

ADHD School Forms Worksheet

Give one school form or message a next action, due date, and temporary home before it disappears again.

What's the school-form problem right now?

Start with one paper or message. You only need to make its next action and date visible.

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| ☐ The form is somewhere, but I cannot find it. | ☐ I found it but cannot tell what is due or when. |
| ☐ I need something before I can complete it. | ☐ This keeps happening with every school message. |
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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:
