

# ADHD Planning & Prioritization Method: Good Better Best



## What it is:

The Good, Better Best Method is a *tiered approach to goal-setting* that helps to enhance clarity and drive progress on daily routines and tasks.

## Benefits:

- Serves as a guide for daily assessment of what needs to get done
- Helps to avoid an 'all or nothing' mindset
- Promotes continuous progress

See examples and question guides below to help you create your own plan.

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1 - What's the topic or goal?

3 - What would be slightly less than best or ideal? What can be left out or reduced?

2 - What would be the best outcome for this goal / task?

Topic or Goal: EXERCISE			
Good	Better		Best
<div>4 - What would <u>sufficient</u> look like based on energy, mood or unexpected circumstances?</div> 5 to 10 minute walk	20 minute workout		30 minutes of cardio followed by 5 minutes of stretching

Topic or Goal: WORK EMAIL			
Good	Better		Best
Scan and respond to urgent requests	Schedule action for non-urgent emails		Clear in-box for the day

Topic or Goal: CLEANING A ROOM			
Good	Better		Best
Tidy - put-away, make bed	Tidy and vacuum		Tidy, vacuum and dust

**Assessment Factors:**

- Energy levels / Mood
- Schedules
- Unexpected business / personal issues

*\*Regularly review these - adapt and be flexible*

**Goals:**

- **Good** - Baseline objectives
- **Better** - A step up, more challenging
- **Best** - Optimal outcomes, highest target



**Process:**

1. What's the **topic or goal**?
2. What would be the **best** outcome for this goal / task?
3. What would be **slightly less than best** or ideal? What can be left out or reduced?
4. What would **good or sufficient** look like based on energy, mood or unexpected circumstances?

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Good	Better	Best

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