R&Z; ADHD COACHING

Get It Out of My Head

If your brain is trying to remember everything at once, it can be hard to think clearly. Start by getting it all down. You can decide what to do with it afterwards.

Step 1 - Write everything down

Jobs, reminders, worries, things to remember, things you have been putting off - whatever is there:

Step 2 - What am I doing with it?

DO SOON	PLAN IT	LEAVE FOR NOW	ASK / HAND OVER

Step 3 - Pick one thing

The thing I want to deal with first is:

What is the very first thing I need to do?

When could I realistically do it?

Step 4 - Help myself remember

[ ] Put it somewhere I can see it

[ ] Set a reminder

[ ] Ask someone to check in with me

[ ] Put it in my calendar

[ ] Set a timer

[ ] Get everything ready beforehand

What will remind me to start?

This resource is for coaching, reflection and educational purposes. It is not an ADHD assessment and is not designed to diagnose or treat a medical condition.

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