

UNDATED • ENERGY-FIRST • GUILT-FREE

The OddlyWired Planner

The most-used pages from the full OddlyWired Planner —
undated, energy-first, and guilt-free. Try them; keep what works.

Built for AuDHD brains

Undated — skip days freely

Plan to your energy, not the clock

Printed in a high-legibility typeface

Most planners assume every day starts with the same amount of focus, energy, and follow-through. For a lot of autistic and ADHD people, that assumption is exactly why planners end up abandoned by February — the planner keeps asking for a version of you that only shows up sometimes.

This one works differently, in three ways:

1. It's undated. Nothing expires. Skip a day, a week, or a month, and the planner is exactly as useful when you come back. There are no empty dated pages waiting to make you feel bad. Print only the pages you'll use, as many times as you like.

2. Energy comes before tasks. Every daily page starts by asking what kind of day this is — before it asks what you'll do. A plan that fits your actual capacity is one you can finish. A plan built for an imaginary good day is one you can only fail.

3. Blank spaces are information, not failure. Trackers here have no streaks to break. A gap in a tracker just tells you something about that week. That's data, and data is useful.

How to start: don't read everything. Pick one daily page, try it tomorrow, and add other pages only when you feel the need for them. Using one page per day is a complete and correct use of this planner. Pages marked **Example** are filled in to show one way a page can look in real use — they're for reading, not printing (unless you want to).

This is the free starter kit — the most-used pages from the full planner, including two filled-in examples so you can see how a page looks in real use. If they work for you, the complete system (50+ pages across five sections) is available at oddywired.com.

A note on the typeface: these pages are set in Atkinson Hyperlegible, a typeface designed by the Braille Institute to maximize character recognition and reading ease.

EXAMPLE — one way this page can look, filled in. Yours will look different, and messier is correct.

DATE-ISH

Tues (the 14th?)

BATTERY CHECK FIRST — shade it honestly

SO TODAY IS A...

Full-steam day

Steady day

Low day → grab the low-battery page

NON-NEGOTIABLES — max 3, sized to the battery above

- ☒ call pharmacy about the refill
- ☐ 30 min on slide deck (NOT all of it)
- ☐ bins out before 6

IF THERE'S FUEL LEFT — bonus, not backlog

- ☒ reply to Sam
- ☒ water the plants
- ☐ book dentist → parking lot
- ☐
- ☐

HARDEST THING'S FIRST 2-MINUTE STEP

just OPEN the slides file and re-read the outline. that's it.

TIME ANCHORS — fixed points only; the rest flexes

WHEN	WHAT	BUFFER?
10:00	team check-in call	yes ✓
3:30	pharmacy (shuts at 5!)	yes
6ish	bins out	—

PARKING LOT — interrupting thoughts land here, not in your plans

- why do we even HAVE a fax number
- idea: colour-code the freezer
- google the car noise
- book dentist (it can wait)
- text back the group chat
-
-
-

TA-DA — what actually happened, listed with pride

- made the call on the FIRST try ★
- drank actual water, twice
- fixed the printer (again)
- did not doomscroll at lunch
- slides: 4 done!!
-
-

60-SECOND CLOSE

Sensory load today: low / medium / loud

One line for tomorrow-me:

slides are open — just hit present

DATE-ISH

BATTERY CHECK FIRST — shade it honestly

SO TODAY IS A...

Full-steam day

Steady day

Low day → grab the low-battery page

NON-NEGOTIABLES — max 3, sized to the battery above

IF THERE'S FUEL LEFT — bonus, not backlog

HARDEST THING'S FIRST 2-MINUTE STEP

TIME ANCHORS — fixed points only; the rest flexes

WHEN	WHAT	BUFFER?

PARKING LOT — interrupting thoughts land here, not in your plans

TA-DA — what actually happened, listed with pride

60-SECOND CLOSE

Sensory load today: low / medium / loud

One line for tomorrow-me:

Today the tank is low. That's a state, not a verdict — this page is the whole plan, and it is enough.

THREE THINGS THAT COUNT TODAY

☐ Water — some, at some point

☐ Food — anything counts, assembly counts, delivery counts

☐ Meds / the one health thing, if you have one

ONE SMALL EXTRA — ONLY IF IT'S TRULY THERE — and skipping it is also correct

☐

COMFORT MENU — from your recovery menu, or improvise

☐

☐

☐

ANYTHING THAT MUST BE MOVED OR CANCELLED? — one text: 'can we move this?' Most things move.

OPEN SPACE — anything can land here, or nothing. Both fine.

Reminder from past-you: low days are when the body repays debts. Resting today is what makes the next full-steam day possible. You've come back every time so far.

This week-ish

WEEKLY • PLAN

THE WEEK'S ONE THING — if only one thing happens, make it this

THE DAYS — write day names in; start the week whenever. Forecast: how much will that day already cost (appointments, people, noise)?

DAY

FORECAST
H/M/L

ANCHORS — 1 TO 3 MAX

**WILDCARD / IF ENERGY
ALLOWS**

LEFTOVERS WELCOME — last week's unfinished, no interest charged

LOOKING FORWARD TO

Brain dump

Everything currently circling in your head goes here — tasks, worries, ideas, the thing you keep almost forgetting. Messy, unsorted, incomplete sentences welcome. Nothing on this page is a commitment.

Then stop. Dumping is the whole job of this page. Sorting is a different job, for a different moment (the next page, whenever you're ready).

EXAMPLE — one way this page can look, filled in. Note the steps are physical actions, not projects — and they don't all happen on the same day. Yours will look different, and messier is correct.

THE TASK

sort out the passport renewal (been on lists for 3 months)

WHAT DOES 'DONE' ACTUALLY LOOK LIKE? — done, not perfect

envelope POSTED. not 'photos where I look nice' — posted.

STEPS — out of order is fine; you can renumber later

- 1. find the old passport (last seen: the drawer of doom)*
- 2. photos at the pharmacy booth — Weds, I'm there anyway*
- 3. dig out the paper form OR print the PDF at the library*
- 4. fill in form — with tea + podcast, pages 1–2 only*
- 5. fill in the rest (different day is allowed)*
- 6. figure out payment — google it, 5 min max*
- 7. envelope + address it, put it BY THE DOOR*
- 8. post office run — chain with Friday errands*

FIRST PHYSICAL ACTION · 2 minutes or less

open the document · put the thing by the door · find the phone number

old passport goes ON MY KEYBOARD

→ impossible to ignore tomorrow

PAIR IT WITH

- ☐ Music / podcast / show I've seen
- ☒ Body double (person, call, or video) → *Riv, video call, Weds*
- ☐ Timer race — beat the clock
- ☒ Snack or drink stationed nearby

For the task you keep bouncing off. Break it down until the first step is a physical action so small it's almost silly — that's the size that starts.

THE TASK

WHAT DOES 'DONE' ACTUALLY LOOK LIKE? — done, not perfect

STEPS — out of order is fine; you can renumber later

1.

2.

3.

4.

5.

6.

7.

8.

FIRST PHYSICAL ACTION · 2 minutes or less

open the document · put the thing by the door · find the phone number

PAIR IT WITH

- ☐ Music / podcast / show I've seen
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Recovery menu

When you're depleted, deciding how to recover is itself too expensive. Build the menu now; mid-overwhelm you just pick a line. Post it somewhere visible.

QUICK • 5 min or less

water · step outside · pressure/weight ·
one song · dark room

MEDIUM · ~30 min

shower · walk · comfort episode · snack
+ silence · stim freely

DEEP · half a day+

full interest dive · nature · cancel the
optional thing · true day off

EARLY WARNING SIGNS I'M RUNNING OUT

Rule of thumb: when you spot a warning sign, order from the Quick column immediately — small and early beats big and late.

The lowest-demand tracker possible: a dot means it happened at least once that day. No times, no amounts, no streaks. When executive function is spent on surviving, the basics are the whole to-do list — and that's a valid week.

NEED	D1	D2	D3	D4	D5	D6	D7
Ate actual food							
Drank water							
Meds / supplements							
Moved my body a bit							
Went outside (even a doorway)							
Teeth, at least once							
Slept-ish (whatever that means now)							

MAKE THE CHEAPEST VERSION EASY — stage it once, benefit all week

- ☐ Water bottle lives where I sit
- ☐ Meds live next to an existing habit
- ☐ Snacks that require zero prep are in stock
- ☐ 'Going outside' can mean standing in the doorway

A sparse week here isn't a character flaw — it's a signal the demand needs to drop further. What's the half-size version of the emptiest row?

Want the full system?

STARTER KIT

This starter kit is a sample of **The OddlyWired Planner** — the full version is a 50+ page system organized into five sections:

1 • KNOW YOUR ENERGY

Drains & chargers · personal energy price list · pattern log · the full recovery menu system

2 • GETTING STARTED

Four-bucket priority filter · getting-unstuck menu (12 strategies) · waiting-mode day page · transition planner

3 • GETTING IT DONE

Project pages with visible progress tracks · open-loops closer · ta-da list · "good enough" worksheet · gentle tracker

4 • ROUTINES & RESETS

Routine cards (morning, wind-down, blank) · habit anchors · weekly reset · appointment-day expedition planner

5 • DAILY & WEEKLY

Hyperfocus day log · weekly plan & gentle review · undated month · later list · interests page · works-for-me log

EVERY PAGE IS...

Undated · ink-friendly · US Letter + A4 · set in Atkinson Hyperlegible · guilt-free by design — with filled-in example pages showing real use

Find it at oddlywired.com/planner — and while you're there, the free AuDHD self-assessment (no email required, answers never leave your browser) can tell you which sections will earn their ink fastest for you.

This starter kit is free to use and print for personal use, forever. Please share oddlywired.com with friends rather than the file itself. Not a medical or diagnostic tool.