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COUNSELLING

ADHD-Friendly Session Prep Checklist

Before Your Session:

Energy Check

- ☐ How's my battery today? (Full/Half/Low/Dead)
- ☐ Did I eat something in the last 3 hours?
- ☐ Am I hydrated? (Grab water now!)
- ☐ Do I need to move my body first? (5-minute walk/stretch)

What's On My Mind?

- ☐ Family stuff
- ☐ Work/school stress
- ☐ ADHD struggles
- ☐ Relationships
- ☐ Money worries
- ☐ Past stuff coming up
- ☐ Future planning

☐ Something else: _____



Session Goals

What do I want from today's session?

- ☐ Just need to vent and be heard
- ☐ Problem-solve something specific
- ☐ Work through big emotions
- ☐ Get practical strategies
- ☐ Process past experiences
- ☐ Plan for upcoming challenges




Tech Check (for online sessions)

- ☐ Device charged/plugged in
- ☐ Good internet connection
- ☐ Quiet space sorted
- ☐ Zoom link ready
- ☐ Phone on silent



What Helps Me Today?

- ☐ Fidget tools nearby
- ☐ Notebook and pen ready
- ☐ Comfortable clothes
- ☐ Background noise/music off
- ☐ Snacks and water handy

Remember: There's no "perfect" way to prep. This is just a guide - use what helps! 

I look forward to seeing you at our session.. Jess 