

SURVIVE AND THRIVE

Managing Life with Adult ADHD

Abigail's Podcast Cheatsheet
#019

Calendar

The most important thing to do is to pick one calendar and then stick with it. If you get off track one week just re-start the next day.

All of these calendars are a combination of calendar and task management because I believe it is best to have all of that in one place.

Paper Calendars

The Incredible 8 Day Delta Planner – You can go to the actual website or amazon
<https://deltaplanner.com/wpap/>

https://www.amazon.com/s/ref=w_bl_hsx_s_off_web_0?ie=UTF8&search-alias=aps&field-keywords=The+INCREDIBLE+%28+Day%29+Delta+Planner

Planner Pads

<https://plannerpads.com/?SID=6mhlhl6fqujk9d0vpva3ul7rv6>

Bullet Journal – There are many versions of the Bullet Journal. This is just one of them. There are also YouTube videos about bullet journaling.

<http://bulletjournal.com/get-started/>

Digital Calendar (Apps)

Google Calendar

<https://www.google.com/calendar/about/>

My Study Life

<https://www.mystudylife.com/>

Informant

<https://www.pocketinformant.com/>

Jorte

<http://www.jorte.com/en/>

Cozi

[http://www.cozi.com/?c=ADWORDS BRANDED FLS&utm_source=Google&utm_medium=Search&utm_campaign=AdWords&gclid=Cj0KCQjAl8rQBRDrARIsAEW_To9XL-xxFtoOm3-KEiNHBnCLUT6RQLS9TSATXTamglfMMQHXYq58qAMaAoltEALw_wcB](http://www.cozi.com/?c=ADWORDS_BRANDED_FLS&utm_source=Google&utm_medium=Search&utm_campaign=AdWords&gclid=Cj0KCQjAl8rQBRDrARIsAEW_To9XL-xxFtoOm3-KEiNHBnCLUT6RQLS9TSATXTamglfMMQHXYq58qAMaAoltEALw_wcB)