




WEEK 8: Staying on Track

my
TAKING
CARE
worksheet

Think about your
upcoming week.
PLANNING
is an antidote to
OVERWHELM.

aka: "If you find yourself in a hole,
grab a ladder, not a shovel."

 Weekly Goal	 Possibilities + Problems	 Fun Stuff



Key Messages

Reviewing, revising and re-instituting strategies is an important part of ADHD management. Celebrate the process, not the product.

My favourite take-home points:

- _____
- _____
- _____
- _____



DEEPER DIVE!
Review + Refocus



AFTER THIS COURSE:

1 What unhealthy thoughts or behaviours will I leave behind? _____

2 What past unhelpful labels, feelings of shame, and ways I saw myself have I let go of? _____

3 What productive thoughts, feelings, or behaviours will I start or keep using? _____



DEEPER DIVE!
Review + Refocus cont.

4 What are my favourite new ADHD management strategies?

5 Of these, which ones are the easiest to use?

6 Which ones are more challenging to implement but are still useful? _____

7 What factors might get in the way of implementing and sustaining these changes?



DEEPER DIVE!
Review + Refocus cont.

8 What will I do if I start going back to my old patterns?

9 Who will I talk with?

10 What supports can I access?

11 How will I know to seek help?

Tip: To re-orient yourself when you lose momentum, consider going back to the simplest and easiest strategies: "Inch by Inch. Everything's a Cinch."

