A PAUSE, A PRACTICE, A NEXT STEP

A Gentle Daily Structure

Build a day you can return to.

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.

Pick three anchors

Choose a morning, middle-of-day, and evening cue. These might be getting dressed, lunch, and charging your phone.

01 / Notice and reflect

Which part of my day needs less friction?

02 / Notice and reflect

Where will I actually see my reminder?

03 / One next step

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

When to seek help: Seek an evaluation if attention or organization problems repeatedly affect home, school, or work. Planning tools support care; they do not diagnose or replace ADHD treatment.

Read more: NIMH · ADHD and daily coping strategies

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

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