

ADHD Weekly Review Worksheet

Clear leftovers, repair planner trust, and choose one lighter way to begin the next week.

What's the weekly reset problem right now?

Start with the part that makes looking at the week feel hard. You do not need to process every old task.

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| ☐ My planner has become a guilt list, so I avoid it. | ☐ There are too many leftovers to know what still matters. |
| ☐ I missed or nearly missed something important this week. | ☐ I keep planning a week with no recovery space. |
| ☐ The review itself feels too big 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:
