

ADHD Money and Admin Check-In Worksheet

Get one money or admin problem visible, choose the next action, and leave a cue for the next check-in.

What's the money or admin problem right now?

Pick the closest real sentence. This is about getting one obligation visible and moving—not fixing your whole financial life today.

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| ☐ I have not looked because I am worried about what I will find. | ☐ I spend money without noticing until later. |
| ☐ A bill, form, or renewal became urgent because it disappeared. | ☐ There are too many money or admin tasks, so I avoid all of them. |
| ☐ I do not have one place to see what is due next. | |
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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:
