

LOTUS & TULIP · FREE STARTER PACK

Free ADHD Worksheets *for Therapists*

6 real pages from the full 20 page set, for adult and teen clients. Client use license included.

US Letter, print or annotate in any PDF app

Brain profile · break it down · time estimation log
getting unstuck · the impulse pause · strengths and support plan

All 20 pages: **etsy.com/listing/4607243821**

How to use this starter pack

Notes for the licensed clinician

Inside (8 pages)

1. Cover
2. How to use this starter pack
3. My brain, my profile
4. Break it down
5. Time estimation log
6. Getting unstuck
7. The impulse pause
8. Strengths and support plan

One way to use it

Start with the brain profile so the client maps both the hard parts and the strong parts in their own words. Pick one goal, then one tool: break it down or getting unstuck for starting tasks, the time estimation log for running late, the impulse pause for acting too fast. Try it for a week, review it together, then adjust.

Client use license

You may print and share these pages, on paper or as PDF, with your own clients, in session, as homework or through your telehealth or client portal. Please do not resell them or post the file on other websites; share the link to the free download instead.

Good to know

An educational tool for licensed clinicians, coaches working under supervision and other qualified professionals. It does not diagnose ADHD or any other condition and does not replace an assessment, medical advice or medication management. ADHD can travel with anxiety, low mood or thoughts of suicide; the last page lists the US 988 Suicide and Crisis Lifeline and 911.

Designed with the help of an AI generator, then reviewed and edited page by page. All wording is our own.

The full ADHD set: 18 worksheets, 20 pages

Worksheet	In this pack	Worksheet	In this pack
My brain, my profile	Yes	The impulse pause	Yes
Executive function check in	Full set	Routine builder	Full set
Break it down	Yes	Habit tracker	Full set
Time estimation log	Yes	Hyperfocus and transitions	Full set
My daily top three	Full set	Kinder self talk	Full set
Getting unstuck	Yes	My motivation menu	Full set
Focus and distraction audit	Full set	Sleep, energy and the basics	Full set
My external brain	Full set	Weekly review	Full set
When feelings run fast	Full set	Strengths and support plan	Yes

Full ADHD set, EUR 12: etsy.com/listing/4607243821 · **Therapist Worksheets Mega Bundle** (8 packs incl. ADHD, anxiety, CBT, DBT and ACT), 160 pages, EUR 39: etsy.com/listing/4607247979

My brain, my profile

ADHD looks different in every person. Map how it shows up for you

There is no single ADHD brain. Noticing your own patterns, the hard parts and the strong parts, is the first step to building tools that actually fit you.

Where my attention goes easily (topics, tasks, settings)

Where my attention slips away

Times of day I think best

Times of day I fade

Things that are often true for me

Start late, finish in a rush | Lose track of time | Forget appointments | Lots of open tabs | Restless body | Ideas come fast | Great in a crisis | Creative problem solver | Talk over people | Put off boring tasks | Deep focus on interests | Big feelings, fast

Circle the ones that fit and add your own.

My strengths and superpowers

What gets in my way the most

What I want to be different three months from now

Free sample. All 20 pages: **etsy.com/listing/4607243821**

Break it down

Turn a big, foggy task into small steps you can see

The big task: _____ **Due:** _____

What done looks like (be specific)

Steps, each one small enough to start in five minutes

#	Step	Time guess	When	Done
1				☐
2				☐
3				☐
4				☐
5				☐
6				☐
7				☐
8				☐
9				☐
10				☐

The very first step, so small it feels almost silly

Things I need ready before I start

How I will reward myself when it is done

Time estimation log

Guess, then check. Your real numbers beat any rule of thumb

Many people with ADHD find time hard to feel. Logging guesses against real times builds a personal correction factor you can use when planning.

Task	My guess (min)	Actual (min)	Difference	What slowed me or sped me up

Patterns I notice (I usually guess too low or too high by about...)

Tasks I always underestimate

My correction factor: when I guess a task takes _____ minutes, I will plan for _____ minutes.

Tools that help me see time (visual timer, alarms, clocks in every room, time blocks)

Getting unstuck

When you know what to do but cannot make yourself start

Struggling to start is not laziness. Tasks that are boring, unclear, too big or emotionally loaded are hard for an ADHD brain to begin. Name the block, then pick a tool that fits it.

The block	Tools to try	Fits me? Notes
Too boring	Pair it with music or a podcast, race a timer, work beside someone (body doubling)	
Too big	Break it down, set a 10 minute start, do only the first step	
Unclear	Write what done looks like, ask one question, look at an example	
Too much feeling	Name the feeling, start with the easiest part, ask for support	
No urgency	Make a mini deadline, tell someone your plan, book a time block	
Too tired	Check basics: food, water, movement. Do a low energy version	

A task I am avoiding right now

Which block it is, and why

The tool I will try, and when

How stuck I feel before 0 1 2 3 4 5 6 7 8 9 10

How stuck I feel after 0 1 2 3 4 5 6 7 8 9 10

The impulse pause

Stop, breathe, think it through, then act

1. **Stop**
   Notice the urge: to speak, buy, quit, send, interrupt or switch tasks.
2. **Breathe**
   Take one slow breath. Count to five or ten if you can.
3. **Think**
   Ask: what will this get me in 10 minutes? In 10 days? Is it in line with what I want?
4. **Choose**
   Act, wait, or do something different. Waiting is a choice too.

My most common impulses

The urge	Where or when it happens	Cost when I act on it	My pause plan

A time I paused and it helped

A rule that protects me (for example, wait 24 hours before buying over $50)

A visual cue that reminds me to pause (phone wallpaper, note, wristband)

Strengths and support plan

Build on what works and know who is on your team

My strengths (creativity, energy, humor, problem solving...)

Times my ADHD traits helped me

My support team

Person or service	How they help	How to reach them

Accommodations or adjustments that help me at work or school

Tools I will keep using

Signs I need extra support (sleep falling apart, overwhelmed, low mood)

In the United States, if you are in crisis or thinking about suicide: call or text **988** (988 Suicide and Crisis Lifeline), or chat at 988lifeline.org. In an emergency, call **911**.

L&T

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Liked this free printable?

The complete, ready to print version is here:

ADHD Worksheets for Therapists, all 20 pages

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

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