



# **ND Weekly Planner (Low-Demand)**

**A flexible, forgiving weekly guide for ADHD / AuDHD minds**

**By Neal Glendenning**

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## **Important note**

This resource is intended to support understanding and good practice in neuro-inclusive workplace design. It provides general guidance and does not constitute legal, medical, or clinical advice. Organisations should apply the principles in line with their own policies, regulatory obligations, and professional judgement.

This planner is not here to control your time.  
It's here to **hold things lightly** so your nervous system doesn't have to.

Use the whole thing, one section, or none of it.  
Skipping is allowed. Changing your mind is allowed.

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## How to use this (optional)

- You don't need to fill this in all at once
- You don't need to use it every week
- You don't need to complete what you write
- This is **orientation**, not obligation

If a section feels irritating or heavy... ignore it.

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## 1. This Week's Overall Shape

*(Big picture, no detail)*

This week feels like (circle or note):

- Full
- Uneven
- Heavy
- Light
- Recovery-leaning
- Unclear

**One word for this week (optional):**

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## 2. Capacity Check (Right Now)

Capacity changes. This is a snapshot... not a promise.

Right now, my capacity is:

- Very low
- Low
- Medium
- Okay

- Variable

Things likely to **drain** me this week:

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Things that usually **restore** me (even a bit):

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### 3. Gentle Anchors (Not a To-Do List)

These are **reference points**, not demands.

Things that would help this week feel steadier:

- Sleep / rest
- Food / hydration
- Movement (any kind)
- Quiet / low input time
- Connection
- Structure
- Flexibility

Anything else to remember:

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### 4. “If Only These Happen, That’s Enough”

Pick 1–3. Or none.

If these happen this week, it counts as okay:

1. 

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2. 

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3. 

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These are **success markers**, not minimums.

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### 5. Soft Planning (Expandable, Not Fixed)

Instead of days, think in **energy windows**.

### **Low-Energy / Bad-Brain Moments**

Things that fit here (optional):

- \_\_\_\_\_
- \_\_\_\_\_

### **Medium-Energy Moments**

Things that *might* fit:

- \_\_\_\_\_
- \_\_\_\_\_

### **High-Energy / Good-Brain Moments**

Only if they happen:

- \_\_\_\_\_
- \_\_\_\_\_

You are allowed to move things **down**, not just up.

## **6. Appointments & Fixed Points**

*(Only what truly can't move)*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Everything else is negotiable.

## **7. Notes for My Future Self**

Things I forget when I'm overwhelmed:

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(e.g. "Rest helps," "Nothing is wrong with me,"  
"This always feels worse than it is.")

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## 8. End-of-Week Gentle Close (Optional)

No review. No judgement.

One thing that helped (even slightly):

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One thing I'm glad I didn't push:

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### Important Reminders (Please Read)

- You are not behind
- You are not lazy
- Capacity  $\neq$  character
- Rest is not a reward
- Plans are allowed to dissolve

This planner works **with** your nervous system...  
not against it.

