

ADHD Bill Catch-Up Worksheet

Open one overdue or confusing bill, identify the real deadline, and make the next contact or payment move visible.

What's the bill problem right now?

Choose the nearest sentence. Your first job is to change the situation by one step, not solve every money problem today.

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| ☐ I cannot make myself open the bill or account. | ☐ It is already overdue and I feel ashamed to contact them. |
| ☐ I cannot pay the full amount and do not know what to do. | ☐ There are several bills, so I avoid all of them. |
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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:
