

ADHD Planning & Prioritization Method: Good Better Best

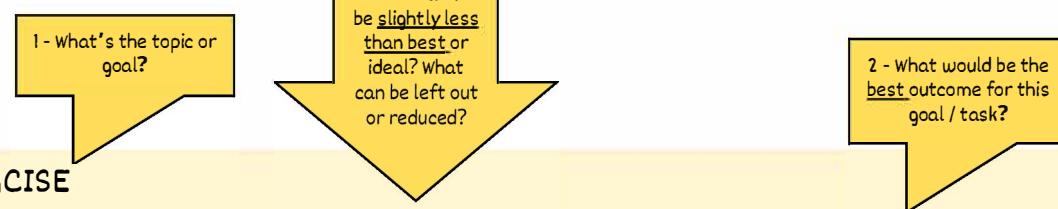
What it is:

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.



Topic or Goal: EXERCISE		
Good	Better	Best
4 - What would <u>sufficient</u> look like based on energy, mood or unexpected circumstances? 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

NOW IT'S
YOUR TURN!

Practice Setting Good, Better, Best Goals



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?

Topic or Goal:

Good	Better	Best

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Good	Better	Best

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