

## Your 90-Day ADHD Money Reset Tracker

Print this. Stick it on your fridge. Check boxes. That's the whole system.

### Phase 1 — Days 1–30: Foundation

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|--------------------------------------|--------------------------------|
| ■ W1: Open separate Spending account | ■ W2: Auto-transfer 1 bill     |
| ■ W1: List every subscription        | ■ W2: Cancel 2 unused subs     |
| ■ W1: One-screen banking dashboard   | ■ W2: Pay-day visual checklist |

### Phase 2 — Days 31–60: Automate

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|--------------------------------------|-------------------------------------|
| ■ W5: Bills auto-pay set up          | ■ W6: Sinking fund #1 (annual bill) |
| ■ W5: Friction-free savings rule     | ■ W6: "Fun money" Friday transfer   |
| ■ W7: Calendar money review (15 min) | ■ W8: Track 1 ADHD-tax win          |

### Phase 3 — Days 61–90: Build Confidence

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| ■ W9: Debt snowball #1 paid off    | ■ W10: Emergency buffer hit (\$500) |
| ■ W9: One investing account opened | ■ W10: First \$25 invested          |
| ■ W11: Future-self letter drafted  | ■ W12: 90-day celebration!          |

### FELL OFF TRACK? 3-Step Restart

1. Don't restart Monday — restart NOW. The shame spiral is the real ADHD tax.
2. Pick the SMALLEST next box. Reopen the app. Move \$5. That's the win today.
3. Tell one human (text a friend, post in r/ADHD). External accountability beats willpower.

### Brain Dump: Obstacles, Wins, Adjustments

Want the full system? Get "ADHD and Money for Adults" — [theskillmillbooks.com/adhd-money/](https://theskillmillbooks.com/adhd-money/)