ADHD WORKBOOK / BEGIN

Make the day easier to start

A useful system fits your brain and your life.

Support, not a score

These pages are planning tools, not an ADHD test. ADHD care may include skills, accommodations, therapy, and medicine. Talk with a qualified professional about diagnosis and treatment.

Where does the day get stuck?

Choose one challenge: starting, switching, remembering, estimating time, or finishing.

What already works sometimes?

Name a helpful cue, setting, person, routine, or interest. Small clues count.

Keep it visible

Use one page at a time. Put the plan where you will actually see it. A simple system you return to is enough.

ADHD WORKBOOK / NOTICE

Turn a task into a first move

A task is easier to start when the action is concrete.

The task on my mind

Write the task. Then describe what “done enough” would look like.

The first visible action

Choose a step you could begin in a few minutes. “Open the document” is clearer than “work on project.”

The next two steps

Write two actions in order. Leave later steps for later if planning becomes another barrier.

A starting cue

After what event will you begin? What item can you set out now?

U.S. crisis support: call or text 988. In immediate danger, call 911.

ADHD WORKBOOK / PRACTICE

Make time easier to see

Estimates are information, not promises.

My best guess

Choose a task and estimate its length. Include setup, travel, and a little transition time.

A visible cue

Would a clock, short timer, written start time, or calendar alert help? Choose one that will not add pressure.

What I learned afterward

How long did it take? What interrupted it? What will you adjust next time?

Plan for breaks

Short breaks can help you return to effortful work. Pick a return cue before the break, and adjust the length to your needs.

U.S. crisis support: call or text 988. In immediate danger, call 911.

ADHD WORKBOOK / EXPLORE

Lower the friction

Change the setup, not your worth.

What makes starting harder?

Look for missing supplies, too many steps, noise, an unclear goal, or fear of doing it badly.

One change to my space

Try a landing place for keys, an open basket, a visible checklist, or fewer tabs. Pick only one change.

One kind of help

Would working alongside someone, clearer instructions, reminders, or an accommodation help? Draft a request.

A reset is allowed

If a system stops helping, simplify it. Returning to a tool counts; you do not have to keep a perfect streak.

U.S. crisis support: call or text 988. In immediate danger, call 911.

ADHD WORKBOOK / PLAN

Build a flexible routine

Use anchors rather than a packed schedule.

My morning anchor

After an event that already happens, what one care or planning step will you add?

My middle-of-day reset

When will you check food, energy, and the next task? Keep the check brief.

My evening landing

What can you set out, write down, or charge to make tomorrow easier?

The low-energy version

Which single step will you keep when the full routine is too much?

U.S. crisis support: call or text 988. In immediate danger, call 911.

ADHD WORKBOOK / CARRY FORWARD

Keep what is useful

Your plan is a draft, not a test.

One tool to try this week

What will you try, where will it live, and when will you check whether it helps?

A question for my care team

What difficulty, treatment question, or school/work support would you like to discuss?

When to ask for more support

Seek professional help when attention, impulsivity, organization, or emotions affect daily life. Do not change prescribed medicine based on a planner or a difficult day.

Read more from trusted sources

NIMH: ADHD - What You Need to Know
https://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder-what-you-need-to-know

NIMH: Caring for Your Mental Health
https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health

Original reflection exercises by Grace in Healings. For immediate support, visit Our Healing Room / Crisis Support.