



## ADHD FOCUS & FOLLOW-THROUGH WORKSHEET

Date: \_\_\_\_\_

### 1. Weekly Snapshot (1 = struggling | 5 = going well)

Work/Study \_\_\_ Relationships \_\_\_ Daily Tasks \_\_\_ Self-Care \_\_\_

Biggest current pressure: \_\_\_\_\_

---

### 2. My Pattern

Between interests I feel:  Low  Restless  Irritable  Unmotivated  Overwhelmed  Other

\_\_\_\_\_

What happens next? \_\_\_\_\_

Hyperfocus helps me: \_\_\_\_\_

Hyperfocus costs me: \_\_\_\_\_

### 3. This Week's 3 Priorities (Only Three)

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Next small step (5–15 mins):

2. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

When (day/time): \_\_\_\_\_

---

### 4. If I'm Stuck

Set 15-minute timer • Do only next step • Choose to stop or continue

Task I'll trial this on: \_\_\_\_\_

### 5. One External System (Not Multiple)

Planner  Whiteboard  Calendar App  Shared List  reMarkable  Other \_\_\_\_\_

Where it lives: \_\_\_\_\_ Daily check-in time: \_\_\_\_\_

### 6. Relationships / Friendships (where applicable)

One act of care I'll offer: \_\_\_\_\_

One way I'll ask for connection: \_\_\_\_\_

### 7. Work Adjustment

One action to reduce friction: \_\_\_\_\_

"Good enough" this week looks like: \_\_\_\_\_

---

### 8. Energy

Sleep average \_\_\_ hrs One small adjustment: \_\_\_\_\_

---

### 9. Strengths

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Your focus is a gift, structure supports you, and steady small steps create real progress.