

Start smaller.

A task-starting worksheet for adults who need less friction.

ADHD can affect organization, attention, and completing tasks. Similar difficulties can have other causes. This sheet supports planning; it cannot diagnose ADHD.

The task I keep circling:

Why does this task matter to me?

Find the friction

Pick what fits: unclear first step / too many steps / distraction / low energy / missing supplies / fear of mistakes / something else.

The biggest barrier today:

Make it visible: my first physical action is...

Example: "Do laundry" becomes "put the basket next to the washer."

Remove one barrier:

My starting cue (place, time, or existing routine):

Try a brief work interval if useful. You can stop and reassess; the timer is a support, not a test.

Build a landing pad.

Give frequently misplaced essentials one obvious home.

The item I often need but cannot find:

An easy-to-reach place I will keep it:

A visual reminder I will use:

A plan with room for real life

One priority today:

A smaller version if my capacity changes:

A person or tool that could help:

One brief review

What helped me start?

What will I change next time?

No streaks required. Reuse when helpful. For persistent difficulties, discuss evaluation and treatment options with a qualified professional.

Reference: NIMH, ADHD in Adults: 4 Things to Know. nimh.nih.gov/health/publications/adhd-what-you-need-to-know