Weekly Reset Planner

A gentle weekly check-in for better ADHD sleep habits

Notice what worked. Spot one friction point. Choose one reset for next week.

Use this once a week. Keep it light: you are not grading yourself - you are noticing patterns and making one small adjustment.

1 Look Back

What supported your sleep this week?

- ☐ I returned to my bedtime anchor.
- ☐ My environment made sleep easier.
- ☐ I bounced back after a bad night.

2 Notice Friction

What kept getting in the way?

- ☐ Phone or scrolling pulled me back in.
- ☐ My mind felt too busy to settle.
- ☐ My space was not set up for sleep.

3 Choose One Reset for Next Week

Pick one simple reset - not a perfect overhaul.

My one anchor _____

Environment change _____

Reset rule for a bad night _____

4 Weekly Reflection

How did I feel overall?

☐ 1 Low ☐ 2 ☐ 3 ☐ 4 ☐ 5 Strong

One thing I want to remember next week:

_____

_____

_____

5 Next Check-In

Make the next reset easy to remember.

I will review this again on: _____

Tiny support for myself this week:

_____

_____

_____

Progress beats perfection. A small reset repeated weekly can change the pattern.

Matt - practical ADHD tools every week

Questions? Comment below or DM on Instagram.