



How to Choose, Build or Design the Perfect Planner for Your Brain

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CONTEXT:

- Most people are overwhelmed by the tasks and things they have to remember.
- Yet, most don't use a notebook or planner to write things down; they keep it in their head.
- They tend to not plan their workday and function in a reactive mode, putting out fires.
- Many people with ADHD do not distinguish between having a 'to-do' list that runs several pages long (which is really a brain dump list) and planning their day (a real to-do list). Understanding that distinction can significantly reduce feelings of overwhelm and anxiety. Using a planner is a tool that can help with this.
- However, many who have attempted to use a planner have often failed. One of the reasons, is they did not choose the right planner for their brain.

SELECTION CRITERIA SUMMARY:

As we discuss the various criteria, we invite you to cross out the ones that don't appeal to you and circle the option that best suits you.

PLANNER							
Style	View	Drivers	Binding	Accessories	Color	Special Pages	Size
Fixed	Daily 1 Page	Appointments	Binder	Pen Holders	None	Lists	6" x 9"
Freeform	Daily 2 Pages	Tasks	Spiral	Closures	Mild	Trackers	9" x 12"
Hybrid	Weekly	Nothing	Binder	Page Markers	Lots	Aids	A5+
	Monthly	Combo	Disc	Pockets		Notes	
				Decorations		Vision	



Many planner websites were used for example purposes.
We have listed them here by the section they were shown in.
This may help you find the right planner for you more quickly.

STYLE:

Fixed: www.sunnysideplanner.com

Freeform: www.bulletjournal.com

Hybrid: www.quovadisCanada.com

VIEW:

Daily on 1 page

Low-key: www.daydesigner.com

Minimalist: www.shop.lavendaire.com

Structured : www.sunnysideplanner.com

Daily on 2 pages

Time based : www.daytimer.com

Priority based: www.pandaplanner.com

Weekly on 2 pages:

Time based: www.quovadisCanada.com

Funnel system: www.plannerpads.com

Undefined: www.bluesky.com



Monthly:

Calendar only: www.ataglance.ca

With to-do list: www.erincondren.com

DRIVERS:

Appointments: www.staples.com

Tasks: www.tfpublishing.com

Nothing: www.bluesky.com

Combo: www.arteza.com/b/journals-and-planners

COLOR USE:

None: www.legendplanner.com

A little: www.erincondren.com

A lot: www.ibloomplanner.com

BINDING:

Book: www.blueline.com

Discs: www.happyplanner.com

Spiral: www.ban.do

Binder: www.plannerpads.com

SIZE:

All: www.passionplanner.com



ACCESSORIES:

Tools:

Pen holders: www.amazon.ca/Self-Adhesive-Elastic-Assorted-Journals-Notebooks/dp/B07JZ48R05

Adhesive pockets: www.amazon.ca/Adhesive-Pockets-Bullet-Journals-pockets/dp/1441328858

Page markers: www.amazon.ca/Chris-Wang-Plastic-Marker-Measuring-Notebook/dp/B01CFGPKXI

Closures: www.chapters.ca

Erasable pens: www.amazon.ca

Decorations:

Tabs & Stickers: www.orderoochaos.com

Washi tape: www.southerncouture.com

Stencils: www.amazon.ca/gp/product/1441328858

Downloadables: www.etsy.com/ca/shop/ScatteredPrintables

Sticker booklets: www.michaels.com

SPECIAL PAGES:

Bullet Journal self-care bundle: www.etsy.com/ca/shop/ScatteredPrintables

Things to ask my doctor: www.OrganizeThriveMonetize.com

Bullet Journal lists & trackers: www.etsy.com/shop/rueprintables

CUSTOM PLANNER SERVICE:

Many options: www.personalplanner.com



DIY PLANNER USING COMPUTER:

All examples: www.OrganizeThriveMonetize.com

Software: Powerpoint, Excel, Publisher, Canva,
Photoshop, Adobe Illustrator

DIY HANDMADE PLANNER:

Use a 180 pages spiral notebook with a nice cover, ideally plastic, that also has a built-in pocket. You will be using 1 page per day. Mark each page with the date and the day of the week. You can put the to-do list at the top and use the bottom for notes. You can also divide your to-do list by category e.g. home, office, personal, etc. Use moveable adhesive tabs to mark the page where each month starts.

SYMBOL KEY:

✓ = Done

↺ = Transferred to a later date

X = Decided not to do task

SHORTHAND FOR ACTIONS:

30M = Free 30 minute consult with prospective client

F/U = Follow-up with...

1/1 = Meeting with business partners

R/X = Recommend...



MOST ADHD FRIENDLY PLANNER:



OTHER TALK ON PLANNERS:

Through ADDA: www.add.org

Webinar on Wednesday, December 2nd @9pm ET

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OFFERS:

- List of Celebrities Thriving with ADHD:
www.OrganizeThriveMonetize.com (Home page pop-up)
- Monthly Habit Tracker:
www.OrganizeThriveMonetize.com/TADD2020 (This is a hidden page).