ADHD Impulse Spending Pause & 72-Hour Wishlist Log for

ARTISTS & DESIGNERS

Botanical

Writers

Wishlist

ADHD

TRACKER

Date	Hour	Wishlist	Designers	✓

ADHD Impulse Spending Pause & 72-Hour Wishlist Log for

ARTISTS & DESIGNERS



- ADHD — step 1
- Wishlist — step 2
- Pine — step 3
- Pause — step 4
- Hour — step 5
- Ruby — step 6
- Designers — step 7
- Impulse — step 8
- Writers — step 9
- Botanical — step 10
- Artists — step 11
- Spending — step 12
- ADHD — step 13
- Wishlist — step 14

NOTES