



The

MONTHLY CAPACITY

Planner

ADHD-Friendly Planning for Real Life

Less overwhelm. More clarity. Better follow through.

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Big Picture Monthly Planning



Before jumping into tasks, take a few minutes to make the month visible. ADHD brains often underestimate upcoming demands until they are right in front of us. The goal isn't to plan perfectly - it's to identify what is coming and reduce surprises.

WHAT ALREADY HAS A PLACE ON MY CALENDAR?

- Appointments and commitments
- Work responsibilities or deadlines
- Family responsibilities
- School events or activities
- Travel or special events
- Bills, paperwork, or administrative tasks

WHAT WILL REQUIRE PREPARATION?

- Events that require planning ahead
- Tasks that need supplies or purchases
- Forms, registrations, or paperwork
- Conversations I need to have
- Projects with multiple steps
- Things I tend to procrastinate

Capacity Check

This month feels:



Light



Manageable



Full



Overwhelm

What might reduce my capacity this month?

What support might I need?

Helpful Reminders

- Check your calendar before committing
- Preparation deserves calendar space
- Capacity changes

Weekly Planning & Preparation



Before the week begins, identify what is coming, what requires preparation, and what matters most.

THIS WEEK'S MAJOR COMMITMENTS

PREPARATION NEEDED

CAPACITY CHECK

Low Medium High

TOP 3 PRIORITIES

1 _____

2 _____

3 _____

What support might help?

MONTHLY REFLECTION

& RESET



Take a few minutes to reflect on what worked, what was difficult, and what you want to carry forward. Small adjustments create meaningful change over time.

WHAT WORKED WELL THIS MONTH?

WHAT CREATED STRESS OR OVERWHELM?

WHAT SUPPORT HELPED?

WHAT DO I WANT TO CARRY INTO NEXT MONTH?

WHAT DO I WANT TO LEAVE BEHIND?

Capacity changes.
Progress counts.
Planning is support, not pressure.