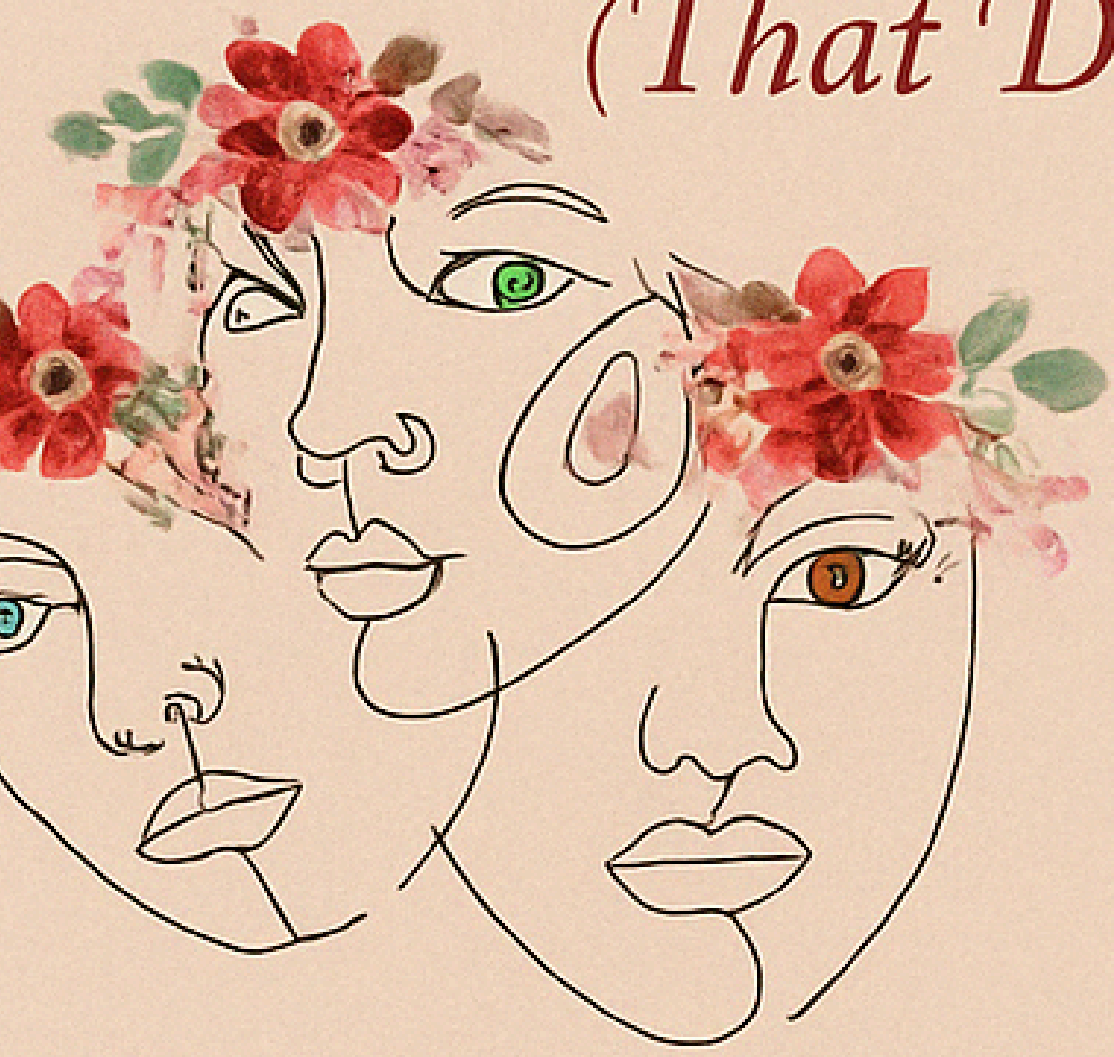
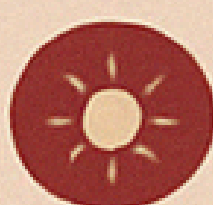


Executive Function Daily Planner

(That Doesn't Gaslight You)




**Morning Check-In**
(Optional)

How's my body feeling?

What emotion(s) are present?

What's one thing 'I want' not just need today?

**Essential Task Buckets**
Grup-taskmindltst)

☐ Walk/move/stretch

☐ Touch texture you like


☐ Switch playlists

☐ Scroll "intentionally for 5-10 mins


☐ Watch a niche YouTube short

☐ Talk to a friend/pet/shack cabinet

☐ Hyperfixation detour (schedule if needed)

**What Might Trip Me Up Today?**

Use this to name your potterns before they derail you.

**Energy Forecast**
(Not a To-Do List)

☐ Survival Mode

☐ Functional-ish

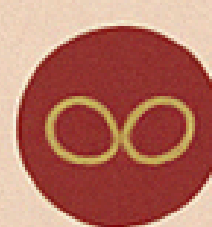
☐ Hyperproductive

☐ Quiet Creative

☐ Socially Available

☐ Feral Mystic

Use this to match your your expectations with your actual nervous system, not the fantasy version.

**Planned Pauses + Margin Time**

Transition time ls sacred. Put it in writing.


AM Transition Buffer:

Midday Reset /Walk/Avoid Melt:

PM Wind-Down Window:

**What Might Support Me**
(Optional)

Include one micro-tool you'll use.

**Hyperfocus Zone** *(Optional)*
(Optional)

Today I want to deep dive into:

Boundaries I'll set (alarms, hydraton, breaks):

“You’re not lazy. Your nervous system is talking. This planner listens.”



Chaotic *Good-Tsm*

DAILY REVIEW

THREE HIGHLIGHTS OF THE DAY

WHAT IS A SMALL JOY YOU FOUND?

WHAT FELT STICKY OR DIFFICULT?

WHAT IS ONE KIND THING YOU DID FOR YOURSELF?

HAS PRACTICING GRATITUDE HELPED TODAY?

YES	MAYBE	NO
-----	-------	----

CHAOTIC *Good-Ism*

DAILY

DAY: _____ MONTH: _____

DAILY SCHEDULE

[illegible]

TOP PRIORITIES

- 1 _____
- 2 _____
- 3 _____

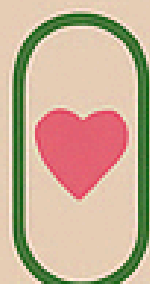
TO DO LIST

[illegible]

NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and is set against a dark background.

**YOU'VE
GOT THIS**



III. AN RUITE DIVA



PLANNER

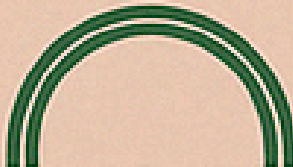
Chaotic *Good-Is*m

WEEKLY

APPOINTMENT BOOK



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
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 am						
6 pm						
9 am						
10 pm						
11 am						
12 pm						
1 pm						
2 pm						



PLANNER