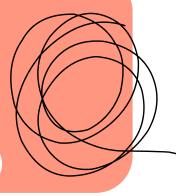


ADHD-Friendly Journaling Prompts

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



- 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:

