

ADHD Low-Energy Plan Worksheet

Choose a minimum viable version of one task when your energy is low but life still needs support.

What's the low-energy problem right now?

Choose a minimum version. This worksheet supports daily functioning; it is not medical advice or a replacement for care.

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| ☐ Basic needs are hard to manage today. | ☐ The task needs doing, but my usual version is impossible. |
| ☐ I planned for normal energy and now feel behind. | ☐ Even choosing what to do is using up my energy. |
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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:
