

ADHD Work Priority Worksheet

Choose the work item that matters first when messages, meetings, and requests all compete for attention.

What's the work-priority problem right now?

Choose the real pressure point. You are deciding the next useful move, not ranking your whole career.

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| ☐ Everything feels urgent, so I cannot choose. | ☐ Messages and requests keep deciding my day. |
| ☐ The important project is too large to compete with small tasks. | ☐ I am blocked by someone else and keep circling the task. |
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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:
