

The For You series

 NEURODIVERGENCE

Your ADHD toolkit

✿ START SMALL

Your one thing a day

✿ IN SHORT

One task, named the night before, beats a long list you never finish. Each evening, write tomorrow's single most important task, then do only that first.

Day	The one thing that matters most	Done	What got in the way
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

WHERE THIS COMES FROM

NICE guideline. Attention deficit hyperactivity disorder: diagnosis and management (NG87).

[nice.org.uk/guidance/ng87](https://www.nice.org.uk/guidance/ng87)

World Health Organization. mhGAP Intervention Guide for mental, neurological and substance use disorders, version 2.0. [who.int/publications/i/item/9789241549790](https://www.who.int/publications/i/item/9789241549790)

A tool to fill in, not a test. There are no grades here. Bring it to a doctor who knows your history.

● Feeling like it is all too much? **Read the crisis card.** Help is one page away.