

Adult ADHD Skills Workbook

A practical guide to task initiation, time, routines, and self support.

Name: _____ Date started: _____

Use one page at a time. Choose tools that fit you and skip those that do not. This workbook supports reflection and skill practice; it cannot diagnose ADHD or replace individualized medical care.

My ADHD profile

Strengths and interests	Current friction	What already helps
_____	_____	_____
_____	_____	_____

Task initiation

A task can stall for several reasons: uncertainty, too many steps, low energy, no clear deadline, or little immediate reward. Identify one barrier and one small starting action.

Task	Barrier	First visible action	Start cue
_____	_____	_____	_____
_____	_____	_____	_____



Weekly priorities

Day	Priority one	Priority two	Can wait
Mon	_____	_____	_____
Tue	_____	_____	_____
Wed	_____	_____	_____
Thu	_____	_____	_____
Fri	_____	_____	_____
Sat	_____	_____	_____
Sun	_____	_____	_____

Calendar rules

My one place to record appointments:

When I will review the next day:

Travel, setup, or transition time I tend to forget:



Reduce friction at home

Task	What blocks it	One simpler system
Bills or paperwork	_____	_____
Meals or groceries	_____	_____
Cleaning or laundry	_____	_____

Minimum viable day

Essential area	Smallest workable step
Food and hydration	_____
Medication or health task	_____
One urgent responsibility	_____
Rest or regulation	_____



Emotion regulation sequence

Trigger	Early sign	Pause or support
_____	_____	_____
_____	_____	_____

Words I can use: “I need a pause and will return at _____.”

Work or school support

Challenge	Specific adjustment to request	Contact
_____	_____	_____
_____	_____	_____

Money and administrative support

One financial task to simplify, automate, or review with a trusted professional:



Treatment conversation

Use this page to prepare for a visit. Do not change medication based on a workbook exercise.

Goal or concern	Pattern I noticed	Question for my clinician
_____	_____	_____
_____	_____	_____

Weekly function tracker

Day	Focus or task start	Sleep	Appetite	Notes
Mon	_____	_____	_____	_____
Tue	_____	_____	_____	_____
Wed	_____	_____	_____	_____
Thu	_____	_____	_____	_____
Fri	_____	_____	_____	_____
Sat	_____	_____	_____	_____
Sun	_____	_____	_____	_____

Relationship operating notes

A way I communicate best and a reminder that would help us:



Focus break word search

An optional pause, not a test. Find the words in straight lines; they may go forward or backward.

FOCUS • PAUSE • PLAN • REST • SUPPORT • START • TIME • BREAK • REMINDER

L	Q	B	Q	H	F	G	Y	X	P	R	R	C	K
K	Y	B	M	F	O	C	U	S	K	U	E	D	J
I	Z	R	W	W	C	J	T	O	O	J	D	Q	D
S	A	J	G	Y	P	R	R	I	V	D	N	A	S
B	L	Z	S	G	J	W	T	D	M	B	I	R	N
N	X	O	X	U	A	F	L	X	A	E	M	T	G
H	M	G	X	K	P	M	C	L	B	F	E	C	C
J	H	E	O	T	P	P	D	H	T	L	R	I	P
B	A	V	P	F	J	R	O	O	G	N	Z	J	A
V	R	G	Q	Z	E	W	W	R	R	K	S	W	U
P	B	E	H	D	P	T	T	T	T	E	W	C	S
L	H	N	A	K	J	B	E	D	M	C	S	L	E
A	G	F	Y	K	R	X	W	A	F	O	B	T	S
N	T	T	R	A	T	S	Q	O	T	B	H	I	R



Thirty optional journal prompts

Use the prompts in any order and at your own pace. A short answer, drawing, or conversation counts.



Journal prompts 1 to 5

Day 1 What ADHD-related challenge currently creates the most friction in your life?

Day 2 How does this challenge affect work, home, relationships, health, finances, or self-esteem?

Day 3 What strengths, interests, or environments help you function at your best?

Day 4 Describe a recent time you were productive or engaged. What conditions made that possible?

Day 5 What task are you avoiding? Identify the barrier: unclear steps, boredom, fear of failure, overwhelm, fatigue, emotional load, or distraction.



Journal prompts 6 to 10

Day 6 What is the smallest possible first action for that task?

Day 7 What can you remove, reduce, delegate, automate, or postpone this week?

Day 8 What are your top three priorities for the next seven days?

Day 9 What is currently taking up space on your to-do list but does not truly need to be done now?

Day 10 What does time blindness look like in your daily life?



Journal prompts 11 to 15

Day 11 Which time support could help most: calendar, timer, visual clock, leave-by alarm, task estimate, or accountability check-in?

Day 12 What does your current morning routine look like? What is one point of friction?

Day 13 What is one small change that would make your morning easier?

Day 14 What tends to derail your evening routine or sleep?

Day 15 What is one realistic evening support you can try?



Journal prompts 16 to 20

Day 16 What triggers emotional overwhelm, irritability, rejection sensitivity, or impulsive behavior for you?

Day 17 What signals tell you that you are becoming dysregulated?

Day 18 What helps you regulate: movement, quiet, food, hydration, sensory support, rest, writing, connection, or time alone?

Day 19 What is one relationship pattern affected by ADHD?

Day 20 Write one direct, respectful request you could make in that relationship.



Journal prompts 21 to 25

Day 21 What financial, health, household, or administrative task has been difficult to manage?

Day 22 What system could reduce the number of steps involved?

Day 23 Who could serve as a body double, accountability partner, or practical support?

Day 24 If you use ADHD medication, what changes have you noticed in focus, appetite, sleep, mood, or daily function? If you do not use medication, what other supports are helping or worth discussing?

Day 25 What is one question you want to bring to your next appointment?



Journal prompts 26 to 30

Day 26 What accommodation, workplace adjustment, or support would improve your ability to function?

Day 27 What personal standard of “productivity” may be unrealistic or unhelpful?

Day 28 What does a sustainable, successful life look like for you?

Day 29 What is one support or strategy you will continue next month?

Day 30 Write a compassionate note to yourself:



Review and support

One strategy that helped me:

One thing I want to change or ask for help with:

Bring observations about function, sleep, mood, medication benefits, and side effects to your clinician. Seek individualized assessment when symptoms change or interfere with safety or daily life.

