

# KNOWING TO DOING WORKBOOK



A GIFT FROM  
ADHD COACH

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LEARN TO THRIVE WITH ADHD

# Welcome Friends!

Welcome to the "Knowing To Doing" workbook! 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.

By working through this workbook, you'll gain a deeper understanding of your thoughts, feelings, and beliefs, and learn how to align your actions with your goals and values.

## How to Use This Workbook

- Set aside dedicated time to work through the exercises without distractions.
- Answer the questions in each section honestly and thoughtfully.
- Use the reflection prompts to gain insights into your personal experiences and challenges.
- Complete the action-planning sections to turn your insights into concrete steps forward.
- Refer back to this workbook regularly to track your progress and maintain momentum.

### 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](mailto:support@learntothrivewithadhd.com)

# THE KNOWING/DOING GAP

## Understanding the Gap

Reflect on your own experiences with the knowing/doing gap. When have you known what to do but struggled to take action?

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## Identifying Your Gaps

Think of a recent goal you set but did not accomplish. What was it?

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# THE ROLE OF MOTIVATION

## The Flaky Friend

Describe a time when you waited for motivation to take action and it didn't work out.

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## Moving Forward Without Motivation

What strategies can you use to take action without relying on motivation?

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# THOUGHTS AND BELIEFS

## The Power of Thoughts

Reflect on how your thoughts create your feelings and influence your actions.

## Moving Forward Without Motivation

What strategies can you use to take action without relying on motivation?

**Prompt:** Write down any beliefs you have that may be holding you back.

- I can't...
- I'm not a person who...
- I don't know how...
- I've never been able to...
- I'm not good at...

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# THOUGHTS AND BELIEFS

## Creating New Beliefs

**Prompt:** Reframe each unhelpful belief into a more helpful one..

- I can learn to...or I am capable of...
- I am becoming a person who...
- I can find out how...
- I am learning to...
- I am improving at... or I am getting better at...

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# SELF-DISCIPLINE

## Overcoming Negotiation with Yourself

**Prompt:** List common excuses you use to avoid taking action..

- I'm too tired...
- I'll do it tomorrow...
- It doesn't really matter anyway...
- There is no point...

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**How do these thoughts make you feel?**

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# REFLECTION AND ACTION STEPS

Answer the following questions honestly.

## 1. What is the problem?

*Example: "I'm not making progress on my goal to write a book."*

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## 2. What is the solution?

*Example: "I need to set aside dedicated writing time each day and break my goal into smaller, manageable tasks."*

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## 3. Why am I not doing that?

*Example: "I'm afraid of not being good enough, and I keep getting distracted by other responsibilities."*

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# GOAL SETTING AND FEAR

## Setting Goals

Reflect on how you set goals and the challenges you face.

## Progress Over Perfection

Write down a big goal you have and break it into smaller, manageable tasks.

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## Understanding Fear

What fears do you have about taking action towards your goals?

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# REFRAMING THOUGHTS

## The Importance of Reframing

Practice reframing negative thoughts into positive ones

- I don't know if I can achieve this goal → I know if I follow my daily tasks toward this goal I will make progress.

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# TAKING ACTION

Think about something you are not doing but want to.

## 1. How would I need to feel in order to take action here?

*It may be something like capable, excited, optimistic, courageous or even just willing.*

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## 2. What would I need to be thinking in order to feel that way?

*What thoughts can you choose to have that you believe to be true that create this feeling inside you?*

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# TAKING ACTION

## 3. What actions could I take, no matter how small, toward this thing?

*Often, simply taking action can shift our perspective on a problem. As we start making progress, we may feel more capable and optimistic, whereas doing nothing can make the task seem insurmountable.*

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