DAY 1 · FREE

— 7-DAY PLAN · PDF

The Anti-Tomorrow *today.*

Start the thing you've been putting off for weeks. 5 minutes a day.

lo hago *mañana*

22 PAGES

The Shame Cycle Is Real

You've been here before. Sunday night, new planner, fresh start, real optimism — *this time it's different.* Then Wednesday hits, the planner's buried under the mail, and the shame creeps back: *why can't I just do this like everyone else?*

Here's what no planner told you: **the shame cycle is neurological, not moral.** This isn't laziness. Your brain runs a different operating system — with real, documented differences in how it tracks time, starts tasks, and holds information.

Those planners were built for a brain that feels time as a steady flow and holds a mental checklist while making breakfast. Most ADHD brains don't work that way — and no amount of color-coding changes the neurology.

> **REAL TALK**
> *Every time a neurotypical planner fails you, it's not evidence that you're broken. It's evidence that the tool wasn't built for your brain. This guide was.*

The research is clear: ADHD isn't a motivation problem. It's the missing neurochemical scaffolding that makes starting and stopping feel automatic. Without the same dopamine reward signal, low-stimulation tasks just won't "launch."

CHAPTER TWO

2

Your 5-Minute Morning Ritual

The only morning routine your brain will actually do.

The 3-Step Ritual

Three steps. Five minutes total. Do them in order, every single day, before you open your phone. That's the whole system.

1 Anchor — 90 seconds

Open your planner. Write today's date. Write your ONE task — your MIT. This anchors your brain to what matters today before anything else can compete for your attention.

2 Scan — 90 seconds

Check for timed commitments today. Any meeting, call, pickup, appointment? Set named alarms now: "LEAVE FOR DENTIST 1:45." Not just a time — a name. Your brain needs the prompt.

3 Win Stack — 90 seconds

Write one thing you're proud of from yesterday. One sentence — it can be tiny. Strategic dopamine: you're giving your brain evidence it can succeed today too.

> **THE MOST IMPORTANT RULE**
>
> *Do this BEFORE you open your phone, email, or social media. Once you open those, external demands hijack your activation and the ritual stops happening. Protect your first five minutes of bandwidth.*

Make It Stick

Habit Stacking

Attach the ritual to something you already do on autopilot — coffee brewing, sitting at your desk, brushing teeth. **New habits borrow activation from existing ones.** Let an old habit pull the new one along.

The best anchor is coffee brewing: 3–4 minutes of idle time you're currently spending on your phone. Swap the phone for your planner. Identical activation cost, completely different outcome.

Streak math

5 days in a row = the habit is forming. 10 days = it's yours. Track it on your Apply It page — your brain needs to see the chain it doesn't want to break.

> **COMMON OBJECTION**
> *"I don't have 5 minutes." You spend more than 5 minutes scrolling before you're fully awake — the time is there, it's just going somewhere else.*

APPLY IT · CHAPTER TWO

Build Your Morning Ritual

Design it once here, then run it every morning. Keep it tiny enough that bad days can't break it.

1. What existing habit will you stack the ritual onto?

Coffee brewing, sitting at your desk, brushing teeth…

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2. Tomorrow's MIT — your one most important task:

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3. One win from today, however small:

7-Day Streak — color in a box each morning you run the ritual:

1	2	3	4	5	6	7

LO HAGO MAÑANA

That was Day 1. Six to go.

The full plan has the other 6 shifts: shrinking tasks into brain bites, the evening debrief, the Sunday reset, the momentum blueprint and the emergency kit for stuck days. 22 pages, PDF, instant.

Get it for $9.99 →

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