

YOUR GREAT WEEK WORKBOOK



A GIFT FROM
ADHD LIFE COACH

Mande John

LEARN TO THRIVE WITH ADHD

Welcome Friends!

Welcome to the "Your Great Week" 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.

This workbook is designed to help you plan and create a productive, relaxed, and enjoyable week by answering some important questions and organizing your activities.

How to Use This Workbook

- Answer the questions in each section.
- Fill out the weekly and monthly views with your tasks and goals.
- Use the notes sections to jot down additional thoughts or reflections.

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

STEP #1 - ASK THE IMPORTANT QUESTIONS

1. What are you missing in your life or not finding enough time for? *Example: Time with family, exercise, hobbies.*

2. What matters to you most?

Example: Personal development, career growth, fun activities.

STEP #3 - WEEKLY ACTIVITY



Wednesday



Thursday



Friday



Saturday

| | | | |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| 7AM _____ _____ | 7AM _____ _____ | 7AM _____ _____ | 7AM _____ _____ |
| 8AM _____ _____ | 8AM _____ _____ | 8AM _____ _____ | 8AM _____ _____ |
| 9AM _____ _____ | 9AM _____ _____ | 9AM _____ _____ | 9AM _____ _____ |
| 10AM _____ _____ | 10AM _____ _____ | 10AM _____ _____ | 10AM _____ _____ |
| 11AM _____ _____ | 11AM _____ _____ | 11AM _____ _____ | 11AM _____ _____ |
| 12NN _____ _____ | 12NN _____ _____ | 12NN _____ _____ | 12NN _____ _____ |
| 1PM _____ _____ | 1PM _____ _____ | 1PM _____ _____ | 1PM _____ _____ |
| 2PM _____ _____ | 2PM _____ _____ | 2PM _____ _____ | 2PM _____ _____ |
| 3PM _____ _____ | 3PM _____ _____ | 3PM _____ _____ | 3PM _____ _____ |
| 4PM _____ _____ | 4PM _____ _____ | 4PM _____ _____ | 4PM _____ _____ |
| 5PM _____ _____ | 5PM _____ _____ | 5PM _____ _____ | 5PM _____ _____ |
| 6PM _____ _____ | 6PM _____ _____ | 6PM _____ _____ | 6PM _____ _____ |
| 7PM _____ _____ | 7PM _____ _____ | 7PM _____ _____ | 7PM _____ _____ |
| 8PM _____ _____ | 8PM _____ _____ | 8PM _____ _____ | 8PM _____ _____ |

STEP #4 - PLUG IT IN

Take all your items from the notes column and start plugging them into your weekly view. Use highlighters for different types of activities and a pencil to make changes easily.

Tips:

- Change the start and end of your day as needed.
 - Use different colors for different types of activities.
 - Use pencil so you can make changes.
- * Use the space below for any overflow from the Notes column.**

STEP #5 - CREATE SPACE & EVALUATE

1. Looking at this week, how do you feel?

2. Is it too crowded? Do you feel overwhelmed by all there is to do?

STEP #5 - CREATE SPACE & EVALUATE

3. Can you reduce, delegate, or combine tasks?

4. Are there things you have said yes to that should have been a no?
