


ADHD Journal



A 30-Day Guided Journal



Hybrid



Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Fill in the tracker section each morning — 2 minutes maximum
 - Write your one intention: the single most important thing today
 - List your top 3 priorities — not 10, just 3
 - Do a brain dump: pour out every thought, task, and worry
 - In the evening, check off what happened and write a brief reflection
 - Review your ratings weekly to notice patterns in focus and mood



Scan for a detailed guide on how to use this journal

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Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Hours slept: _____

Medication: _____



Intention for today *(one word or phrase to guide your day with mindfulness)*

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