A PAUSE, A PRACTICE, A NEXT STEP

ADHD

Make the task easier to enter.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Make the next action visible

Replace a broad goal with a first physical action: “open the document,” “put the book on the desk,” or “find the form.” Write it where you will see it.

01 / Notice and reflect

Which part is hard: starting, remembering, organizing, or finishing?

02 / Notice and reflect

What is the smallest visible first action?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Consider an assessment if attention or impulse-control difficulties repeatedly affect more than one area of life. Discuss worsening sleep, mood, appetite, or medication concerns with your prescriber. Do not share medication or change a dose on your own.

Read more: NIMH · ADHD: What you need to know

More tools and immediate support: Our Healing Room / Crisis Support.

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