

Adult ADHD Weekly Reset

A low-pressure planning page for choosing priorities, reducing overwhelm, and identifying the next visible step.

My three priorities

1. Priority and the smallest next step:

2. Priority and the smallest next step:

3. Priority and the smallest next step:

Appointments and time-specific commitments

What must happen at a particular time or place?

Reduce friction

What can I prepare in advance?

What reminder, timer, or visual cue would help?

Who could provide accountability or body doubling?

The not-now list

Ideas and tasks I can safely capture without doing this week:

Aim for a plan that is visible and usable, not perfect. Choose fewer priorities, make the first step concrete, and revisit the plan with curiosity rather than criticism.