



ADHD Focus Plan



Living with ADHD can feel like trying to juggle while riding a unicycle—your mind is constantly racing, making it difficult to focus on one task at a time. This can lead to challenges in completing everyday tasks, as distractions and impulsivity often take over. However, tools like an ADHD Focus Plan worksheet can be a game-changer. Breaking down tasks into manageable steps and providing a structured approach can help you stay organized, prioritize activities, and ultimately achieve your goals with greater ease.

Step 1: List out the tasks you need to do today and then prioritize them by assigning a number.

List

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Priority List

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Step 2: Now break down each task into smaller tasks and set a time for each of the tasks. For ex., If you're preparing for a test, break it down into which sections you'll be studying and how long you'll spend on each section.

Step 3: Before you start each task, minimize distractions by:

- Working in a clean and organized space
- Having a water bottle and some snacks with you
- Having your phone on silent
- Setting up a timer