How I work best

What helps me, what gets in my way, and what to do when things go wrong.

Name _____ Date _____

What helps me

What gets in my way

When things go wrong, I...

I'll look at this again on: _____

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How to fill it in

1. **Think of a good day and a hard day.** What was different? Where were you, who was there, what time was it, how had you slept?
2. **Write three lines in each box.** Short and specific works best. “Writing my top two priorities on a sticky note” is more useful than “being organised”.
3. **Use your own words.** If a line doesn’t sound like you, change it.
4. **Try it for two weeks.** Do the things in “What helps me” on purpose, and notice what happens.
5. **Change it.** Cross out what didn’t help and add what did. It’s a working page, not a test.

For example

What helps me: Writing down my top two priorities before I start.

What gets in my way: Vague deadlines, and plans that change without warning.

When things go wrong: Take ten minutes away from the screen, then do the easiest task on my list.

Sharing it, if you want to

- Keep it for yourself, or share it with a partner, manager, or teacher. You decide.
- Share one box, not the whole page. “What helps me” is a good place to start.
- Choose a calm moment, not the middle of a disagreement.
- Try: “I’ve been working out how I work best. Can I show you one thing that would help me?”

For parents

Make your child’s page together, in their words, and keep it short. Younger children can draw instead of writing.

WANT MORE?

The free guide “Your first week after an ADHD diagnosis” and ADHD Curious, the weekly newsletter, are at andreaantal.com.