

## **Journal prompts for ADHD minds.**

The following journal prompts will make it easier for you and struggle with knowing what to write.

- ◆ Write about your day: Jot down a few sentences about the events of each day. Describe what you did, how it made you feel, and any lessons learned.
- ◆ List positive affirmations: Include positive statements or affirmations to help boost mood and increase motivation.
- ◆ Capture creative ideas: Record any creative ideas that pop into your head. These could be new projects, art pieces, or business ideas.
- ◆ Track to-dos: Make a list of tasks you need to complete for the day and check them off as you go along.
- ◆ Brainstorm solutions: When faced with a problem or challenge, use the pages of your journal to brainstorm potential solutions.
- ◆ Make a gratitude list: Write down three things you are grateful for each day. This can help put things in perspective and boost your mood.
- ◆ Record daily accomplishments: Record anything you achieved throughout the day, even if it is small. Celebrate all successes!
- ◆ Make a doodle or draw: Draw or doodle whatever comes to mind. Let creativity take over and see what you can create!
- ◆ Make a plan of action: Craft a plan of action for everything from small tasks to larger projects. Break it down into manageable steps so the process is inviting instead of overwhelming.
- ◆ Write a letter to yourself: Spend some time writing a letter to yourself about how you're feeling, what worries you, or what motivates you.
- ◆ Prioritize tasks: Make a to-do list of important tasks for the day and prioritize them by urgency, importance, and complexity.

- ◆ Re-evaluate goals: Take some time to re-evaluate your goals and objectives each day and make adjustments where necessary.
- ◆ Ask questions: Ask yourself questions to gain perspective, such as “What can I do to make this task more manageable?” or “How can I stay focused on this task?”
- ◆ Schedule a relaxation activity: Take some time for self-care each day and schedule a relaxing activity, such as reading or meditating on your everyday life.