

ADHD Action Plan Scan

Right now, in my daily life, how close do I feel to being at my best?

Rarely 1 2 Hit And Miss 3 4 All the time 5

If you're not as close as you'd like, let's see why.

For each question, answer red (not working), amber (needs work), or green (going well). Most people see plenty of reds, some ambers, and maybe a few greens — and that's normal. This isn't a grade. It's the first step to building an action plan that helps you work with your ADHD, not against it.

				
Energy	Do you generally have the energy, focus, and mood you need to perform at your best?			
	Move Daily: Do you move your body daily in a way that boosts your mood?			
	Eat For Focus: Do your food and drink choices help you stay focused through the day?			
	Sleep Well: Do you sleep well and wake feeling refreshed and sufficiently energised for the day?			
Action	Do you have reliable systems and habits that enable you to get stuff done?			
	Simple Habits: Do your daily and weekly habits help you take action reliably?			
	Tools That Work: Do your ways of working enable you to start, track and finish tasks when you want?			
	Remove Friction: Does your digital and physical environment make it easier for you to take action?			
Direction	Are you spending most of your time on interesting work that plays to your strengths?			
	Know Your Strengths: Can you articulate your ADHD traits and strengths with confidence?			
	Adapt Your Day: Is your day adapted so your strengths carry the load, not your weaknesses?			
	Design What's Next: Are you moving towards a future where your strengths set you up to succeed?			

Want to learn how this system works to get you on track? Check out the ADHD Flywheel here: <https://richardrussell.co/adhdflywheel>
To build your action plan, go to <https://richardrussell.co/adhdcall> and book a free 45 minute planning session.