

“A Gentle Morning Reset for ADHD Minds”

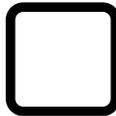
Wake-Up Routine

👉 How are you feeling this morning?

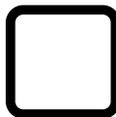
Calm Tired Overwhelmed Anxious Unmotivated



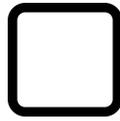
Drink a glass of water



Make your bed

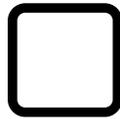


Quick stretch (5 mins)

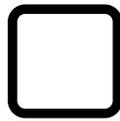


Open the curtains

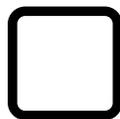
Self-Care



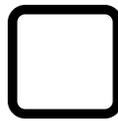
Brush teeth & skincare



Meditate (5 mins)



Enjoy a cup of
tea/coffee

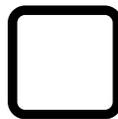


Read something positive

☞ Energy after self-care:

Low Better Good Calm

Focus Task



Identify key task

☞ Today's Main Task:

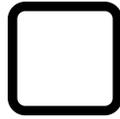
☞ First Tiny Step:



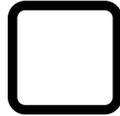
Set a timer

• **Start Time:** _____

• **☞ Timer:** 10 25 45



Work without distractions



Take a short break after

👉 After I finish, I will reward myself with:

Intention Setting



Gratitude
(list 3 things)



Set a daily intention



Visualize success



Affirmations (repeat 3 times)

👉 My affirmation for today:

(Remember to adapt this routine...)

👉 Brain Dump (Clear Your Mind)

👉 What's on my mind right now?

👉 What's stressing me?

👉 What can wait for later?

Created by Just Be You

More ADHD tools at: <https://justbeyou-online.com>