

ADHD Big Change Reset Worksheet

Stabilise one part of life after a move, new job, breakup, caregiving change, or other major shift by choosing the next support to rebuild.

What's the big-change problem right now?

Choose the area that needs the most support today. You are rebuilding one anchor, not restoring the old life all at once.

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| ☐ My old routines no longer work in this situation. | ☐ There are too many new decisions to know where to begin. |
| ☐ My new environment has no obvious places or cues yet. | ☐ The people or support I relied on are no longer available in the same way. |
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Write only enough to begin

My two-minute action is:

The first round is done when:

If I stop, the next visible move is:
