

A 7-DAY WORKBOOK

Daily Code

7 Days of Showing Up

For people in recovery, people with ADHD, and the big honest overlap between the two.

by Tony Bailey · Bailey Code

Hey, I'm Tony.

I'm in recovery and I've got ADHD. I built Daily Code because the structure I needed didn't exist — and most of what's out there for people like me is either too clinical, too American, or too cheesy.

If you're here, you probably know the feeling. Some days are fine. Other days, just getting started feels like climbing out of cement. Then there's the shame of the days you missed, the to-do list you didn't touch, the version of yourself you keep meaning to be.

This isn't that.

Here's the one promise:

For the next 7 days, you don't need to be heroic. You just need to show up to the page. Five minutes in the morning, five minutes at night. That's it.

Some days you'll do all of it. Some days you'll do half. Some days you'll skip it entirely. **All of those count.** You don't break a streak you never signed up to keep.

If you make it to Day 7, you'll have proof — real, written proof — that you can do this.

That's the code.

— Tony

How to use this

Print it or use it digitally. Whatever's easier. Don't overthink it.

Each day has one page. Same template, different theme. Once you've done Day 1, you know the drill.

Morning — 5 to 10 minutes

- Mood check. HALT. One intention.
- Then pick **1–3 things** for today. Not ten. Three is the cap.

Evening — 5 minutes

- What worked? What didn't?
- One thing you're proud of.

That's the whole code.

If you miss a day, you didn't fail. You're a human with a calendar and a brain that goes offline sometimes. Pick it up where you left off. The numbers don't matter.

If you only do half a page, that counts.

If you only do it once this week, that still counts.

The point isn't perfect. The point is showing up at all.

DAY 1

Just show up

Day 1 always feels weird. You're not supposed to feel ready. Just start.

Morning check-in

How are you today?

one word

HALT check — tick what applies:

Hungry

Angry

Lonely

Tired

One intention for today:

Today's focus

1–3 things. Three is the cap.







End of day

What worked today?

What didn't?

One thing I'm proud of:

DAY 2

Be honest about today

The mood word isn't the goal. Honest is. "Flat" beats "good" if "flat" is the truth.

Morning check-in

How are you today?

one word

HALT check — tick what applies:

Hungry

Angry

Lonely

Tired

One intention for today:

Today's focus

1–3 things. Three is the cap.







End of day

What worked today?

What didn't?

One thing I'm proud of:

DAY 3

Pick one thing

Today, try one thing. Just one. If you finish it, the others are bonus. If you don't, one was still a day.

Morning check-in

How are you today?

one word

HALT check — tick what applies:

Hungry

Angry

Lonely

Tired

One intention for today:

Today's focus

1–3 things. Three is the cap.







End of day

What worked today?

What didn't?

One thing I'm proud of:

DAY 4

Notice what works

Three days in, something's been working. Look at it. Do more of that.

Morning check-in

How are you today?

one word

HALT check — tick what applies:

Hungry

Angry

Lonely

Tired

One intention for today:

Today's focus

1–3 things. Three is the cap.







End of day

What worked today?

What didn't?

One thing I'm proud of:

DAY 5

Permission to be imperfect

By now you've probably skipped something. Good. You're a human, not a habit-tracker. Keep going.

Morning check-in

How are you today?

one word

HALT check — tick what applies:

Hungry

Angry

Lonely

Tired

One intention for today:

Today's focus

1–3 things. Three is the cap.







End of day

What worked today?

What didn't?

One thing I'm proud of:

DAY 6

What's been true this week?

Not what you wanted to feel. Not what you should have felt. What's actually been true this week?

Morning check-in

How are you today?

one word

HALT check — tick what applies:

Hungry

Angry

Lonely

Tired

One intention for today:

Today's focus

1–3 things. Three is the cap.







End of day

What worked today?

What didn't?

One thing I'm proud of:

DAY 7

One small win

You did this. Seven days, even if half the pages are blank. That's the win. That's the code.

Morning check-in

How are you today?

one word

HALT check — tick what applies:

Hungry

Angry

Lonely

Tired

One intention for today:

Today's focus

1–3 things. Three is the cap.







End of day

What worked today?

What didn't?

One thing I'm proud of:

You did the 7 days. Now what?

If something in this worked for you — even on the messy days — there's more coming.

Daily Code is a free app built around what you just did. Same daily loop. Same honest tone. None of the wellness-app cheese.

No streaks to break. No "you're on fire" emails. No paywall. Just the daily code, on your phone.

Free forever. Built by someone in recovery, for people doing the same.

Get on the waitlist

When v1 launches, you'll be first in.

dailycode.baileycode.com.au

One email when it's ready. That's the whole deal.

If today is heavy

You're not meant to do this alone. Here's the call sheet.

If you're in crisis right now

000 · if you're in immediate danger
Lifeline · 13 11 14 (24/7)
Suicide Call Back Service · 1300 659 467

Alcohol & other drugs

DirectLine (VIC) · 1800 888 236
AA Australia · 1300 222 222
NA Australia · na.org.au
SMART Recovery Australia · smartrecoveryaustralia.com.au

Mental health (non-crisis)

Beyond Blue · 1300 22 4636
Head to Health · headtohealth.gov.au
Black Dog Institute · blackdog.org.au

ADHD

ADHD Australia · adhdaustralia.org.au
ADDults with ADHD · adultadhd.org.au

You're not weak for calling. You're smart for knowing when to.