

ADHD Calendar Reset Worksheet

Make the next commitments visible, remove one false promise, and choose a reliable reminder before the calendar becomes a guilt list.

What's the calendar problem right now?

Start with the next few real commitments. A calendar reset is about visibility and capacity, not making the page look complete.

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| ☐ I avoid opening my calendar because I am worried about what I missed. | ☐ My calendar has more plans than I can realistically do. |
| ☐ I put things in the calendar but do not look at it. | ☐ One appointment or deadline needs attention now. |
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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:
