

ADHD Transition Worksheet

Make the next change of task, place, or mode easier by naming the exit cue and first action at the destination.

What's the transition problem right now?

Choose the nearest problem. A good transition needs one closing cue and one visible arrival action.

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| ☐ I cannot make myself leave the current task or place. | ☐ Short breaks become much longer than I intended. |
| ☐ I arrive at the next task and forget what I was doing. | ☐ Switching between roles or settings leaves me scattered. |
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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:
