

Understanding Executive Functioning

Your brain's control center—executive functioning—handles planning, focus, memory, and getting stuff done. It's like your mental GPS. With ADHD, that GPS can glitch, making school, chores, or even hanging out tricky. Why? Your brain's low on dopamine, so things like starting tasks or staying organized feel harder. This guide breaks it down and gives you hacks to make life easier—it's about finding what works for your brain.

What's My Brain Doing?

Staring at homework like it's a monster? That's task initiation failing you—ADHD makes starting stuff feel overwhelming. But you can outsmart it with tiny steps and a little push:

Goal: Figure out where ADHD trips you up and where you're already good:

1. Brain Glitch Spotter:

Circle the stuff you struggle with most:

- ☐ Starting tasks
- ☐ Remembering things
- ☐ Keeping my space tidy
- ☐ Managing time
- ☐ Other: _____

2. Superpower Check:

What's one thing your brain rocks at? (Like creativity, gaming focus, or making friends?)

3. Dopamine Boost Plan:

Pick a quick fun thing to do before a boring task (e.g., watch a meme, jump around).
Write it here:

Try it this week—did it help? Yes / No / Kinda

Challenge: Do a 2-minute “Brain Check-In” today. Jot down one moment you got stuck and one you nailed.

Task Initiation (aka Starting Stuff)

Title: Kickstart Mode

Staring at homework like it's a monster? That's task initiation failing you—ADHD makes starting stuff feel overwhelming. But you can outsmart it with tiny steps and a little push:

Goal: Get moving on something you've been avoiding.

1. Task Pick:

What's one thing you keep putting off? (e.g., homework, cleaning)

2. Micro-Step Break:

List 3 tiny steps to start it (e.g., "open laptop," "grab notebook"):

○

1. _____

○

2. _____

○

3. _____

3. Timer Trick:

Set a 5-minute timer and try step 1. Did you keep going after? Yes / No

What got you started? _____

4. Reward Bait:

What's your bribe for finishing? (e.g., 10 min of TikTok)

Challenge: Test your plan on that task this week. Check off each step you do!

Strengthening Your Working Memory

Title: Sticky Note Brain

Working memory is your brain's temp storage—like remembering what your teacher just said while taking notes. ADHD makes it drop stuff fast, but you can prop it up:

Goal: Make your memory stick better.

1. **Forget-O-Meter:**

What do you forget most? (e.g., assignments, where I parked my bike)

2. **Write It Quick:**

Pick one thing to write down today (e.g., “call Mom”). Where will you put it? (Phone / Paper / Other)

3. **Talk It Out Test:**

Say something you need to remember out loud 3 times (e.g., “gym at 3”). Did it stick? **Yes / No**

4. **Memory Game:**

List 5 random things (e.g., dog, sock, pizza, car, hat). Cover them, then try recalling all 5:

How many did you get? ____ / 5

Challenge: Use one trick (writing or talking) for something important tomorrow. Did it work?

Organizing Your Space and Life

Title: Chaos Buster

Time slips away with ADHD—like “I’ll start in 10 minutes” turns into 2 hours. It’s called time blindness, but you can train your brain to track it better:

Goal: Tame one messy spot or plan.

1. Mess Zone:

Pick one area to fix (e.g., desk, backpack). What’s it like now?

2. 5-Minute Purge:

Set a timer for 5 minutes. List 5 things you tossed or sorted:

○

1. _____

○

2. _____

○

3. _____

○

4. _____

○

5. _____

3. Label Life:

Pick one thing (e.g., charger) and decide its “home.” Where’s it going?

4. Visual Map:

Write 1 thing you need to do this week on a calendar or app. What is it? When?

Challenge: Try your purge or label plan today. Did it feel less chaotic? Yes / No

Time and Planning

Title: Time Tamer

Time slips away with ADHD—like “I’ll start in 10 minutes” turns into 2 hours. It’s called time blindness, but you can train your brain to track it better:

Goal: Get a grip on your day.

1. Time Slip:

What’s one thing you always run late for? (e.g., school, practice)

2. Alarm Army:

Set 2 alarms for tomorrow (e.g., “leave at 7:45”). What are they for?

○

1. _____

○

2. _____

3. Chunk It:

Pick one part of your day (e.g., after school). Break it into 2 chunks:

○ Chunk 1 (time): _____ What: _____

○ Chunk 2 (time): _____ What: _____

4. Energy Match:

When do you feel most awake? (e.g., morning) _____

Plan one hard thing for then: _____

Challenge: Use your alarms or chunks tomorrow. Did you stay on track? Yes / No
