

ADHD To Do List

Three priorities. Everything else is bonus.

TOP 3 PRIORITIES

☐ 1 _____

☐ 2 _____

☐ 3 _____

BRAIN DUMP — get it out of your head

QUICK WINS (under 5 min)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

THE LATER LIST

DONE — CELEBRATE IT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Today's biggest win: _____