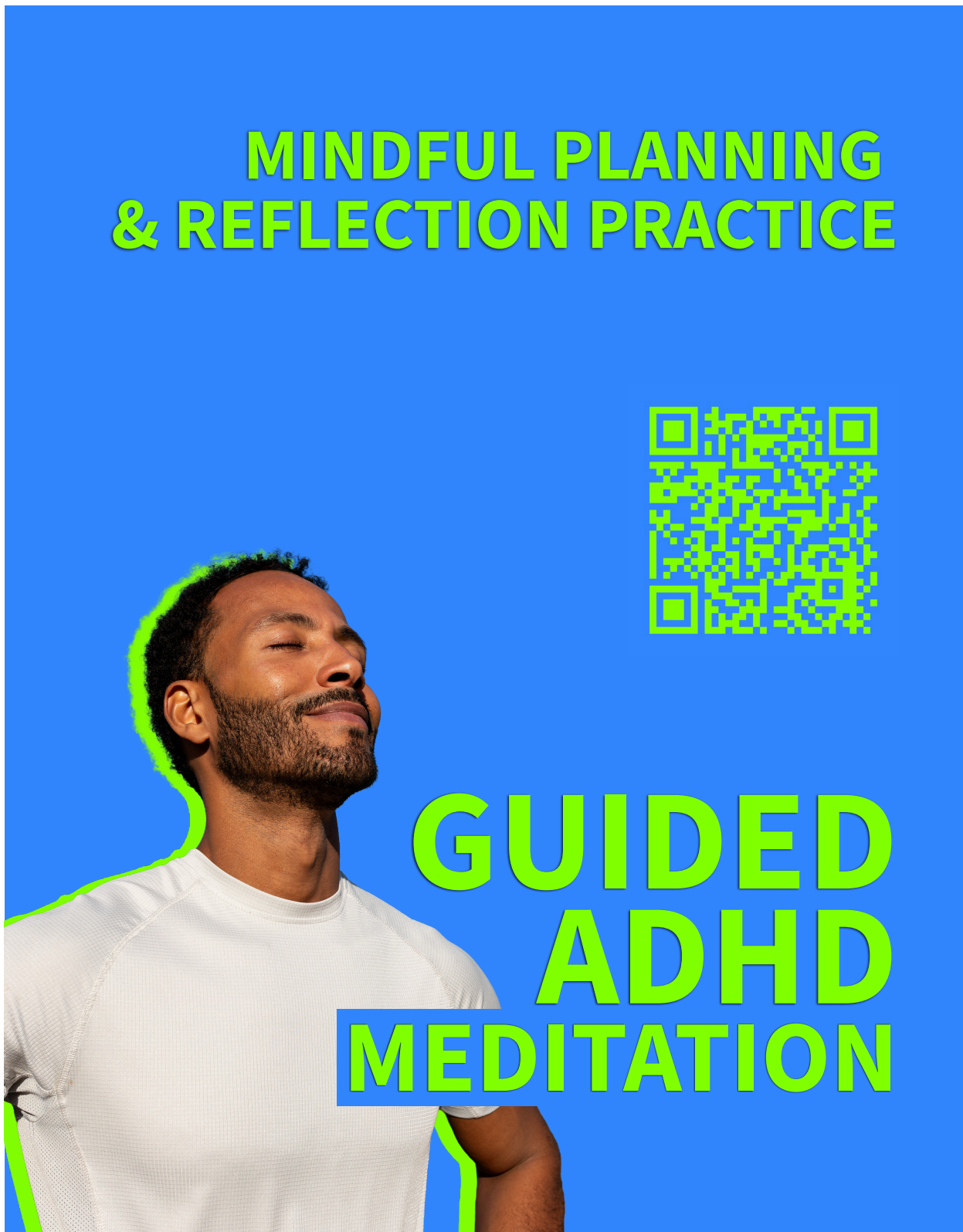
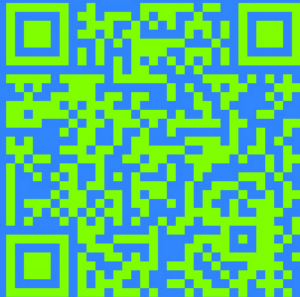


These worksheets are a companion to the Mindful Planning & Reflection Practice. Complete during or after the meditation.



**MINDFUL PLANNING
& REFLECTION PRACTICE**



**GUIDED
ADHD
MEDITATION**

1 PRESENT MOMENT — Arriving

Ground yourself before you plan

Where am I showing up from right now?

e.g. 'My brain is already running the list.' / 'I feel behind.' / 'Scattered — twenty tabs open, none fully loaded.'

What's the loudest thing in my head right now?

e.g. 'Did I send that email?' / 'I don't know where to start.' / 'Part of me wants to skip this and just go DO things.'

Check-in: body sensations present

Tightness / tension

Restlessness / urgency

Flatness / shutdown

Clarity / readiness

2 SELF AS CONTEXT — Stepping Back

You are not your output

What story is my mind telling about me based on this week?

e.g. 'I'm the person who never follows through.' / 'I'm so behind this is pointless.' / 'I did okay — better than usual.'

Can I notice that as a story, not a verdict? What does the observer in me see?

e.g. 'I've had hard weeks before and gotten through them.' / 'My worth isn't my task list.'

3 DEFUSION — Naming the Thought-Storm

Unhook from the noise without fighting it

What thought patterns showed up? Circle or name them below.

Catastrophizing spiral Perfection trap	False urgency hijack Fortune teller	Comparison ambush Shame spiral	Shutdown whisper Hyperfocus redirect
---	--	-----------------------------------	---

Any others?

4 ACCEPTANCE — Making Room for the Mess

Not a verdict — just the view

One thing I intended that didn't happen:

e.g. 'Didn't finish the intake forms.' / 'Avoided the hard conversation again.'

What feeling comes up when I hold that? Where do I feel it?

e.g. 'Guilt — in my chest.' / 'That here-we-are-again exhaustion.' / 'Weird mix of relief and shame.'

One thing that DID happen — even imperfectly — that I can let count:

e.g. 'Sent the email at 11pm.' / 'Showed up for the appointment.' / 'Didn't cancel the call.'

5 VALUES — The Compass Under the Calendar
Why does any of this actually matter?

2–3 things that actually matter to me right now (not ‘should’ — actually):

e.g. ‘Being present for my kids.’ / ‘Work I’m not embarrassed to put my name on.’ / ‘Taking care of my body.’

Is anything on my list driven by fear or obligation rather than values?

e.g. ‘The report — that’s fear of judgment, not passion.’ / ‘The call I keep avoiding.’

6 COMMITTED ACTION — Choosing What’s Next
Eyes-open, values-anchored, obstacle-aware

One action this week that moves toward what matters (not just the loudest thing):

e.g. ‘Draft the first section — even just an outline.’ / ‘Schedule the call I’ve been avoiding.’

Which obstacle is most likely?

- Interest gap (no novelty/urgency)
- Transition problem (can’t start from zero)
- Invisible wall (unknown block)
- Perfection trap (can’t do it ‘right’)

My plan for that obstacle:

e.g. ‘Smallest version = just open the doc.’ / ‘Attach it to my morning coffee.’ / ‘10-min timer — done counts.’

Something from last week/month to release — not carry forward:

e.g. 'The thing I didn't reschedule — it's gone. Let it go.'

Closing intention — one sentence:

e.g. 'I'm moving toward work I'm proud of, one imperfect step at a time.'
