

LIZZYLAND

Small wins. La Dolce Vita style.

The Habit Tracker

Not more hustle. Just proof you protected the good life today.

lizzyland.xyz

Clear The Noise First

Do the shit stuff first. Not because it builds character — because your brain needs the dopamine hit of having cleared it, and you cannot think straight about the good life while three annoying tasks are quietly humming in the background of your mind. Clear them Monday. Buy yourself a free week.

Starting is the actual problem, not the task. If you have ADHD, you already know this — it was never about whether you could do the thing, it's about the wall between "I should" and "I am." So here's what I use to get off the couch when nothing else works:

- If someone handed you a million bucks to do it right now — would all your reasons suddenly not matter? They were never real reasons. They were resistance wearing a disguise.
- Imagine putting this off is the exact thing standing between you and the life you want. Because sometimes it actually is.
- I can't believe you're scared to open an email. A voice note. You coward. If it's bad news, wouldn't you rather know now than carry the dread of not knowing?
- Your imagination is always worse than reality. Always. No exceptions you've ever actually tested.
- Remember the last time you finally did the thing you'd been avoiding — that specific wave of relief? Don't you want to feel that again? You can, in about ten minutes.
- Add up the "school fees." Every late fee, missed opportunity, and interest charge you've paid for avoiding something — ADHD tax is real, and it is expensive. Doing the thing is almost always cheaper than not doing it.

None of these are about discipline. They're about tricking the part of your brain that's stuck, into moving.

The Three Non-Negotiables

Make your bed the moment you're up. The easiest win available to you, daily, for almost no effort — and it does wonders for your brain.

Drink water and take your vitamins as you rise. Before coffee, before your phone.

Ten minutes of Morning Manifestation. One page, lined paper — the full practice has its own companion PDF, but the short version: write your life as already wonderful, in the positive, and tell no one.

How The Grid Works

Four pillars — Health, Wealth, Happiness, and Rest — plus the three non-negotiables above, plus a few blank rows for whatever's actually yours right now. Not a hustle grid. A “did I protect the good life today” grid. One box, ticked, is still a win.

It resets every week on purpose. A bad Tuesday shouldn't haunt the rest of your month — that's how people quit trackers. Miss a day, tick the next one, move on.

THIS WEEK

The Tracker

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make the bed <i>non-negotiable</i>							
Water + vitamins <i>non-negotiable</i>							
Morning Manifestation <i>non-negotiable</i>							
Health <i>one small thing for the body</i>							
Wealth <i>protect the mission, 10 minutes</i>							
Happiness <i>zero productivity value, on purpose</i>							
Rest <i>did I let myself do nothing</i>							

Draw your own tick, cross, or dot in each box — whatever feels satisfying, not correct.