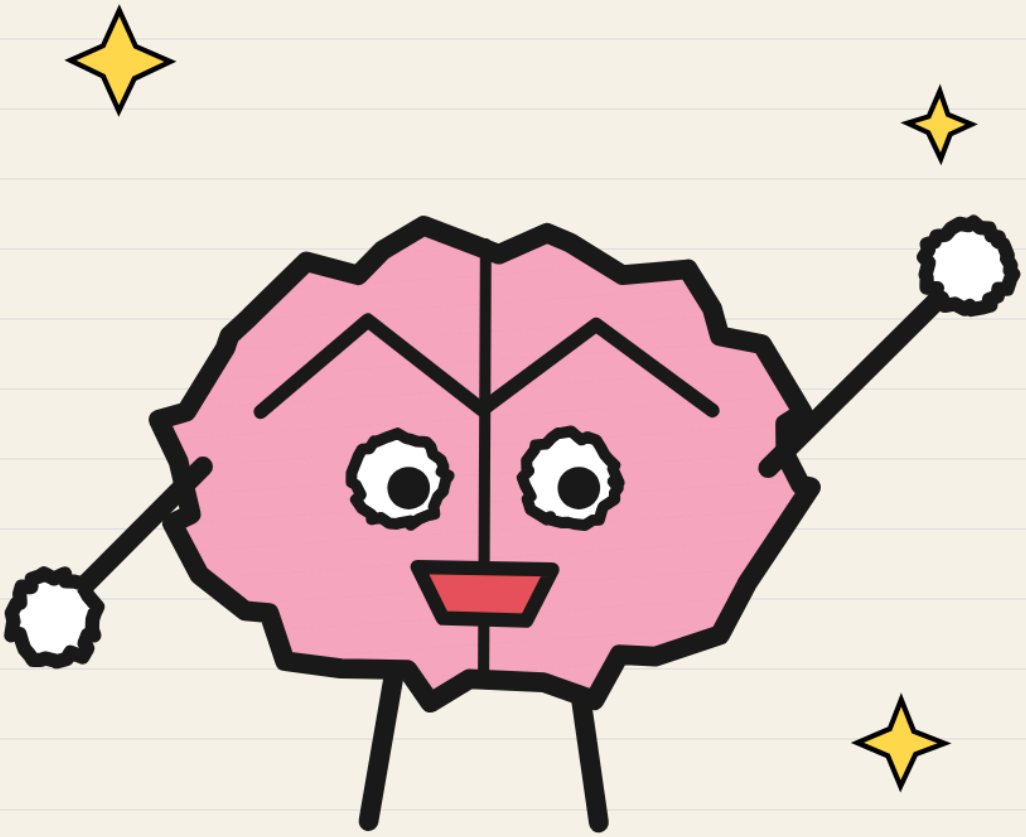
ADHD, SIMPLY

The Pocket Guide

10 small things that make a big difference



Your brain isn't broken. It's wired differently. 🧡 This guide doesn't "fix" ADHD — it gives you **simple tools** that make everyday life a little easier. Pick one. Try it for a week.

When starting is the hard part

1 Make time visible ⏰

Time blindness is real: "later" feels far away until it's suddenly now. Put time where your eyes are.

Try: a visual timer or analog clock on your desk

2 Shrink the first step 🪜

"Study" is a wall. "Open the notebook" is a step. Make the first step so small it feels almost silly.

Try: write the tiniest next action on a sticky note

3 The 2-minute start ⏱️

Tell yourself you only have to do it for 2 minutes. Starting is often the hardest part — momentum does the rest.

Try: set a 2-minute timer, you're allowed to stop after

4 Body doubling 👥

Many people with ADHD focus better when someone else is around — in person or on a video call, even if you don't talk.

Try: a "silent study" call with a friend

5 Add fuel: make it interesting 🎮

ADHD brains often run on interest, novelty, challenge or urgency. Borrow some for boring tasks.

Try: race a playlist, add a mini deadline, or reward yourself

When your brain is full

6

Close the tabs: brain dump 🧠

Write down everything that's buzzing in your head. Paper remembers so your brain doesn't have to.

Try: 5 minutes, one list, then pick just ONE thing

7

Out of sight = out of mind 👀

If you can't see it, it might as well not exist. Use that: keep important things visible.

Try: open shelves, clear boxes, keys on a hook by the door

8

Add a time buffer 🧱

"5 minutes" is a feeling, not a number. Plan with extra time and leave earlier than feels right.

Try: add 50% to every time estimate

9

Protect your battery 🔋

Focusing, sitting still and filtering noise all cost energy. Breaks aren't lazy — they're maintenance.

Try: move for 5 minutes every hour, headphones in loud places

10

Be kind — and get support 🧡

You're not lazy. Talking to a doctor, therapist or coach about ADHD is a smart move, not a failure.

Try: tell one person you trust what you're struggling with

Your 1-Week Challenge

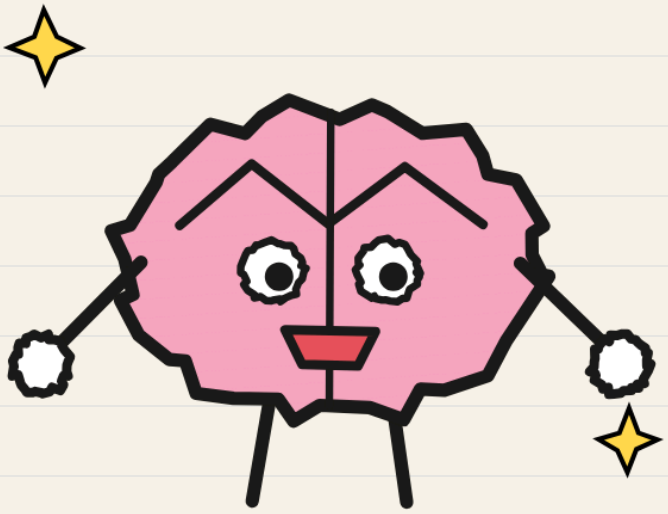
Pick ONE tip. Just one.

My tip this week: _____

I'll use it when: _____

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

Missed a day? That's fine. Just check the next one. ✔



More every day on **YouTube & Instagram: @adhdsimply**

Which tip are you trying? Tell us in the comments!

This guide shares simplified, general information for education. It is not medical advice and does not replace diagnosis or treatment by a qualified professional. If you think you might have ADHD, please talk to a doctor or mental health professional. Voice in our videos: ElevenLabs.