



DEMO
First chapter only

The “No-Guilt” ADHD Focus Planner

A Brain-Friendly System for Getting Things Done Without Burning Out

The “No-Guilt” ADHD Focus Planner

© 2026 Pragma Vision LLC. All rights reserved.

Trademark Notice

Google, Google Pay, Google Cloud, and Android are trademarks of Google LLC. Stripe is a trademark of Stripe, Inc. Cloudflare and Cloudflare Workers are trademarks of Cloudflare, Inc. Supabase is a trademark of Supabase, Inc. OpenAI and ChatGPT are trademarks of OpenAI, Inc. Claude is a trademark of Anthropic, PBC. W3C is a trademark of the World Wide Web Consortium. Visa is a trademark of Visa International Service Association. OWASP is a trademark of the OWASP Foundation. Midjourney is a trademark of Midjourney, Inc. Canva is a trademark of Canva Pty Ltd. Etsy is a trademark of Etsy, Inc. Amazon is a trademark of Amazon.com, Inc. All other trademarks are the property of their respective owners.

No Affiliation

This book is an independent publication. It is not authorized, sponsored, or endorsed by any of the companies or organizations whose products or services are mentioned herein.

No Professional Advice

The information in this book is provided for educational purposes only. It does not constitute legal, financial, investment, tax, or other professional advice. Readers should consult qualified professionals for guidance specific to their situation.

Code Examples

Code examples in this book are provided for illustration only. They may not be suitable for production use without additional validation, error handling, and security review.

Published by Pragma Vision LLC

First edition, 2026.

Contents

1	Your Brain Isn't Broken	5
1.1	The Truth About ADHD and Productivity	6
1.2	What Makes ADHD Brains Different	6
1.3	The "No-Guilt" Philosophy	7
1.4	How This Planner Works	8
2	The Big Three System	10
2.1	Why Three, Not Ten	11
2.2	How to Choose Your Big Three	11
2.3	The Big Three Template	12
2.4	What If I Only Complete One?	13
2.5	The "Already Did" Trick	13
3	The Brain Dump Method	15
3.1	Why Your Head Is Full	16
3.2	The Two-Step Process	16
3.2.1	Step 1: Dump (5-10 minutes)	16
3.2.2	Step 2: Sort (5 minutes)	17
3.3	When to Brain Dump	17
3.4	The Brain Dump Template	18
4	The Dopamine Menu	20
4.1	Why Rewards Matter More for ADHD	21
4.2	Building Your Menu	21
4.2.1	Appetizers (2-10 minutes)	21

4.2.2	Main Courses (15–45 minutes)	22
4.2.3	Desserts (1–3 hours)	23
4.3	The Dopamine Menu Template	24
4.4	How to Use the Menu Strategically	25
5	Time Blocking for Chaotic Brains	26
5.1	Why Traditional Time Blocking Fails	27
5.2	The Three Block Types	27
5.3	Energy Matching	27
5.4	The 2-Minute Rule	28
5.5	The Flexible Day Template	29
5.6	When the Plan Falls Apart	29
6	The “No-Guilt” Recovery Protocol	31
6.1	Recovery Is Part of the System	32
6.2	The Three Recovery Levels	32
6.2.1	Level 1: The Rough Day	32
6.2.2	Level 2: The Lost Week	33
6.2.3	Level 3: The Burnout Period	34
6.3	The Recovery Checklist	34
6.4	Body Doubling: The Secret Weapon	35
6.5	The Compassion Rule	36
	What’s Next	37
	About the Publisher	39

1

Your Brain Isn't Broken

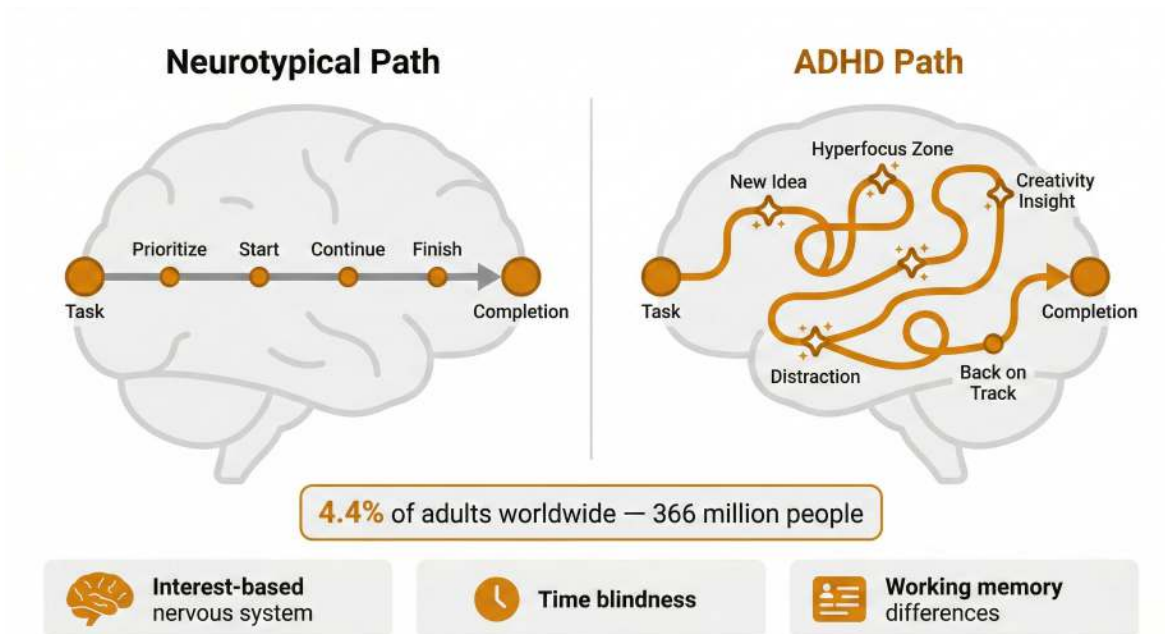


Figure 1. A neurotypical task path runs straight from prioritize to finish while the ADHD path detours through new ideas, a hyperfocus zone, distraction, and back on track before reaching the same completion, a pattern shared by 4.4% of adults—366 million people

1.1 The Truth About ADHD and Productivity

You have probably read a dozen productivity books. You have tried the Pomodoro Technique, bullet journaling, time blocking, Getting Things Done, and every app that promised to finally fix your focus. Some of them worked for three days. Maybe a week. Then the system fell apart, and you were left with the familiar feeling: something is wrong with me.

Nothing is wrong with you. Your brain is wired differently, and every productivity system you tried was designed for a differently wired brain. This planner is not that. This planner was built for the way your brain actually works—not the way productivity gurus wish it worked.

4.4%

of adults worldwide have ADHD¹—over 366 million people navigating systems not built for them

1.2 What Makes ADHD Brains Different

ADHD is not a deficit of attention. It is a difference in attention regulation. Your brain does not have less attention—it has inconsistent access to attention. Some days you can hyperfocus for eight hours straight. Other days you cannot start a task you genuinely want to do. This inconsistency is the core challenge, and it is neurological, not moral.

Three key differences matter for planning:

¹World Health Organization; see also Song et al., "Global Prevalence of ADHD," *Journal of Global Health*, 2021.

1. **Interest-based nervous system:** Neurotypical brains prioritize tasks by importance and deadlines. ADHD brains prioritize by interest, novelty, challenge, and urgency. A task that is important but boring will lose to a task that is trivial but interesting—every single time, and willpower cannot reliably override this.
2. **Time blindness:** The ADHD brain experiences time differently. Future deadlines feel abstract and distant until they become immediate emergencies. “Due Friday” and “due in six months” generate the same emotional response until Thursday night.
3. **Working memory limitations:** ADHD affects the brain’s ability to hold information in active memory. This is why you walk into a room and forget why, lose track of conversations mid-sentence, and need to write everything down or it ceases to exist.

Key Insight

Traditional productivity systems fail for ADHD because they assume consistent motivation, accurate time perception, and reliable working memory. ADHD brains have inconsistent motivation, distorted time perception, and limited working memory. A system that works must account for all three differences, not fight against them.

1.3 The “No-Guilt” Philosophy

Guilt is the biggest productivity killer for people with ADHD. Not distraction. Not procrastination. *Guilt*. The shame spiral goes like this: you fail to follow the plan, you feel guilty about failing, the guilt creates anxiety, the anxiety makes focus harder, harder focus leads to more failure, more failure creates more guilt.

This planner breaks the cycle with one rule: **there is no failing**. A day where you complete one task is a successful day. A day where you complete zero tasks but take care of yourself is a successful day. A day where the plan goes completely sideways

and you pivot to something unexpected is a successful day—because you showed up and engaged with the system.

The planner is not a judge. It is a tool. You pick it up when it helps and put it down when it does not. No guilt. No shame. No “getting back on track” language that implies you were off track. You are always on your track.

Pro Tip

If you are reading this book and already feeling skeptical because “every system fails eventually”—good. That skepticism is earned. This planner is designed to fail gracefully. When you stop using it for a week (you will), the re-entry cost is zero. Open to today’s page, pick one task, start. No catching up, no backfilling, no guilt.

1.4 How This Planner Works

The next five chapters each give you one tool:

1. **The Big Three System:** A daily planning method that limits decisions and prevents overwhelm.
2. **The Brain Dump Method:** A way to empty your head so your working memory can function.
3. **The Dopamine Menu:** A personalized reward system that works with your brain’s interest-based motivation.
4. **Time Blocking for Chaotic Brains:** A flexible approach to time management that accounts for time blindness.
5. **The Recovery Protocol:** A guilt-free system for the days when nothing goes according to plan.

You do not need to use all five. Start with one. Add others when and if you want to.

Get the complete book — <https://shop.pragma.vision>

DEMO

This is a free preview of the full edition.

Get the complete book at:

<https://shop.pragma.vision>