

TOOLS TO PLAN YOUR LIFE WITHOUT STRICT
SCHEDULES OR GUILT

The Flexible ADHD Planner Kit

BY MENDED CHAOS
WWW.MENDEDCHAOSCO.COM





WELCOME

You made it! If you've ever struggled with rigid planners, forgotten habits, or scheduling overwhelm, you're in the right place.

Traditional planning methods often don't work for ADHD and neurodivergent minds, but that doesn't mean you can't build structure in a way that works for you. This planner kit is designed to be flexible, forgiving, and fun, so you can stay organized without the guilt.

Anastasia Hocken

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How to use this planner kit

This isn't just a planner, it's a flexible toolkit designed to support your unique brain. There are no rules here, only suggestions. You can print and reuse the pages you love, skip the ones you don't, and mix things up whenever your brain needs a change. Whether you're a visual thinker, a chaotic brainstormer, or someone who forgets where they put their planner (same), this workbook is here to meet you where you are, not where someone else thinks you should be. Use it to brain dump, plan loosely, track progress over perfection, and most importantly... to feel like you're in control of your own chaos.

Questions?

HELLO@MENDEDCHAOSCO.COM

WWW.MENDEDCHAOSCO.COM

@MENDEDCHAOSCO



CHAPTER ONE

PLANNING TOOLS

Let's start with the essentials. This chapter explores flexible planning tools designed to work with your brain, not against it. Whether you prefer scribbling on paper, dragging digital tasks, or writing on your kitchen whiteboard, there's something here for you. These tools are all about reducing overwhelm, creating visual clarity, and helping you build a system that actually feels doable (and maybe even fun).

Try them all or just one, the magic is in choosing what works for you.



Brain Dump Guide

Sometimes our minds feel like a browser with 34 tabs open and 7 of them are frozen. That's where a brain dump comes in. This tool helps you clear the mental clutter by getting everything out of your head and onto the page.

No rules, no pressure, just release.

1. Set the Scene

- Choose a quiet place and your favorite medium (notebook, whiteboard, app, sticky notes).
- Use a timer (5-10 minutes) to stay focused and avoid overthinking.

2. Let It All Out

- Write down everything on your mind (to-dos, worries, random thoughts, reminders, feelings.)
- Don't filter or organize. Messy is better.

3. Pause and Breathe

- Take a break, then come back with a fresh mindset. This helps you shift from chaos to clarity.

4. Highlight or Sort

- Use colors, symbols, or labels to group ideas:
 - 🟡 Urgent
 - 🟢 Easy Wins
 - 🔵 Future Tasks
 - ❤️ Emotional/Mental Notes

5. Take Action

- Move top priorities to your planner or Kanban board.
- Let go of what's not important right now. You can revisit it later.

Kanban Board Setup

Kanban boards are a neurodivergent-friendly favorite because they make progress visible and interactive. Whether you're managing chores, a creative project, or your weekly goals, a Kanban board lets you move tasks through clear stages, without the pressure of due dates.

Step 1: Pick Your Format

→ Choose digital (like Trello, Notion, or Miro) or physical (whiteboard, sticky notes, or our printable).

Step 2: Create Your Columns

Here's a simple, beginner-friendly layout:

1. To Do – tasks you haven't started yet
2. In Progress – tasks you're working on
3. Done – completed tasks (and yes, you can move sticky notes here for a dopamine boost!)

Optional extras:

🧠 "Brain Dump"

⌚ "Waiting On"

🌱 "Someday"

Step 3: Add Your Tasks

→ Break larger projects into smaller steps.

→ Use sticky notes or color coding to make it visual and exciting.

Step 4: Move Things Around Daily

→ At the start of the day, pull tasks into In Progress.

→ At the end of the day, reflect and move tasks into Done.

→ No pressure to finish everything — just enjoy seeing progress.

My Visual Kanban Board

Brain Dump	To Do	In Progress	Waiting On	Done !!!

Whiteboard Planning

Whiteboards are ADHD gold. They're visual, flexible, and always in sight. Which means they naturally help with forgetfulness, time blindness, and task overload. Instead of needing to flip through a notebook or open an app, your whole brain-dump or to-do list is right there on the wall.



How to use it:

There's no perfect way, the key is visibility. Pick a high-traffic area (kitchen, bedroom, office) and use simple sections to start:

- 🛒 Running list (groceries, errands)
- 📅 Upcoming dates
- ✅ To-dos or goals
- 🧠 Reminders/notes

You can use boxes, color-coded sections, or even just blank space divided by lines. And since it's not permanent, you can change the layout whenever your brain needs something different.

Tips for making it ADHD-friendly:

- Use bright markers to boost visual engagement.
- Keep a cloth or eraser nearby so updates feel easy.
- Let it get messy. It's a brain tool, not wall decor.
- Add stickers, drawings, or emojis to make it yours.



CHAPTER TWO

TRACKING AND ORGANIZING



Let's be honest, keeping things organized when your brain jumps between ten things at once isn't easy. This chapter shares low-pressure, ADHD-friendly ways to track what matters without burning out.

No perfect systems here, just stuff that helps you stay on top of life (most days, anyway).

Habit Tracker



Instead of tracking consecutive days, each time you complete a habit (on any day) you fill in one shape.

Every shape = one point toward your progress. No pressure, no guilt, just wins!

Once you fill all 11 shapes for a habit, you earn the reward you picked. You can set a small reward for each habit, and one big reward for completing all 5 habits.

Progress, not perfection. Let's make this fun.



Flexible Weekly Planner

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

REMINDERS / NOTES / DOODLES



CHAPTER THREE



CONCLUSION

You made it to the end, but this is just the beginning. Building systems that work for your unique brain takes time, patience, and self-compassion. This section is here to remind you that progress doesn't have to be perfect. Keep experimenting, celebrate the small wins, and know you're never alone on this journey. We've included some encouragement and extra resources to keep you going when life gets a little chaotic.



A Little Encouragement (Before you Go)

Hey, I just want to remind you of something important:
You are not behind. You are not broken. You are not failing.
You are a human being with a beautifully different brain, and
you're doing your best.

Planning and staying organized isn't easy for everyone, especially
when the world wasn't built for the way our minds work. But
you're here. You're trying. And that matters more than anything.
You don't have to use every page in this workbook perfectly.

You don't have to stick to a routine every single day. What
matters is that you're showing up, experimenting, and giving
yourself grace as you figure out what works for you.

You are allowed to start small. You are allowed to rest.
And most importantly, you are allowed to try again, as many
times as it takes.

You've got this.
And I'm cheering for you the whole way.

— Anastasia

Additional Resources

Here are some of my favorite tools, apps, and creators to help you keep growing, learning, and thriving, all with your neurodivergent brain in mind

Planning & Productivity Tools

- Notion - Flexible digital workspace for ADHD-friendly planning
- Trello - Great for Kanban-style task tracking
- Google Keep - Simple, visual sticky note style reminders
- Miro or Mural - Whiteboard tools perfect for creative brain dumps
- Forest App - Helps you stay focused by growing virtual trees

Books Worth Exploring

- Atomic Habits by James Clear (habit-building with grace)
- Driven to Distraction by Edward M. Hallowell (ADHD-focused)
- The Mindfulness Prescription for Adult ADHD by Lidia Zylowska

Podcasts for Neurodivergent Brains

- The Neurodivergent Magic Podcast
- The Mindful Kind
- Hacking Your ADHD

Have a tool you love or want to see included here?

Email me anytime at hello@mendedchaosco.com

I'd love to hear from you!