DIAMOND CO.

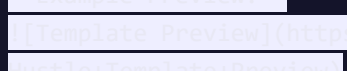
ADHD Side-Biz Starter Template

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# **ADHD Side Hustle Launch Kit – Free Printable Planner with Built-In Timers & Brain-Friendly Prompts**

**Venture ID:** `895766dc-6786-4f2b-9d3a-ea328943f66f`
**Task ID:** `7181d0e9-0c71-489f-a2c5-05b5592d7e36`

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## **1. What You'll Get**
**Download the free PDF/Google Sheet template** (mobile-responsive, high-contrast fonts, dark mode available) with:
- **3-Week Launch Checklist** (≤15 min/day, ≤3-sentence prompts)
- **Visual Timers** (5/10/25-minute focus blocks with sound alerts)
- **Brainstorm Grids** (color-coded, emoji shortcuts for quick input)
- **Reflection Tracker** (weekly mood/energy logs with ADHD-friendly prompts)

**Example Preview:**


**Key Features:**
- **Task Lists:** "3-Step Launch Checklist" (icons for ADHD focus)
- **Time-Blocking:** Built-in 5-minute timers with progress bars
- **Goal-Setting:** SMART goals with ADHD hacks (e.g., "Break tasks into 1-sentence steps")

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## **2. How It Works**
**Launch a revenue-generating side hustle in 3 weeks with ≤15 minutes of daily work.**

### **Step 1: Download & Set Up**
1. Click **"Get Free Template"** (below).
2. Print or save as PDF/Google Sheet.
3. Complete the **3-Day Quick-Start Checklist**.

### **Step 2: Follow the System**
- **Day 1-7:** Define your hustle (use the brainstorm grid).
- **Day 8-14:** Launch MVP (use timers to avoid burnout).
- **Day 15-21:** Track progress (reflection logs).

**Example Task:**
| Task | Time | ADHD Hack |
|---|---|---|
| Draft landing page | 10 min | Use bullet points, not paragraphs. |

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## **3. Get Started Now**
**Click the button below to download your free ADHD Side Hustle Template.**
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[**GET FREE TEMPLATE**](https://adhdsidebiz.com/adhd-side-biz-template) *(Replace with actual link)*

Instant Access Confirmation:
✅ Your download will start automatically. Check your email if it doesn't begin.

Privacy Note: Your email is only used to send the template. No spam.

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4. FAQ
Q: Is this for beginners?
A: Yes! Designed for ADHD beginners with step-by-step prompts.

Q: What if I don't have time?
A: The template is built for <15 min/day. Use the timers to stay on track.

Q: Can I share this?
A: Yes! Share the link to help others launch faster.

Q: What if I get stuck?
A: The reflection tracker includes prompts like "What's one small win today?"

Social Proof:
"I used this template to launch my digital art business in 3 months. The timers kept me from overworking!" – **Alex M.**

Venture Owner: [Your Name]
Last Updated: [Current Date]