

A FREE SAMPLE • SERENIDO

The ADHD Tax Refund

six pages, free, out of the 77

Late fees. Forgotten subscriptions. The second one of something you already own. **The ADHD tax is real, and it is not a discipline problem.**

These are real pages from the workbook, not a preview with the useful parts removed. Do the Subscription Hunt tonight and you will probably find \$10 to \$40 a month you are already paying for nothing. Then keep the phone script, it is worth more than most paid products.

undated

no daily tracking

nothing to set up

yours to keep

The image displays three sample pages from the 'The ADHD Tax Refund' workbook. The first page, 'The Subscription Hunt', features a table for tracking subscriptions with columns for 'SUBSCRIPTION', 'BAND', 'LAST USED', and 'REF. VAL.'. It includes instructions on how to use the table and a section for 'THESE ARE THE SUBSCRIPTIONS YOU ARE ALREADY PAYING FOR'. The second page, 'The Phone Call Script', provides a script for calling companies to request refunds. It includes a 'CALL 1: ASKING FOR A LATE FEE BACK' section and a 'CALL 2: ASKING FOR A REFUND' section. The third page, 'The Refund Jar', is a table for tracking refunds with columns for 'DATE', 'THE LEAK (SUBSCRIPTION)', and 'AMOUNT'. It includes instructions on how to use the table and a section for 'THESE ARE THE SUBSCRIPTIONS YOU ARE ALREADY PAYING FOR'.

WHAT'S IN HERE

Three moves tonight, the leak hunt, and the call that gets your money back

Start on any page. Nothing here is in order and nothing keeps score.

Your First 3 Moves Tonight

Fifty pages can feel like homework. So ignore them. Tonight is only these three moves, about 30 minutes total, and move 2 usually finds money on the very first try.

01 Fill in your Tax Receipt (next page): 10 minutes, gut guesses only.

Why first: you can't celebrate a refund without knowing the starting number.

02 Do one Subscription Hunt (Section 01): 20 minutes with your bank app.

Most people find \$10-40/month of forgotten subscriptions on the first pass. That's \$120-480/year, found on night one.

03 Set ONE weekly alarm called "Money Date": 2 minutes, phone in hand.

15 minutes a week keeps every other page in this book alive. The alarm remembers so you don't have to.

"Then close the book. Seriously. Three moves is a whole first day."



DO THIS NEXT

Your first number

When You Can't Make Yourself Start

This isn't laziness, it's task paralysis: the task looks huge, the brain files it under threat, and it freezes. You don't fix that with discipline. You fix it by making the first move too small to trigger the alarm.

HOW TO USE THIS

1. Pick ONE move below, not three. Circle it
2. Set a timer for the number printed on it. When it rings you may stop, honestly
3. Write what you did on the line. Starting is the whole win, finishing is a bonus

2 MINUTES

Shrink it out loud

Say the smallest version: not "sort my money", but "open the bank app and read one line". Write that sentence here, then do only that.

.....

1 MINUTE

Do it badly on purpose

Guess every number. Skip the ones you hate. A messy page still tells you the truth; a blank one tells you nothing.

.....

5 MINUTES

Body-double it

Call someone, or put on a video of a person working. Presence borrows their momentum. Who could you ring tonight?

.....

3 MINUTES

Name the dread

Usually it's one specific thing: a balance, an envelope, a message. Write the actual scary thing down. Named things shrink.

.....

10 MINUTES

Set the scene first

Don't start with the money, start with the mug, the playlist, the lamp. A pleasant room lowers the cost of entry. What's your set-up?

.....

0 MINUTES

Book it instead

Not tonight? Fine. Pick the day and time now and set the alarm before you close the book. Deciding counts.

.....

*"You are not behind. You are at the start,
which is where starting happens."*

I STARTED
DATE: _____

DO THIS NEXT

The smallest possible start

The Subscription Hunt

Subscriptions bet on you forgetting. Tonight, the bet loses. Scroll 60 days of statements and write down EVERY recurring charge. Yes, even the embarrassing ones.

HOW TO
USE THIS

1. Open your bank app → scroll the last 60 days (check the app store's subscriptions page too, that's where they hide)
2. Write EVERY recurring charge below, even the embarrassing ones
3. Circle KEEP or KILL → cancel the kills right now → stamp them below

SUBSCRIPTION	\$/MO	LAST USED	KEEP · KILL

KILLED TODAY

\$

/mo

×

12

·

YEARLY REFUND

\$



DO THIS NEXT

Kill the late fees too

The Subscription Hunt

Subscriptions bet on you forgetting. Tonight, the bet loses. Scroll 60 days of statements and write down EVERY recurring charge. Yes, even the embarrassing ones.

HOW TO
USE THIS

1. Open your bank app → scroll the last 60 days (check the app store's subscriptions page too, that's where they hide)
2. Write EVERY recurring charge below, even the embarrassing ones
3. Circle KEEP or KILL → cancel the kills right now → stamp them below

SUBSCRIPTION	\$/MO	LAST USED	KEEP · KILL

KILLED TODAY

\$

/mo

×

12

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YEARLY REFUND

\$



DO THIS NEXT

Bills & due dates

The Phone Call Script

Phone calls are a wall for a lot of ADHD adults: the improvising, the being put on the spot, the risk of freezing halfway. So here are the words. Read them off the page. Nobody on the other end will know or care that you're reading.

LEAKS

IMPULSE

FOOD

PAYDAY

DEBT

AUTO

WHY

CALL 1 · ASKING FOR A LATE FEE BACK

"Hi, I've got a late fee on my account from [date]. I've been with you [how long] and this isn't usual for me. I've now set up autopay so it won't happen again.

Could you refund it as a courtesy this once?"

IF THEY SAY NO

"I understand. **Is there someone who can authorise a goodwill adjustment?"**

That second line works surprisingly often. The first person usually isn't allowed to say yes; asking politely for someone who can costs you nothing.

.....
FEE ASKED ABOUT \$ _____
REFUNDED \$ _____

CALL 2 · LOWERING A BILL YOU ALREADY PAY

"Hi, I'd like to look at my plan. I've seen you're offering [the new-customer price] and I'm paying [yours]. **I'd rather stay than switch. What can you do on the price?"**

IF THEY SAY NO

"Okay, could you put me through to **cancellations / retentions**, please?"

Retentions teams have a budget the front desk doesn't. Be friendly with them; they're the ones who can actually move the number.

.....
WAS PAYING \$ _____
NOW PAYING \$ _____

BEFORE YOU DIAL · NINETY SECONDS OF PREP

- ☐ account number written down in front of me
- ☐ the exact number I'm asking about, on paper
- ☐ a glass of water, and a door I can shut
- ☐ permission to hang up and try again tomorrow

TRUE THINGS ABOUT THIS CALL

- They take calls like this all day. You are not memorable.
- Being polite is the whole technique. There is no other trick.
- A "no" costs you eight minutes and nothing else.
- You are allowed to say "can I call back?" and put the phone down.

"Ten uncomfortable minutes is the best-paid work you'll do all month."

DO THIS NEXT [The full call list](#)

The Refund Jar

Every cancelled sub, waived fee, expired craving, avoided duplicate, and rescued meal goes in the ledger, then gets COLORED into the jar. \$25 per segment. Fill the jar: \$300.

HOW TO USE THIS

1. Any win from ANY page lands here with its dollar amount

2. Color a jar segment every \$25 the total climbs (coins catch the small \$5 wins)

3. Jar full = \$300 home → screenshot it → brag → start the next jar

\$ 300 – color me

\$ 275 – color me

\$ 250 – color me

\$ 225 – color me

\$ 200 – color me

\$ 175 – color me

\$ 150 – color me

\$ 125 – color me

\$ 100 – color me

\$ 75 – color me

\$ 50 – color me

\$ 25 – color me

DATE	THE LEAK I PLUGGED	\$

BONUS COINS · \$5 EACH · COLOR AS YOU GO

\$5

\$5

\$5

\$5

\$5

\$5

\$5

\$5

\$5

REFUND SO FAR

\$ _____

fill the jar → start the next one → screenshot → brag. you earned this twice.

DO THIS NEXT Where wins come from

- LEAKS
- IMPULSE
- FOOD
- PAYDAY
- DEBT
- AUTO
- WHY

THAT WAS 6 PAGES OF 77

The rest of it, and the spreadsheet that does the adding up

If the Subscription Hunt found you anything, the full workbook is the same idea applied to every other leak: bills, impulse buys, food money, payday, debt, and making the whole thing run without you.

- **77 pages, undated.** Seven sections. Start with whichever one hurts most.
- **A real dark edition** for the tablet, because money admin happens at 11pm.
- **Print files** in colour and ink-saver, US Letter and A4, with a print guide so you are never sending 77 pages to a printer.
- **An auto-totalling spreadsheet.** Eight tabs and a live dashboard that adds up your subscriptions, debts and sinking funds, draws three charts, and names your next move.
- **Goals that start at \$25**, not \$10,000.

FOR READERS OF THIS SAMPLER

Use code **SAMPLER** for 20% off

\$9.99, one payment, yours forever. 30-day refund, no reason needed.

[Get the full workbook →](#)