

**How to save a day
you already wasted**

How to save a day you already wasted

(if you have ADHD)

emotion	want	need	what to do

emotion	want	need	what to do
guilty			

emotion	want	need	what to do
guilty	declare the day officially dead		

emotion	want	need	what to do
guilty	declare the day officially dead	one tiny win	

emotion	want	need	what to do
guilty	declare the day officially dead	one tiny win	do the easiest useful thing you can see. throw away 5 things. send 1 reply.

emotion	want	need	what to do

emotion	want	need	what to do
behind			

emotion	want	need	what to do
behind	make a 47-step comeback plan		

emotion	want	need	what to do
behind	make a 47-step comeback plan	one clear priority	

emotion	want	need	what to do
behind	make a 47-step comeback plan	one clear priority	write down the 1 thing that would make today count

emotion	want	need	what to do

emotion	want	need	what to do
tired			

emotion	want	need	what to do
tired	wait for tomorrow me to save everything		

emotion	want	need	what to do
tired	wait for tomorrow me to save everything	a physical reset	

emotion	want	need	what to do
tired	wait for tomorrow me to save everything	a physical reset	stand up. drink water. work in a different spot.

**How to finish after
the dopamine leaves**

How to finish after the dopamine leaves

(if you have ADHD)

emotion	want	need	what to do

emotion	want	need	what to do
bored			

emotion	want	need	what to do
bored	add 3 new features		

emotion	want	need	what to do
bored	add 3 new features	a clear finish line	

emotion	want	need	what to do
bored	add 3 new features	a clear finish line	write one sentence that says what “done” means

emotion	want	need	what to do

emotion	want	need	what to do
unsure			

emotion	want	need	what to do
unsure	rebuild the whole thing from scratch		

emotion	want	need	what to do
unsure	rebuild the whole thing from scratch	an ugly final version	

emotion	want	need	what to do
unsure	rebuild the whole thing from scratch	an ugly final version	export the rough version before you improve it

emotion	want	need	what to do

emotion	want	need	what to do
tempted			

emotion	want	need	what to do
tempted	start a shinier project		

emotion	want	need	what to do
tempted	start a shinier project	outside pressure	

emotion	want	need	what to do
tempted	start a shinier project	outside pressure	send your unfinished work to one person today

**How to come back
after disappearing**

How to come back after disappearing

(if you have ADHD)

emotion	want	need	what to do

emotion	want	need	what to do
guilty			

emotion	want	need	what to do
guilty	buy a new planner and become a new person		

emotion	want	need	what to do
guilty	buy a new planner and become a new person	a shame-free return	

emotion	want	need	what to do
guilty	buy a new planner and become a new person	a shame-free return	reopen the old plan and find the next step

emotion	want	need	what to do

emotion	want	need	what to do
embarrassed			

emotion	want	need	what to do
embarrassed	wait until everyone forgets		

emotion	want	need	what to do
embarrassed	wait until everyone forgets	one honest message	

emotion	want	need	what to do
embarrassed	wait until everyone forgets	one honest message	send “I disappeared. I’m back.”

emotion	want	need	what to do

emotion	want	need	what to do
behind			

emotion	want	need	what to do
behind	restart from day one		

emotion	want	need	what to do
behind	restart from day one	proof you can return	

emotion	want	need	what to do
behind	restart from day one	proof you can return	finish one piece of the old goal today

**How to leave the
house
on time**

How to leave the house on time

(if you have ADHD)

emotion	want	need	what to do

emotion	want	need	what to do
rushed			

emotion	want	need	what to do
rushed	do one quick chore with my shoes on		

emotion	want	need	what to do
rushed	do one quick chore with my shoes on	exit mode	

emotion	want	need	what to do
rushed	do one quick chore with my shoes on	exit mode	after your shoes are on do not start anything new

emotion	want	need	what to do

emotion	want	need	what to do
too relaxed			

emotion	want	need	what to do
too relaxed	trust the magical last five minutes		

emotion	want	need	what to do
too relaxed	trust the magical last five minutes	an earlier leaving cue	

emotion	want	need	what to do
too relaxed	trust the magical last five minutes	an earlier leaving cue	set an alarm called “shoes on now”

emotion	want	need	what to do

emotion	want	need	what to do
unsure			

emotion	want	need	what to do
unsure	check my bag 17 times		

emotion	want	need	what to do
unsure	check my bag 17 times	one launch spot	

emotion	want	need	what to do
unsure	check my bag 17 times	one launch spot	put keys wallet and headphones in one bowl the night before

**How to work when
no one is watching**

How to work when no one is watching

(if you have ADHD)

emotion	want	need	what to do

emotion	want	need	what to do
unmotivated			

emotion	want	need	what to do
unmotivated	redesign my to-do list instead of doing it		

emotion	want	need	what to do
unmotivated	redesign my to-do list instead of doing it	an outside start	

emotion	want	need	what to do
unmotivated	redesign my to-do list instead of doing it	an outside start	text someone “starting now” and send proof after

emotion	want	need	what to do

emotion	want	need	what to do
lonely			

emotion	want	need	what to do
lonely	wait for panic to become my manager		

emotion	want	need	what to do
lonely	wait for panic to become my manager	a body double	

emotion	want	need	what to do
lonely	wait for panic to become my manager	a body double	work beside someone on video or at a cafe

emotion	want	need	what to do

emotion	want	need	what to do
restless			

emotion	want	need	what to do
restless	take a quick break and respawn tomorrow		

emotion	want	need	what to do
restless	take a quick break and respawn tomorrow	a visible finish line	

emotion	want	need	what to do
restless	take a quick break and respawn tomorrow	a visible finish line	write one task on paper and cross it out before stopping

that's the pack. want someone to actually make you do it?

daily check-ins over iMessage · one goal · 14 days

Text me your goal — free to start

goalswithdaniel.com

no app · no shame · restart smaller when you fall off