

Day 1 Worksheet

Building Your Awareness

Decode Your ADHD

1. What things do you like? (e.g. Places, Textures, Tastes, Sounds, Smells)

What things don't you like?

2. What is it that you like or don't like about these things?

Day 1 Worksheet

Building Your Awareness

Decode Your
ADHD

3. What sense are involved, and how do they make you feel?

.....

.....

.....

.....

.....

4. Do certain senses feel turned up, and others turned down?

.....

.....

.....

.....

.....

5. What activities or subjects are you naturally good at, and what do you struggle with?

.....

.....

.....

.....

.....

Day 1 Worksheet

Building Your Awareness

Decode Your
ADHD

6. What is your energy level like - hyperactive or exhausted? Or both?

.....

.....

.....

.....

.....

.....

7. How do you experience ADHD? How do you know you are ADHD?

.....

.....

.....

.....

.....

.....

.....

8. What is your internal chatter like? What thought patterns are you aware of?

.....

.....

.....

.....

.....

.....