

ADHD Focus Sprint: 25-Minute Plan

1) Pick one task + timebox (25 min)

Define success as a small, concrete outcome (e.g., 'Reply to 3 emails'). Put your phone in another room.

2) 5-minute warm-up

Open what you need, close what you don't. Clear the top of your workspace. Start a simple timer (25/5).

3) Sprint (15-20 min)

Work in silence. If you remember another task, jot it on a sticky note and return to the sprint.

4) Wrap (5 min)

Save, tick off what you did, write the literal next step for next time. Celebrate the rep, not perfection.

5) Break (5-10 min)

Move your body, drink water, and reset. Repeat 2-3 cycles as needed.