

# ADHD Status Update Worksheet

Turn a delayed, unclear, or awkward work update into one honest message with a useful next checkpoint.

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## What's the update problem right now?

Choose the closest sentence. The aim is a clear checkpoint, not a perfect justification.

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|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| <input type="checkbox"/> <b>I am behind and have avoided telling them.</b>             | <input type="checkbox"/> <b>I do not know what update they actually need.</b>          |
| <input type="checkbox"/> <b>I over-explain and the message becomes harder to send.</b> | <input type="checkbox"/> <b>A blocker means I cannot give a clean completion date.</b> |
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## Write only enough to begin

My two-minute action is:

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The first round is done when:

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If I stop, the next visible move is:

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