WEIRD ADHD HABITS: THE HOBBY COLLECTOR

One Project at a Time

One project now. Every other idea is saved here, not lost, and not started yet.



My now project

Finished looks like _____

Deadline a fixed date helps

It's for a person or an event

Tiny next steps

ten minutes or less each, tick as you go

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Parking lot ideas saved for later

Allowed to let go pass on, finish later or stop

Today I can give it: **10 minutes** **20 minutes** **An hour** **Not today, and that's okay**

From earlychildhoodedu.net by Dr Dewi Griffith. For personal use. General information, not medical advice.