

ADHD Invisible Planning Worksheet

Move one recurring family responsibility out of your head by naming its owner, cue, and visible home.

What's the invisible-planning problem right now?

Pick one repeating responsibility. Give the whole loop—notice, plan, do, and check—a visible shape.

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| ☐ I am the only person who notices this needs doing. | ☐ I delegate the doing but still carry all the planning. |
| ☐ I keep reminding people, and we all resent it. | ☐ I cannot even list everything I am carrying. |
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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:
