

ADHD Paperwork Start Worksheet

Turn one form, letter, or paperwork pile into a visible first action and a place to return to.

What's the paperwork problem right now?

Start with one document. The goal is to find the next verb: read, sign, find, scan, ask, or send.

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| ☐ I cannot tell what this letter or form is asking me to do. | ☐ I need information or documents before I can complete it. |
| ☐ There is a pile, so I do not know where to begin. | ☐ I start paperwork but it disappears before I finish. |
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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:
