

FREE SAMPLE

The 7-Day ADHD Reset Kit

Free sample from the kit

What the full kit includes:

A 7-day guided reset, just 15 minutes per day

8 reusable worksheets:

Brain-Dump Catcher, The Big 3 Day, Time-Blindness Map,

Task Igniter, Shutdown Shield, Dopamine Menu,

Impulse Pause Card, Weekly Reset Checklist

US Letter + A4 formats

Instant download, print or use on your tablet

by **Health N Beauty Stuff** - healthnbeautystuff.com

Get the full 7-Day Kit: <https://healthnbeautystuff.gumroad.com//adhd-reset-kit> - limited time: \$9.99, regular \$19

The Big 3 Day

Three things. That's your whole day. If you finish all three, you win the day — no matter what else did or didn't happen.

Date

TODAY'S BIG 3

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BONUS — ONLY IF ENERGY ALLOWS

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NOT TODAY (PARKING LOT)
