FREE WORKSHEET · FOCUS WITH ADHD, SUBJECT 18

ADHD morning routine checklist

- [ ] TODAY, 10 MINUTES
  Build the launch pad. Clear a surface within reach of the door. Move the five essentials there and nothing else. Write the four-word check on a card and prop it on the tray.
  Done on _____

- [ ] TONIGHT, 2 MINUTES
  Load tomorrow. Whatever tomorrow needs that is not on the pad goes on it now. Check tomorrow's appointments for anything you have missed.
  Done on _____

- [ ] THIS WEEK, 7 MORNINGS
  A card at the first alarm. Write the day's card from the calendar and the list, never from memory. Tick the mornings with no searching.
  Done on _____

ON THE LAUNCH PAD

- [ ] Keys
- [ ] Wallet
- [ ] Badge
- [ ] Charger
- [ ] Bag

Tomorrow's extras: _____

TODAY'S CARD

Appointments: _____

1. (must): _____

- [ ] 2.
- [ ] 3.

OUT THE DOOR

- [ ] Phone · keys · wallet · badge

MORNINGS WITH NO SEARCH

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐	☐	☐	☐	☐	☐	☐