

Today

· date: _____

MY ONE THING TODAY

If nothing else gets done, this does.

Top 3, max!

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Brain dump

(everything swirling, park it here)

Focus block

☐ 25 min ☐ 50 min

Started ____:____ Ended ____:____

Win of the day (however small)

The next tiny step (must take under 10 minutes)

Like this page? It is one of many in the ADHD Freelancer Focus Kit.

Daily focus, brain-dump to micro-tasks, client overview, get-paid tracker, and a weekly reset.

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A messy finished page beats a perfect blank one.