

ADHD Weekly Planning Worksheet

Make the week visible with anchors, deadline limits, and recovery space that reflect real capacity.

What's the week problem right now?

Choose the closest problem before adding tasks. The goal is an honest week, not a more impressive list.

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| ☐ I have too many priorities and no order for them. | ☐ Deadlines, appointments, and home life are colliding. |
| ☐ I cannot tell what I realistically have capacity for. | ☐ I avoid planning because last week did not go to plan. |
| ☐ Small admin and personal tasks disappear until they become urgent. | |
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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:
