



clear days

CALM TOOLS FOR BUSY BRAINS

FREE PRINTABLE KIT

Fresh Start Kit

four calm pages for starting again

Hi, I'm Tony. I have ADHD, and I know the feeling of coming back to a plan I dropped. These pages are for exactly that moment. No catching up. Just one first step.

Print them, or write on them in GoodNotes or any PDF app. Use them as often as you need.

Fresh start



for every time you come back

Welcome back. There is nothing to catch up on. The empty pages behind you are not debt, they're just pages. You start from today.

1 today is

2 what I'm picking back up (just one thing)

3 what I'm letting go of, for now

4 the first tiny step

5 now pick one page for today

The today page and the low-battery page come right after this one.

what helped me restart before

use this page as often as you need. that's what it's for.

Today



one first step is enough · duplicate this page as often as you like

today is

my battery right now

empty ☐ ☐ ☐ ☐ ☐ full

my one first step

So small it almost feels silly. That's the right size.

if there's room for more

☐
☐
☐

☐
☐
☐

morning

afternoon

evening

can wait

one good moment today

loose blocks, not time slots. the clock is not the boss of this page.

Low-battery day



the minimum is enough today

Some days the battery is nearly empty. On those days this page replaces the plan.
Nothing else is required.

the basics

- ☐ drink some water
- ☐ eat something (anything counts)
- ☐ take what my body needs today
- ☐ fresh air or a window, for one minute
- ☐ rest, without earning it first
- ☐ _____

the one thing that can't wait (if any)

first tiny step:

who or what could help

everything else can wait until

on a low day, getting through counts as doing.

Write it all down



once a week, empty your head. then sort it with color.

- 1 write everything
- 2 color the dot
- 3 move it to a day
- 4 tick it off

☐ _____ ☐	☐ _____ ☐
☐ _____ ☐	☐ _____ ☐
☐ _____ ☐	☐ _____ ☐
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getting it out of your head is already a step.

Want the whole year?



the Clear Days 2027 Planner

If these pages helped, the planner is built the same way: calm, small on purpose, and it never makes you catch up.

inside the planner

- October 2026 to December 2027, so you can start today, not on January 1st
- Only months and weeks are dated. Daily pages are undated, so nothing piles up
- A fresh start page on every tab, for every comeback
- 16 tools for stuck, loud and low days
- Hyperlinked for GoodNotes and other PDF apps, or print it at home

Find it on Etsy: search for **TheClearDaysCo.**

sharing this kit

This kit is free. You're welcome to share it with a friend who needs a fresh start. Please don't sell it or post it as your own.

imperfect use is still use.

Tony, Clear Days Co.