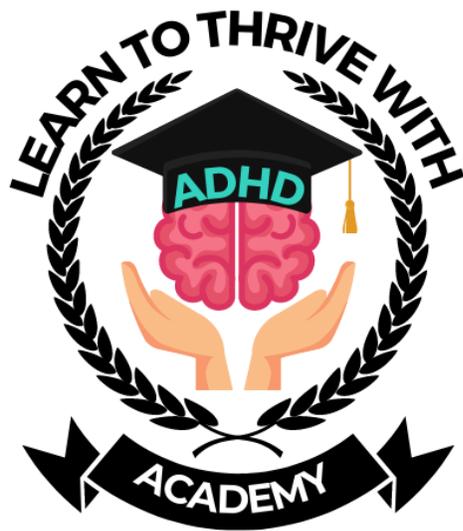


HOW TO NOT QUIT

You Can Never Fail If You
Learn To Not Quit



LEARN TO THRIVE WITH ADHD

Welcome Friends!

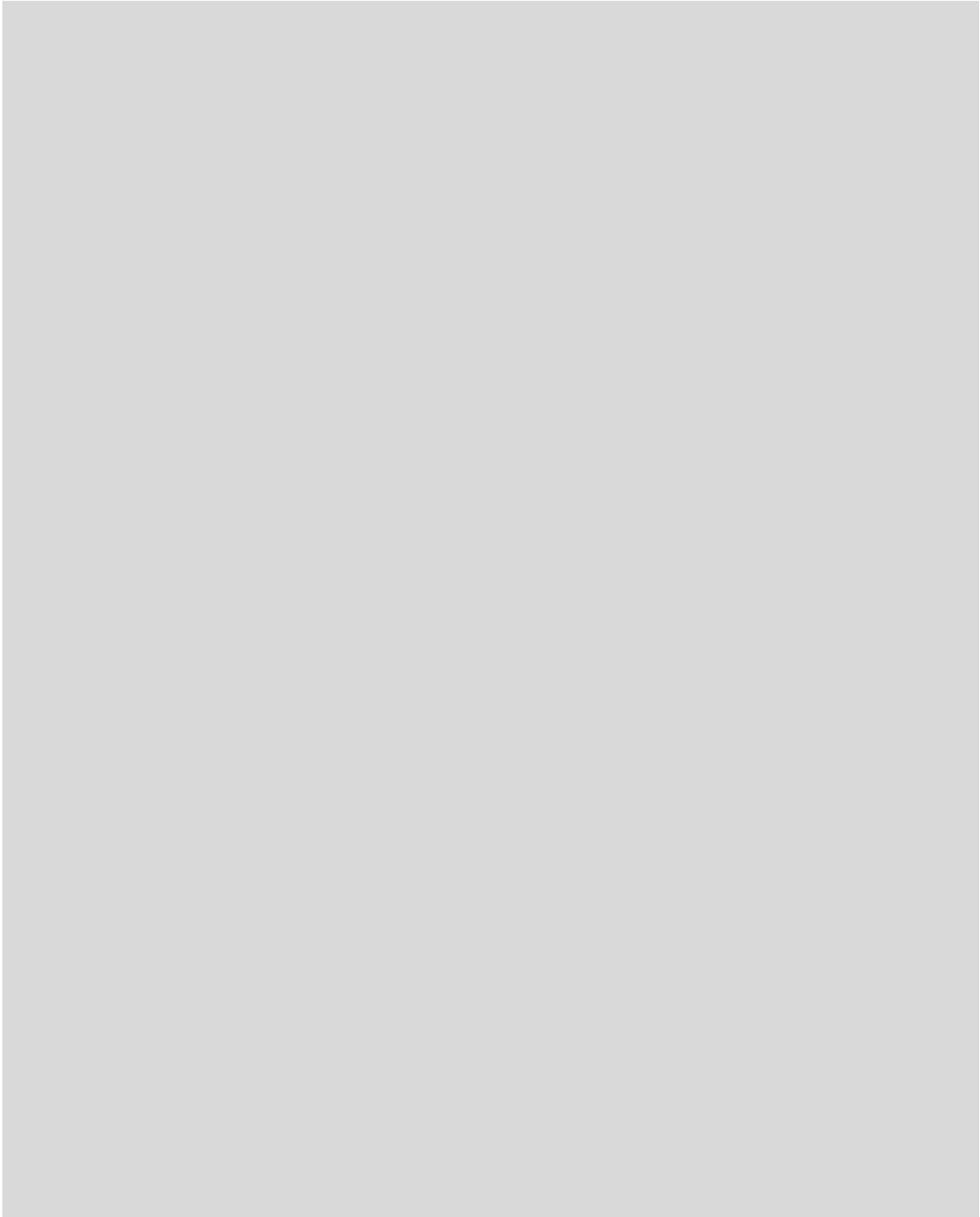
Around here at Learn to Thrive with ADHD, we are all about education, but it's nothing without application. So please use this to apply what you learn to your life. You've got this!

Pro Tips:

This worksheet is made simple to save on ink. Another way to save is to print using grayscale. Save paper by printing on both sides. Print only the pages you need.

If you have questions, feel free to email us at:
support@learntothrivewithadhd.com

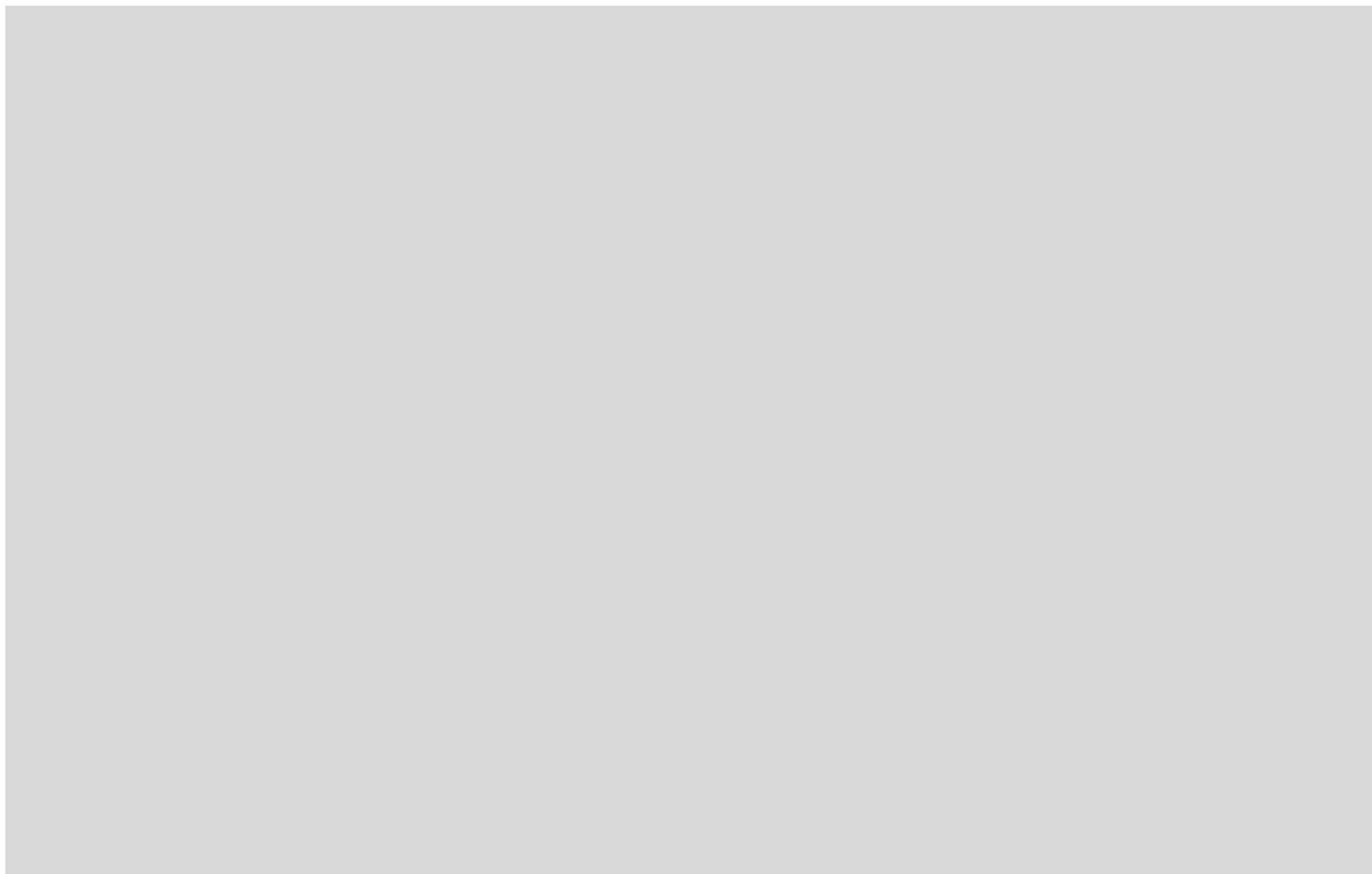
Reflect on some times you have quit in your life. Why do you think you did? How did you feel after? What would you do differently if you had another chance?



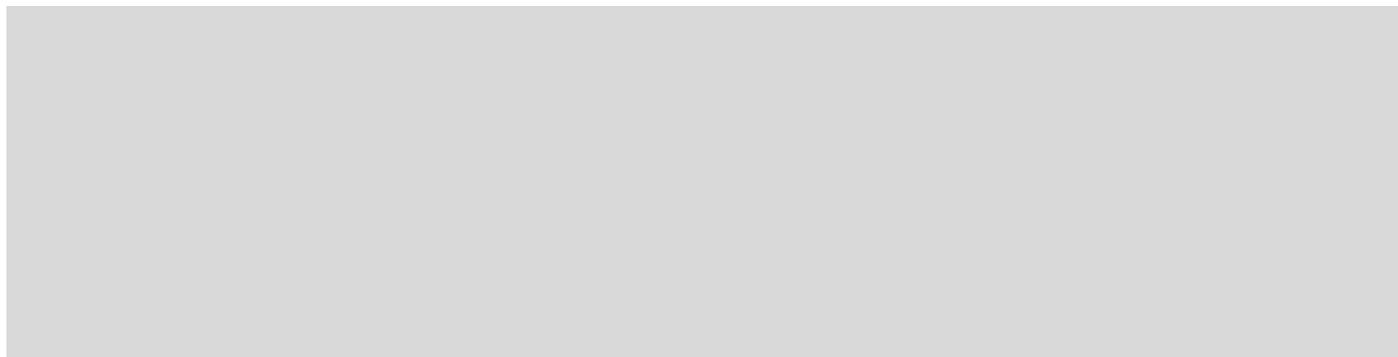
DELAY GRATIFICATION WORKSHEET

Let's practice delaying gratification. When you have the urge to do something that will work against your goals set a timer for 10 minutes and observe your thoughts and feelings.

Write your thoughts and feelings here:



How did you feel after waiting 10 minutes?

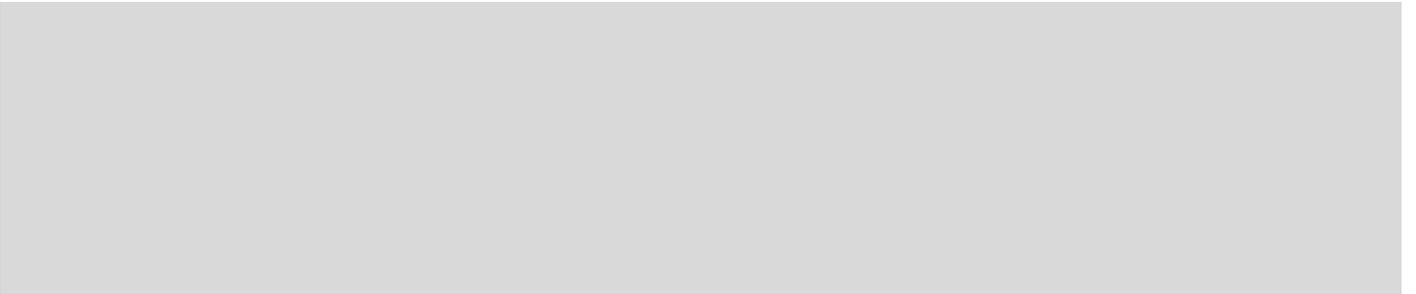


REFRAMING FAILURE WORKSHEET

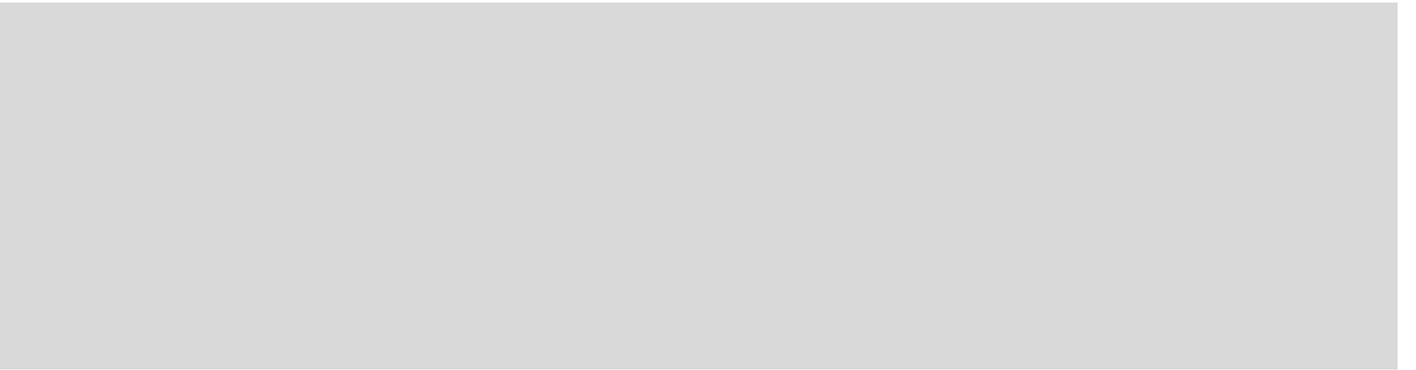
Reflect on a time you think you failed here.



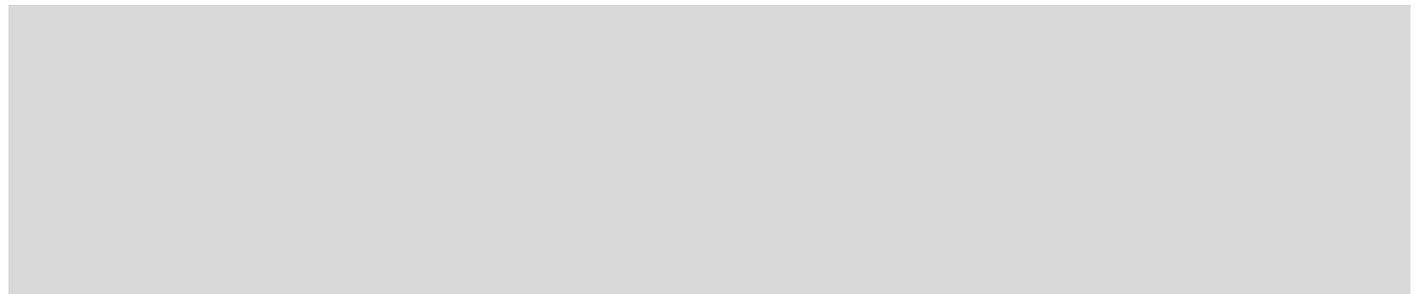
What would you tell a friend that had the same experience?



What did you learn from this?



How did this experience help you with something else?



SELF CONFIDENCE

Feel free to continue on a separate piece of paper if you run out of space. Keep this to refer back to when you have self doubt.

What are your strengths?

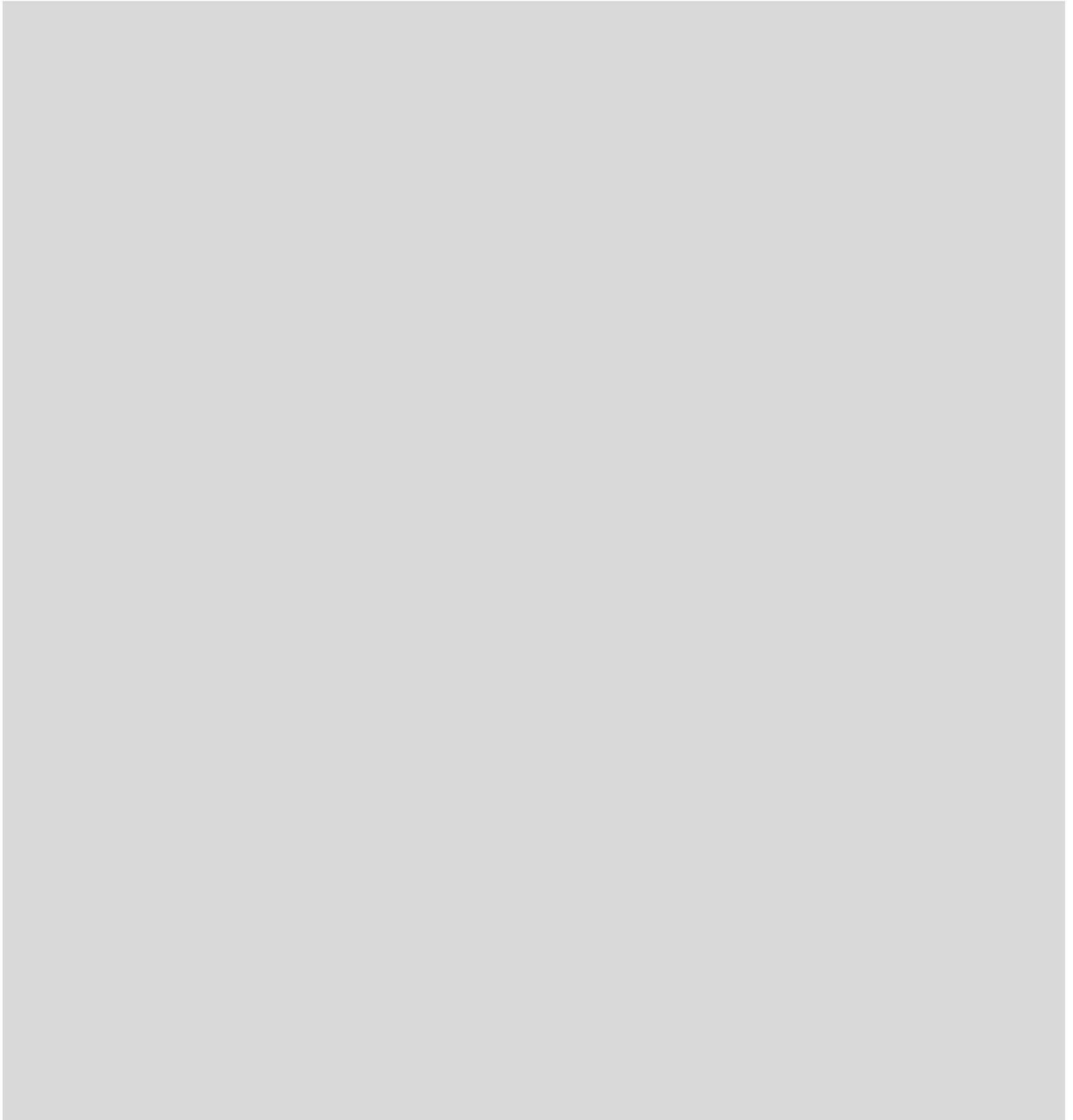
What past achievements are you proud of?

What challenges have you overcome?

What positive feedback have I received from others?

YOUR NEW STORY

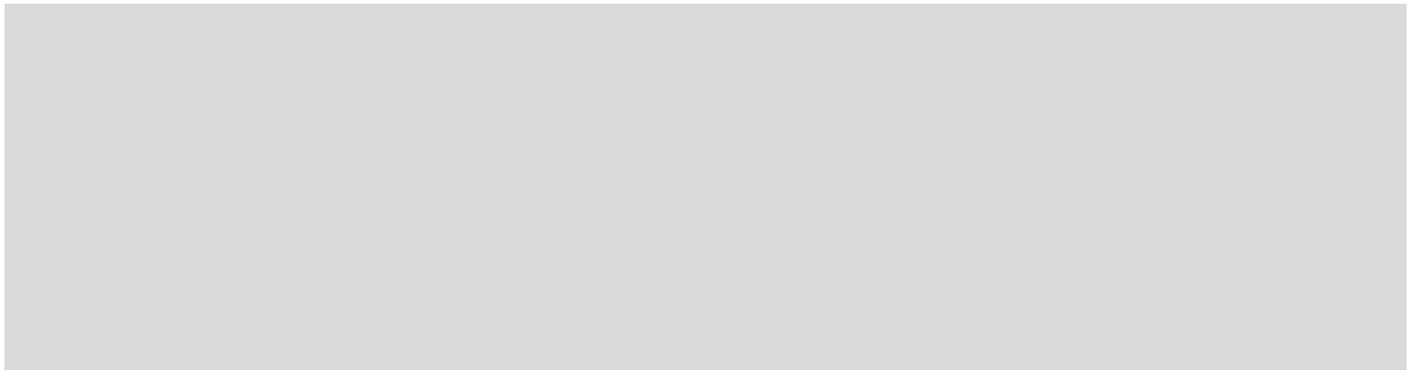
You may be used to using past evidence about what you are capable of. It's time to write a brand-new story about what you are capable of from this moment going forward. You can't use past mistakes or failures because they mean nothing about who you are right now.



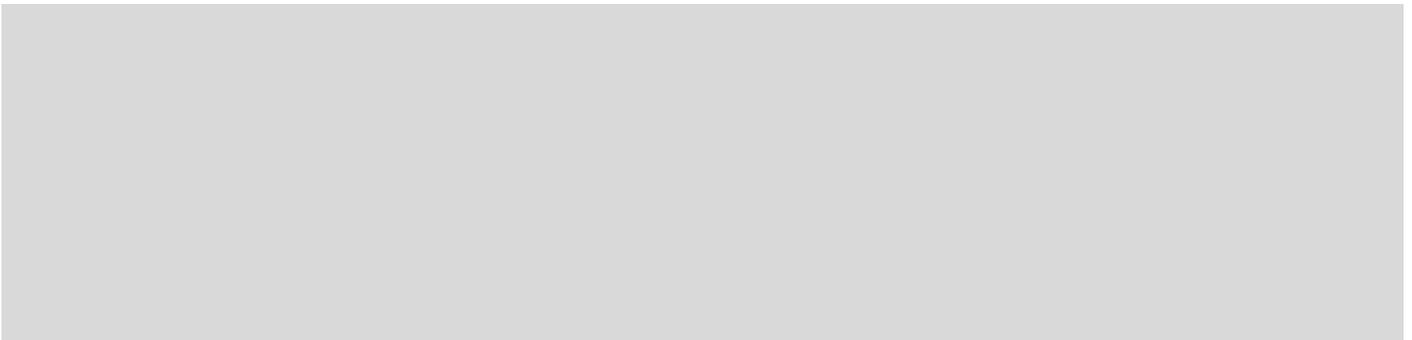
YOUR INNER CRITIC

If your inner critic had a silly name what would it be?

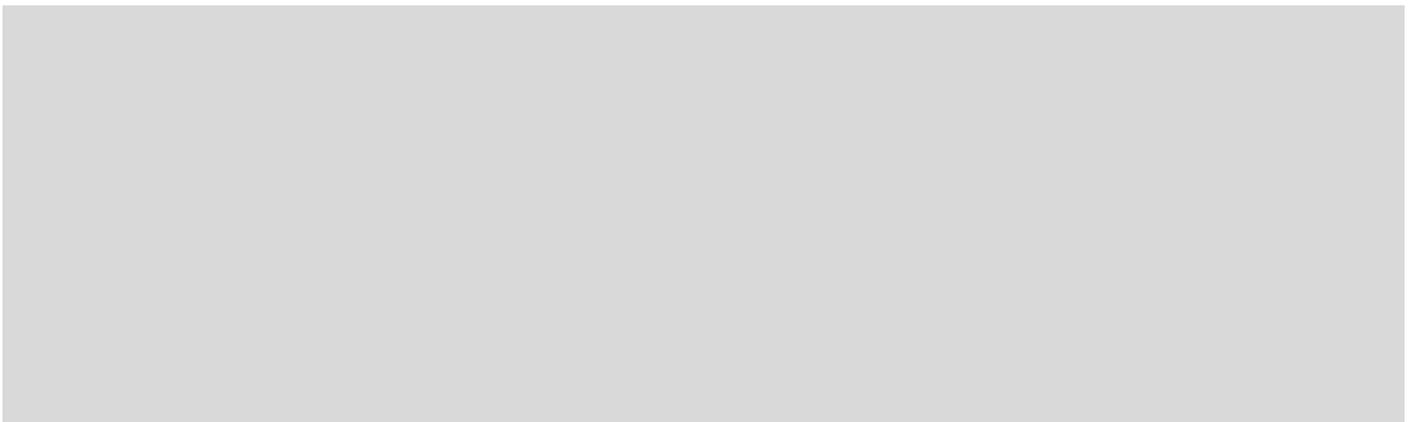
What has your inner critic told you lately that is not helpful or is hurtful?



Why might your inner critic be offering these thoughts?



What could you be thinking instead?



WHAT DO YOU HAVE TO LOSE?

List a goal you have that scares you:

What do you have to lose if you go for this and fail? Circle the correct answer.

TIME

MONEY

REPUTATION

How much time would you have to put into this?

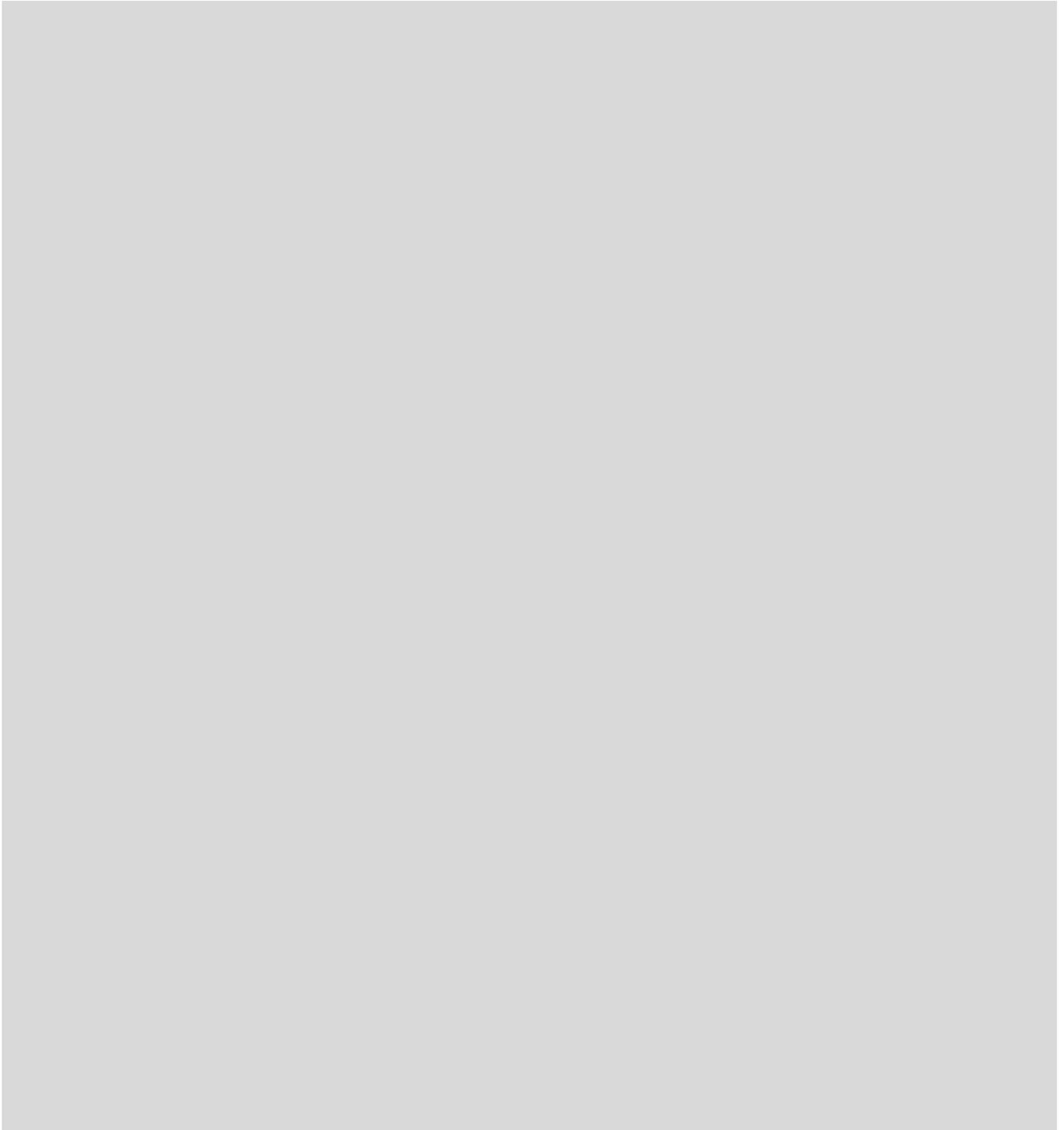
See yourself in the future when you have accomplished your goal. Was it worth the time?

if this will cost you money how might you replace it? Or would it even need to be replaced?

Decide now what you will say about yourself if you don't make your goal. What would you tell a friend?

OVERWHELM WORKSHEET

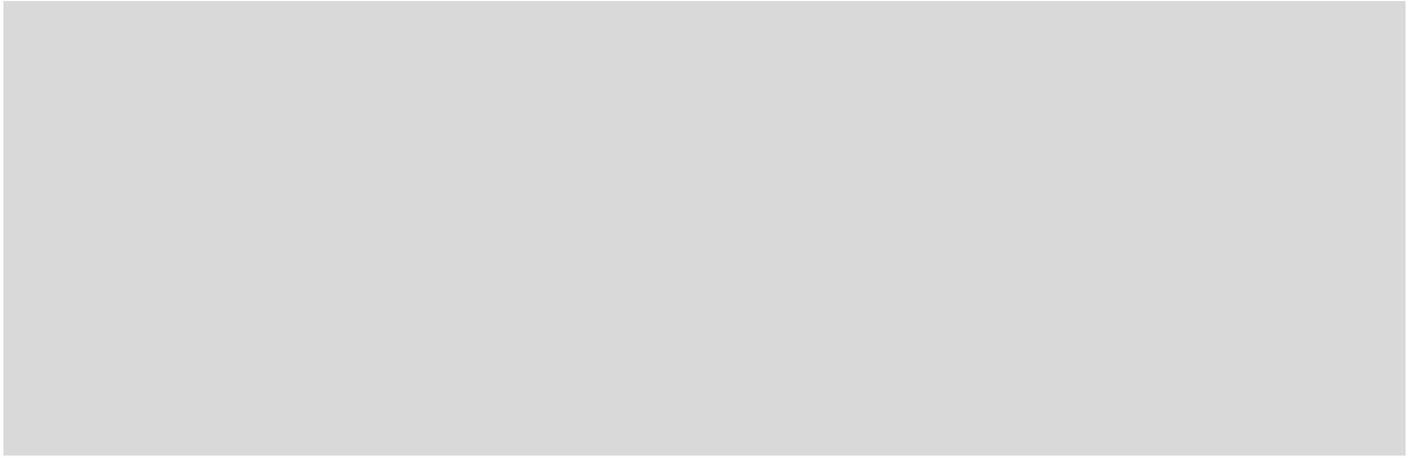
Brain dump everything you are feeling overwhelmed about.



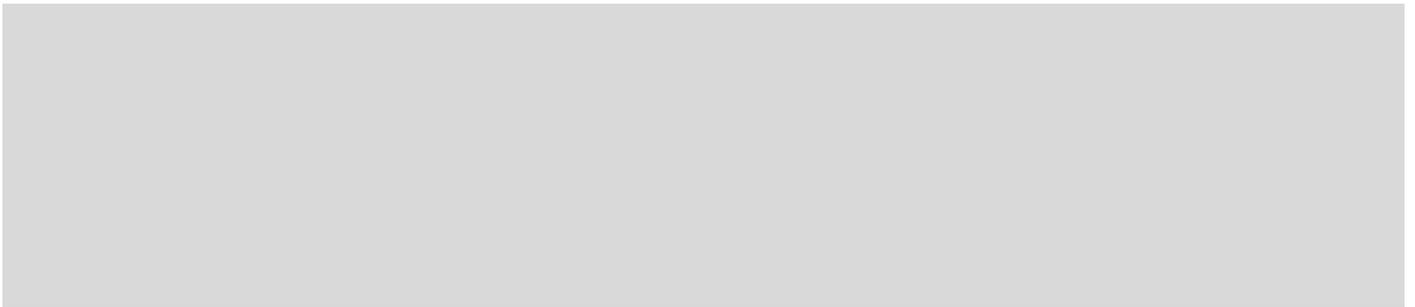
Cross out anything not within your control today.

OVERWHELM WORKSHEET

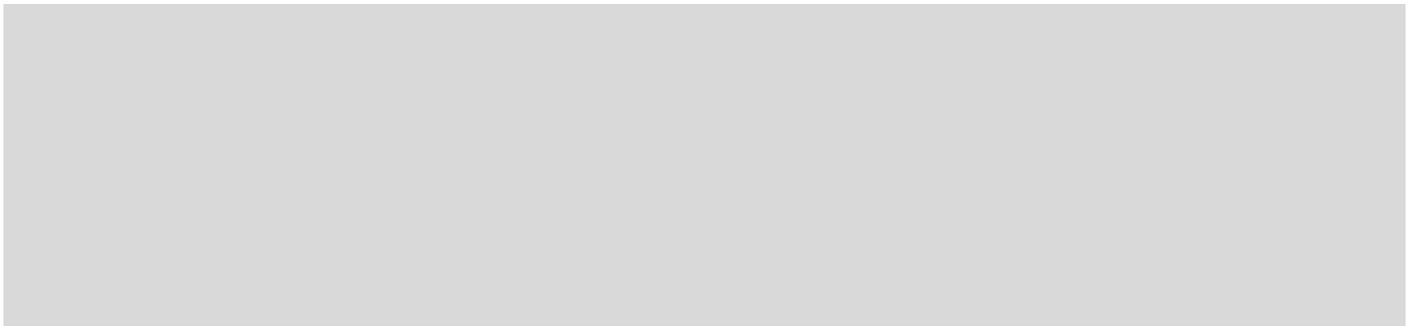
Now list here what you can deal with today and be realistic.



Who can I reach out to for support?



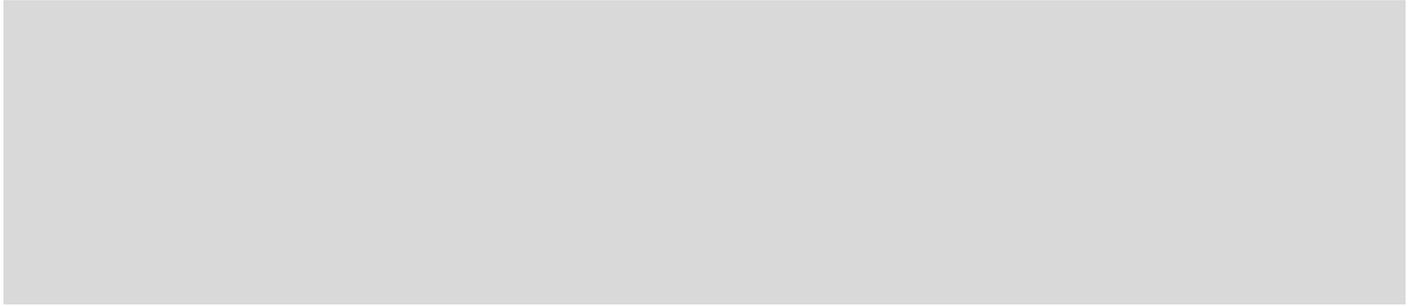
What ways can I support myself right now?



What is one tiny way I can move forward on my goal today?

CLEAR GOAL

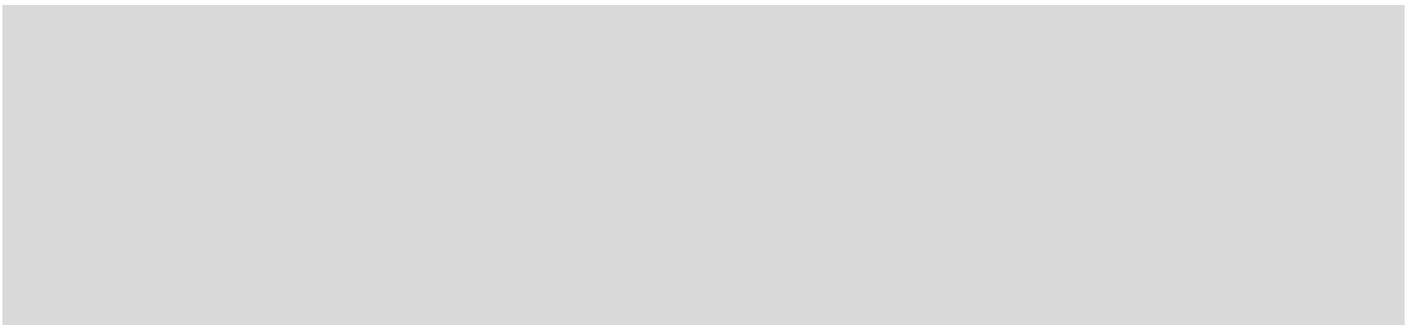
What specific outcome do you want to achieve?



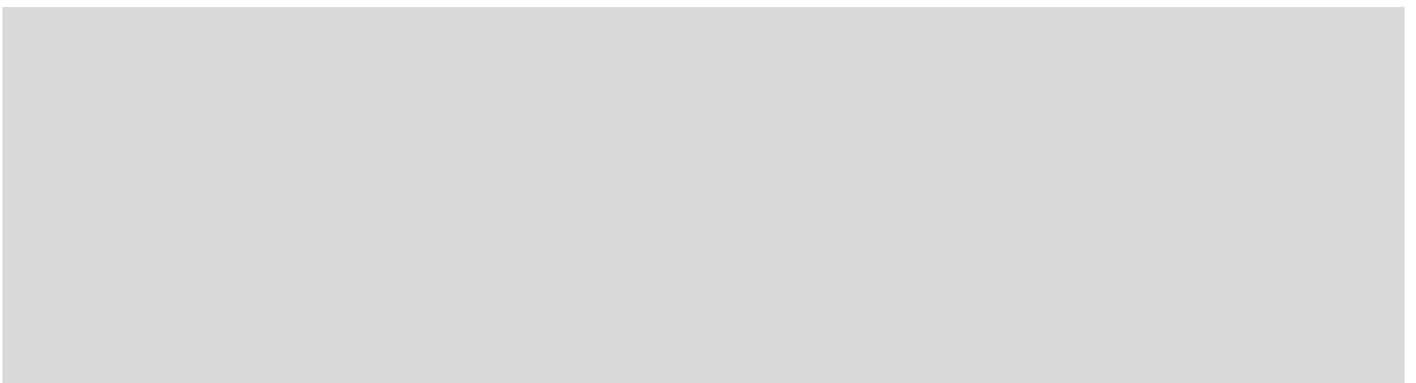
Is this goal realistic and achievable? _____

What is your timeframe for achieving this goal?

Why is this goal important to you?

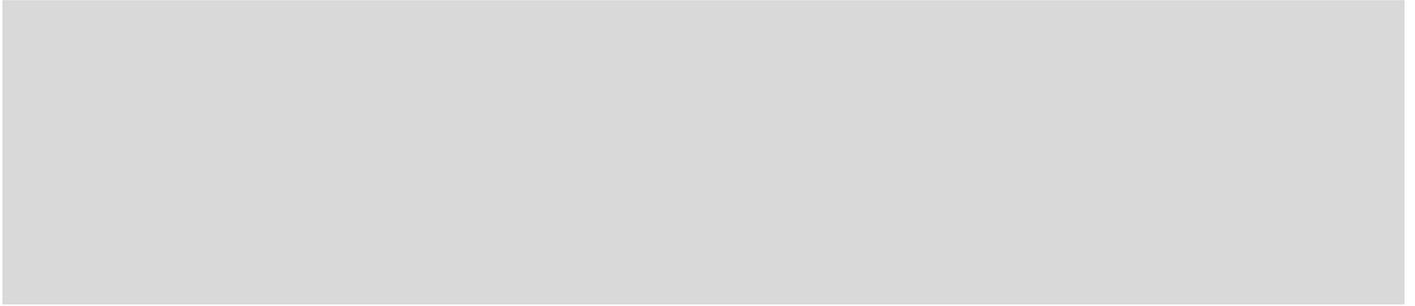


What steps or actions do you need to take to reach this goal?

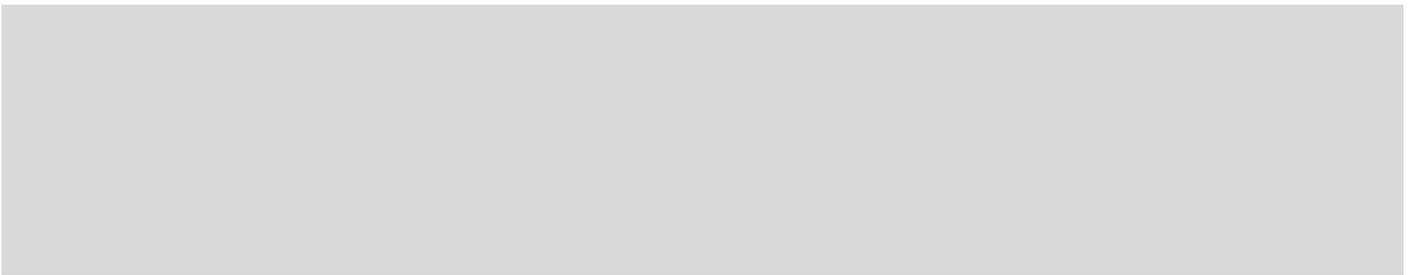


CLEAR GOAL

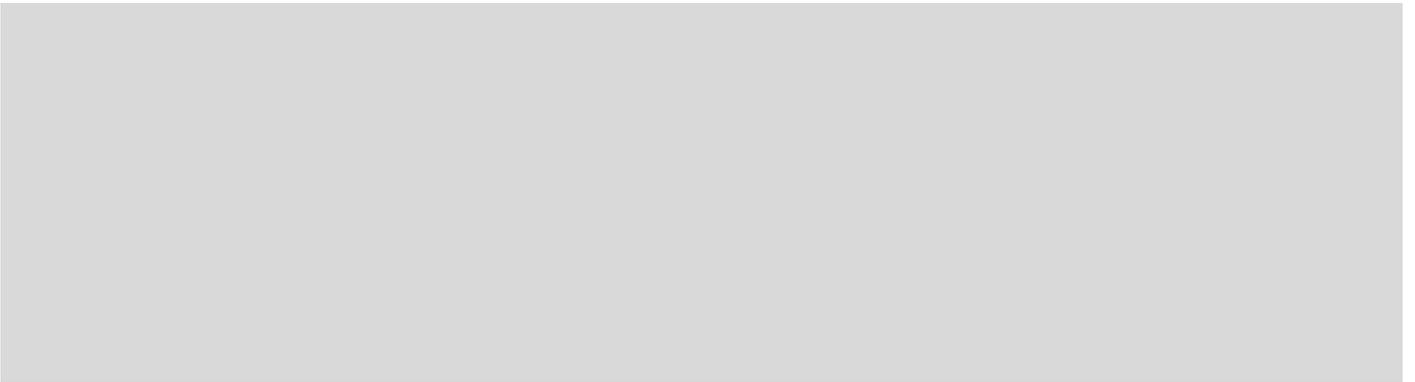
What resources or support do you need?



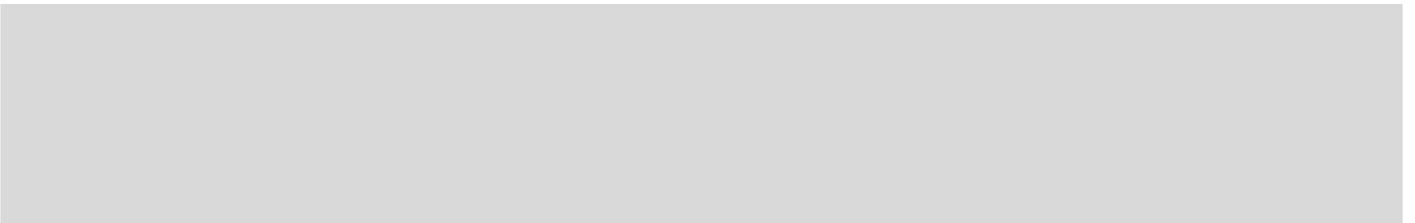
How will you measure your progress and success?



What are the potential obstacles or challenges you may have? How will you deal with them?

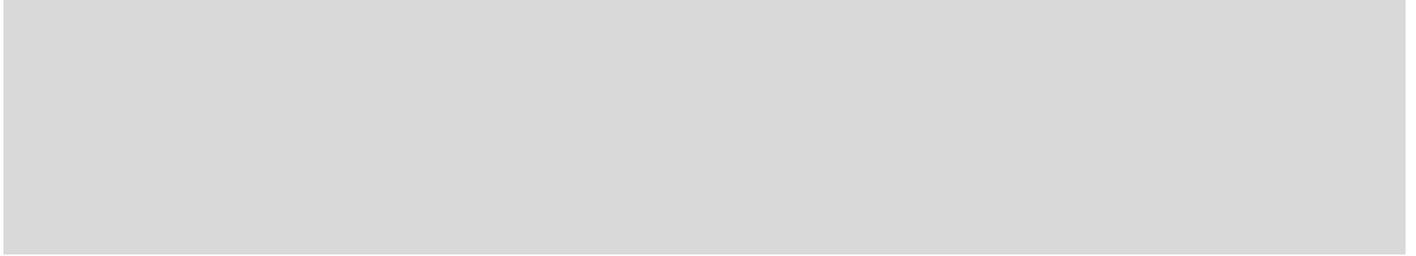


Are there any deadlines or exterior factors to consider?

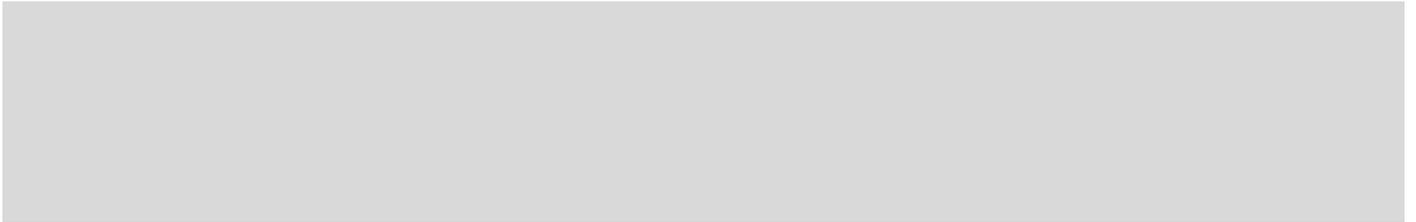


CLEAR GOAL

What is a positive and motivating statement you can have about your goal?

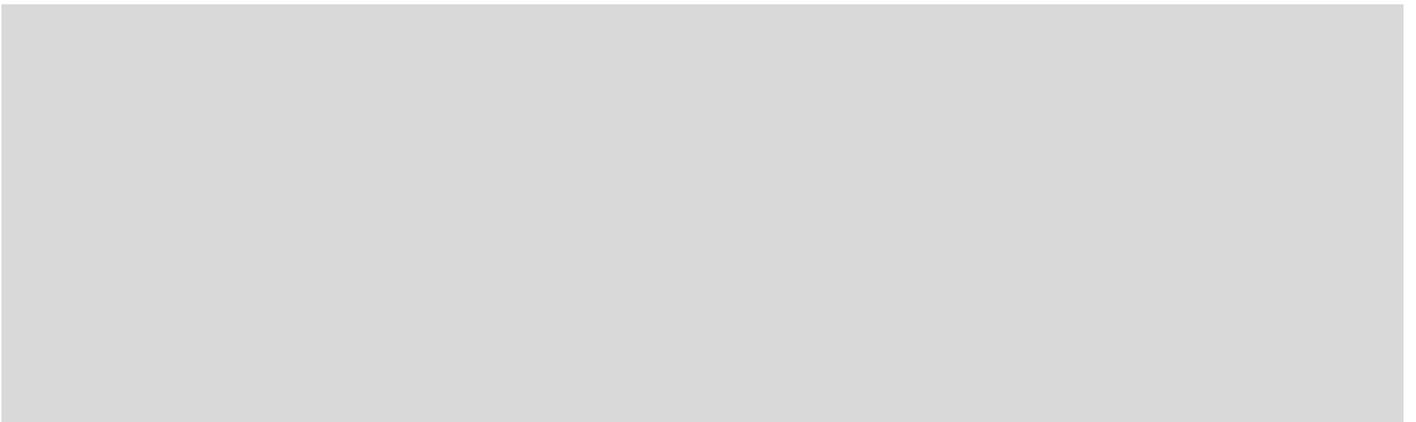


Who can you share my goal progress with for accountability & support?



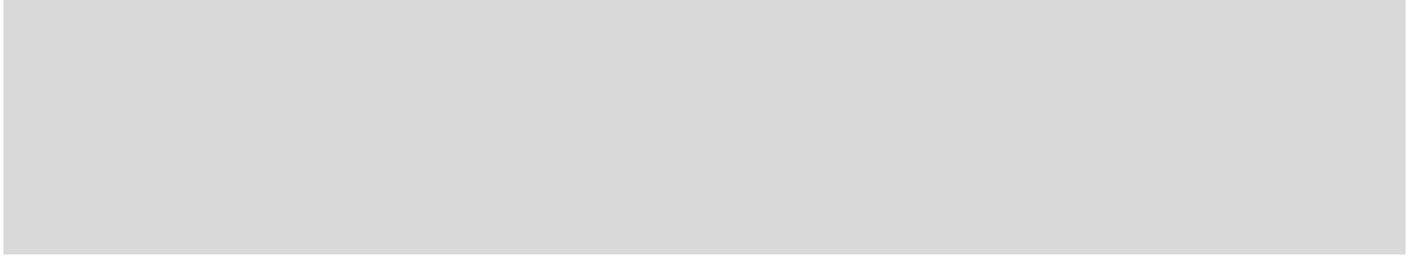
Where can you write down or have your goal where you can review it daily?

Now write as though your goal has already happened. For example: "I'm so proud I accomplished X. I now feel X". Review this statement often.

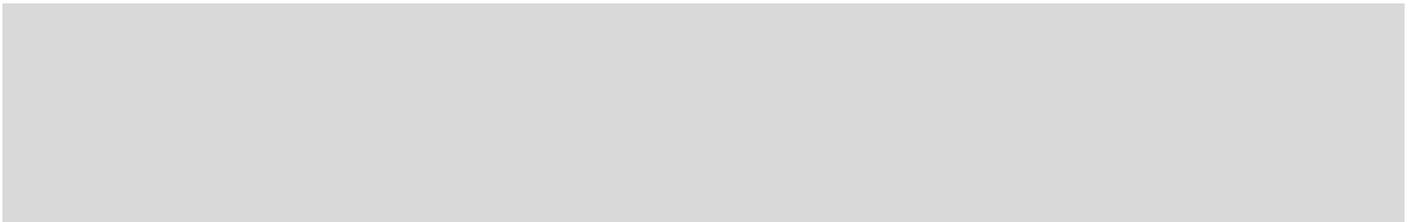


CLEAR GOAL

What is a positive and motivating statement you can have about your goal?

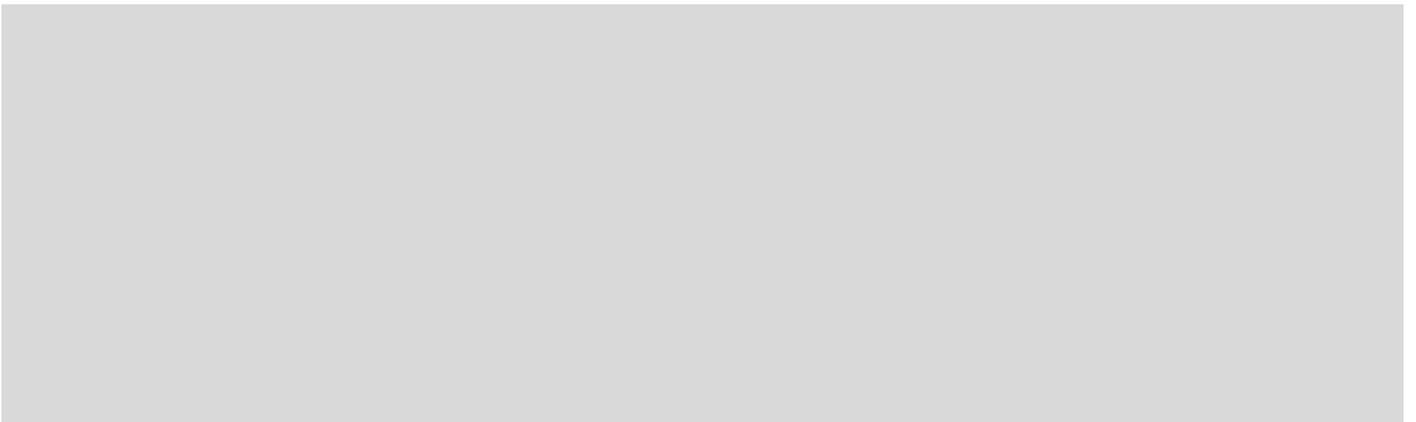


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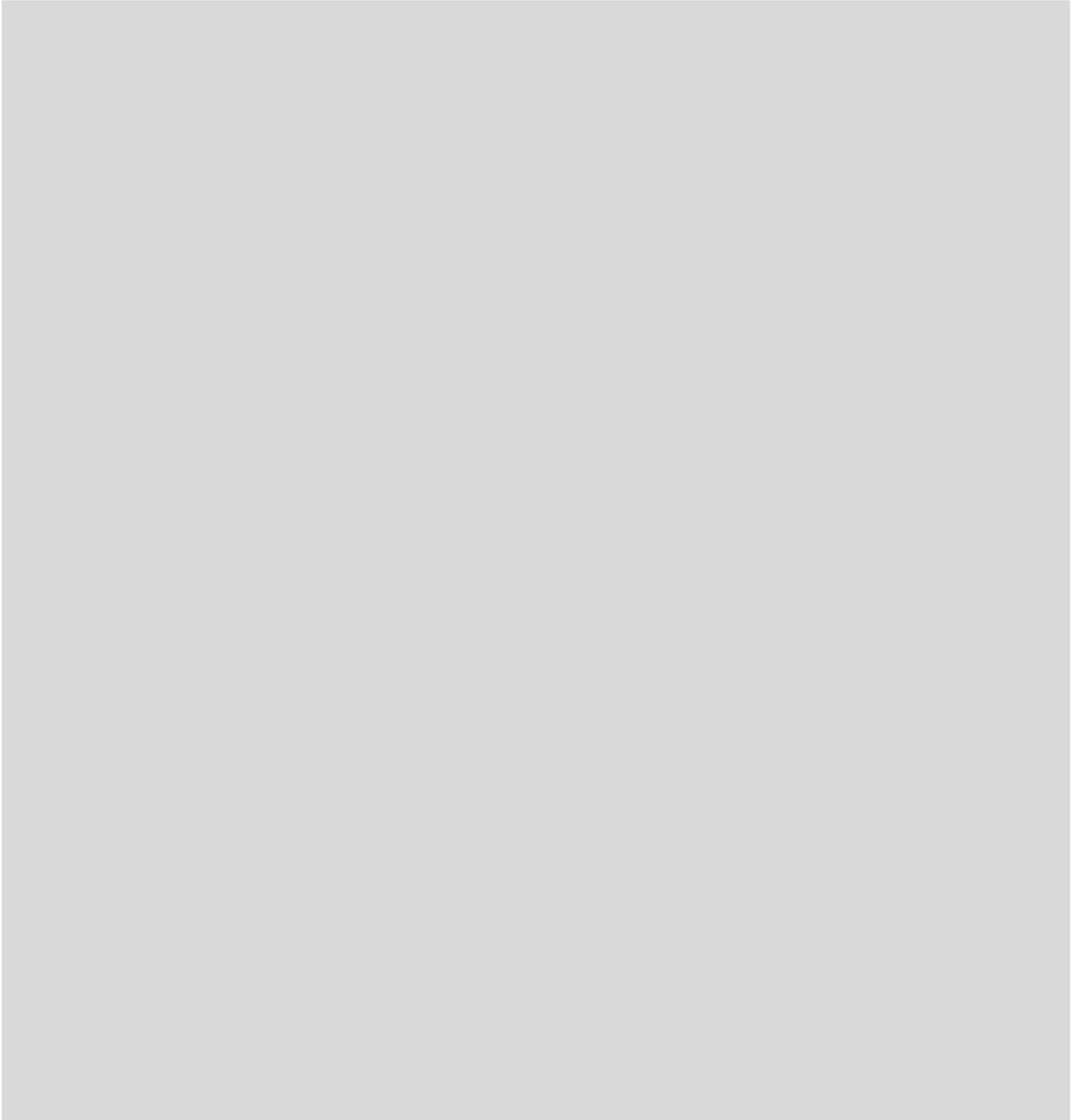
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YOUR NEW IDENTITY

Who would you need to be to achieve your goal? How are you different than you are now? What skills have you mastered? How are you thinking or feeling having achieved your goal?



Notes

