FREE PRINTABLE TOOLKIT

The ADHD Workbook for Women

Print as many copies as you like for your own use.
Each page matches a tool from the workbook.

EMMA LINDELL

For education and self-reflection. Not a substitute for professional care.
© 2026 Emma Lindell. For personal use only. Please do not share or resell.

Brain Dump Page

Date: _____

Set a timer for 10 minutes. Write everything on your mind. Don't sort, don't judge.

Four-Box Sort

Date: _____

DO (today)	PLAN (schedule it)

SHRINK (fast or with help)	DROP (let it go)

Weekly Reset and Planner

Week of: _____

Last week, I'm proud that I: _____

My Top 3 this week:

1. _____
2. _____
3. _____

Day	Main block (1–3 things)	Appointments	Don't forget
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Recovery time planned: ☐ Yes, on _____

Daily Plan

Date: _____ **Energy today (1–5):** _____

My ONE most important task: _____

Time	Block

One Next Step for my hardest task: _____

Tonight's Done List:

1. _____
2. _____
3. _____
4. _____
5. _____

Dopamine Menu

Starters (1–5 min)	Mains (15–60 min)	Sides (pair with tasks)	Desserts (special treats)

Habit Tracker, 30 Days

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

Trigger Log

Date	What happened	What I felt	Strength (1–10)	What helped

Check the Story

What actually happened (facts only):

The story I told myself:

Two other possible explanations:

What I'd tell a friend:

One helpful next step:

Energy Battery Check-In

Day	Morning (%)	Midday (%)	Evening (%)	What drained or charged me
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Appointment Prep Page

Appointment with: _____ **Date:** _____

What I want to talk about:

Examples from my daily life:

My questions:

1. _____
2. _____
3. _____

What I learned / next steps:

Notes