

The ADHD Self-Discovery Journal

*A supportive companion to
Could It Be ADHD? —
recognize your patterns,
experiment with tools, and
reframe with compassion*

The ADHD Self-Discovery Journal

This journal is a gentle way to notice ADHD clues in your daily life and experiment with new coping tools. Use it to build awareness, reduce shame, and capture your wins. You can print copies of the pages in this journal whenever you need them.

Journaling is mindfulness in action. Take a few minutes each night to reflect on your day. You deserve to take time every day to connect with yourself.



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Weekly Reflections

Date: _____

What patterns did I notice in my ADHD clues this week?

Which coping tool worked best for me?

How did I show myself compassion?





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