How I Work Best

This is about getting to know yourself better. You do not need to fit somebody else's way of working. Think about what helps you, what makes things harder and what you would like other people to understand.

I find it easier to get started when...

I struggle to get started when...

I can focus well when...

I lose focus when...

I manage my time better when...

I lose track of time when...

When I feel overwhelmed, I usually...

Things that help me calm down, reset or come back to what I was doing...

Things I am really good at when I am interested or engaged...

The kind of place or environment I work best in...

How I prefer people to explain or communicate things to me...

Support that genuinely helps me...

Things people do to help that actually make it harder...

Things I already do that work for me...

What do I want to try?

One thing I would like to make easier:

One small change I am going to try:

How will I know if it has helped?

If someone wanted to help me work at my best, I would want them to know:

1.

2.

3.

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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