



ADHD-Friendly Journaling Prompts

(Low-pressure prompts for
when your brain feels too full)



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- *What's one thing I need to get out of my head right now?*
 - *Two things I actually care about this week:*
 - *What's one thing I've been avoiding today, and why?*
 - *If I could cancel one responsibility guilt-free, what would it be?*
 - *What do I need more of this week? (sleep, silence, snacks?)*
 - *What thoughts keep looping? Write them out.*
 - *A weird thought I had today that made me laugh:*
 - *One thing I can control right now:*
 - *What do I want my space to feel like?*
 - *If I were 10% kinder to myself today, what would I do?*
 - *What does "rest" actually mean to me?*
 - *What am I resisting today, and what's one tiny step I can take?*
 - *What's buzzing in my head right now? Just dump it here.*
 - *My brain feels most alive when I'm...*
 - *What do I need to remember that I keep forgetting?*
 - *What feels good lately, even if it's small?*
 - *One way I can move my body that doesn't feel like punishment:*
 - *Who or what is making me feel scattered right now?*
 - *What's something I'd like to create—just for fun?*
 - *What can I say no to this week?*
 - *What's a habit I want to build—but ADHD makes hard?*
 - *What would my "ideal day" actually look like?*
 - *A brain dump: no rules, just go*
 - *What kind of support do I wish I had right now?*
 - *How can I make tomorrow 10% easier?*
 - *What do I actually need today—not what I think I "should" do?*
 - *If I were a character in a book, how would today be written?*
 - *One little win I can celebrate right now:*

