FREE · PRINTABLE · YOURS

The ADHD *Survival Kit.*

Six tools for the brain you actually have.

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and The ADHD Reset Series

WHAT'S INSIDE

- The Daily ADHD Check-In
- The Weekly Energy Budget
- Early-Warning Signs of Burnout
- The Overthinking Interrupt
- The Spending-Spiral Tracker
- The Sunday Reset Routine

READ THIS FIRST

A note before you *print this.*

These are the six worksheets I keep coming back to myself — the ones that work on a good week, and the ones that save a bad one.

A FEW THINGS WORTH KNOWING:

— **Print only what you need.**
Each tool stands alone. You don't have to use all six. Pick the one that fits the week you're having.

— **These aren't tests.**
There's no right answer, no score, no streak to break. Fill them out in pencil. Throw them away when you're done. Print fresh ones.

— **Pin them somewhere.**
The desk. The fridge. The bathroom mirror. These tools fail when they live in a folder you have to remember to open. They work when they're in the room you're already in.

— **Skip what doesn't fit.**
If a worksheet asks something that doesn't apply, leave it blank. The shape of the form is not the law.

— **Come back.**
The Sunday reset and the daily check-in are meant to be used repeatedly. The others are for when you need them.

If something here helps, that's the goal. If something doesn't, that's information too. The full books are at jmstruijk.com.

— J.M.

FIVE MINUTES · DAILY

The daily *ADHD check-in.*

Five minutes. Once a day. Pencil only.

Date: _____

TODAY'S BASELINE

How am I, really? (Circle one)

Wrecked Low OK Good Sharp

Sleep last night: _____ hours Slept well? Y / N Water today? Y / N

Last ate: _____ hours ago Meds today (if applicable): Y / N / Not yet

ONE THING THAT'S TRUE TODAY

(The thing that's actually going on — not what should be going on.)

ONE THING I CAN ACTUALLY DO

(Not the list. Not the plan. One thing. Small enough to finish.)

WHAT TO IGNORE TODAY

(Things that feel urgent but aren't. Permission to skip.)

END-OF-DAY *(optional)*

Did I do the one thing? Y / N / Partial

If no — was it the right one thing? _____

TEN MINUTES · WEEKLY

The weekly *energy budget.*

Energy is finite. So is your week. This treats both as real. **Week of:** _____

1 Rate this week's baseline.

How much energy do I have this week? (Circle one)

Empty	Low	Medium	High
15%	35%	60%	85%

2 List what's on the week.

Everything that's locked in. Add a cost (1–4) in the box.

_____ ☐

_____ ☐

_____ ☐

_____ ☐

_____ ☐

3 Cost key.

1 = restful **2** = some energy **3** = a lot **4** = wipes me out

4 Do the math.

Total cost: _____ My baseline: _____

Over baseline: cut something. At baseline: no extras. Under baseline: there's room.

5 What comes off (if needed).

_____

Who to tell: _____

SELF-CHECK · AS NEEDED

Early-warning signs of *burnout.*

A self-check, not a diagnosis. Use this when something feels off but you can't name what.

Date: _____ *Check anything true for more than 3 days.*

PHYSICAL

- ☐ Tired even after sleeping
- ☐ Headaches, jaw clench, stomach trouble
- ☐ Catching every illness going around
- ☐ Sleeping too much, or not enough
- ☐ Forgetting to eat — or eating without noticing

ATTENTION & FUNCTION

- ☐ Re-reading the same paragraph three times
- ☐ Tasks that took an hour now take three
- ☐ Forgetting things I usually wouldn't
- ☐ Words coming out wrong, or not at all
- ☐ Decision paralysis on small things

EMOTIONAL

- ☐ Crying at small things, flat about big ones
- ☐ Rage from nowhere, going nowhere
- ☐ Dread on Sunday nights, or every night
- ☐ Don't want to see people I usually do
- ☐ Feeling like a stranger in my own life

ADHD/AUTISM-SPECIFIC

- ☐ Masking is harder than it used to be
- ☐ Sensory tolerance is gone
- ☐ Hyperfocus has stopped working
- ☐ Stimming more, or shutting down more
- ☐ Can't start things, even ones I want to do

WHAT THE COUNT MEANS

0–3	You're tired. Rest.
4–7	You're approaching burnout. Cut something this week.
8–12	You're in burnout. Triage now — cut everything you can.
13+	This is serious. Talk to someone — doctor, therapist, trusted person. Today.

IN THE MOMENT · THREE MINUTES

The overthinking *interrupt.*

When the same thought has been going around for more than twenty minutes.

1 Name what's looping.

In one sentence — what's the thought?

2 Ask three questions.

Is this thought new information, or am I rerunning old footage?	**New / Old**
Is there an action I can take in the next ten minutes?	**Y / N**
If I left this for an hour, would the world end?	**Y / N**

3 Choose one.

- ☐ There IS an action I can take. → *Take it. Now.*
- ☐ There ISN'T an action I can take. → *Park the thought.*
- ☐ I don't know if there's one. → *Park it for one hour. Come back if it's still there.*

THREE WAYS TO PARK A THOUGHT

1. Write it down on a separate page. Close the page. The thought is now in the page, not in your head.
2. Set a 20-minute timer. Tell yourself: "I'll think about this when it goes off." Often the timer rings and the thought has moved on.
3. Change physical state. Walk outside. Cold water on the wrists. New sensory input interrupts the loop more reliably than logic.

THE THING NOBODY TELLS YOU

Overthinking is not problem-solving. It's the brain's smoke alarm going off when there's no fire. The work is not to solve the thought — the work is to interrupt the alarm.

AFTER A PURCHASE · NO JUDGMENT

The spending-*spiral tracker.*

For when you've just bought something and you're not sure why. Fill this out in the moment, or soon after. No judgment — just data.

Date: _____ What I bought: _____

Amount: $ _____ Bought this kind of thing before? Y / N

WHAT WAS HAPPENING

I was feeling: (circle all that apply)

Bored · Anxious · Excited · Sad · Tired · Numb · Overwhelmed · Hyperfocused

I had recently: (circle if any apply)

Eaten · Slept enough · Worked too long · Talked to people · Been alone a while · Had caffeine

WHAT THE PURCHASE PROMISED

Pick the one that fits best:

- ☐ To solve a problem (real or imagined)
- ☐ To start something new (project, hobby, identity)
- ☐ To feel something different in the next 10 minutes
- ☐ To feel less of something I was already feeling
- ☐ To be ready (for an emergency, a possibility, a someday)
- ☐ To deserve, reward, or treat myself
- ☐ Genuinely needed it. No spiral.

THE HONEST QUESTIONS

In one week, will I be glad I bought this? **Y / N / Unsure**

In one month, will I remember buying it? **Y / N / Unsure**

THIRTY MINUTES · WEEKLY

The Sunday *reset routine.*

The maintenance that keeps the rest of the week from falling apart.

Sunday: _____

PART 1 · Look back

10 min

Last week's win — even a small one:

What drained me most:

One thing I'd do differently:

PART 2 · Reset the basics

10 min

- ☐ Laundry started or planned
- ☐ Dishes done or in progress
- ☐ One surface cleared (desk, table, counter — your choice)
- ☐ Calendar checked for the week ahead
- ☐ Phone, wallet, keys placed in their spot
- ☐ One thing prepped for tomorrow morning

PART 3 · Look forward

10 min

This week's energy: **Empty · Low · Medium · High**

The one thing I want to actually do this week:

The thing I'm dreading — and what I'll do about it:

What I will give myself permission to skip this week:

THE RULE

If you can only do one part of this, do Part 2. The basics being reset is what makes everything else possible.

IF THESE HELPED

The books go *deeper.*

Each book is built around one specific way ADHD shows up in real adult life.

THE ADHD MONEY MASTERY SERIES

The ADHD Tax
Impulsive spending, forgotten bills, subscription chaos

The ADHD Budget Workbook
90-day financial reset

The ADHD Side Hustle
Turn hyperfocus into income, without burning out

THE ADHD RESET SERIES

The ADHD Overthinking Reset
Break mental loops and stop spiraling

The ADHD Eating Reset
End meal paralysis, stop forgetting to eat

The ADHD Decision Reset
Beat analysis paralysis, choose faster

All books, plus future releases, at *jmstruijk.com*

If something in this kit helped — a single worksheet, a single prompt — I'd love to know. Tell me at hello@jmstruijk.com. I read what people send.

— J.M.

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