

FREE ADHD PRINTABLE

Today's One Thing

On a hard day, a to-do list is a threat. So today has exactly one job — and a few tiny wins that count double.

THE ONE THING — IF I DO NOTHING ELSE TODAY

Three tiny wins

Small counts. Small is the point.

☐☐☐

Survival-day wins

On the really hard days, these are a full day. Tick what's true.

☐

Drank some water

☐

Took my meds / vitamins

☐

Ate something

☐

Went outside, even briefly

☐

Got dressed

☐

Was kind to myself