

ADHD Start an Assignment Worksheet

Turn one assignment into a first rough piece instead of waiting until you understand every requirement.

What's the assignment problem right now?

Choose the closest sentence. A rough first piece is more useful than a perfect plan you never begin.

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|---|--|
| ☐ The blank page makes me freeze. | ☐ I do not understand what the assignment is asking for. |
| ☐ I keep researching instead of making the assignment itself. | ☐ I left it late and feel too behind to begin. |
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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:
