

**TERRY
MATLEN'S
ACTION
PLAN**



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Terry Matlen's ADHD Action Plan

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A Step by Step Action Plan:

Step # 1 Write down everything that
overwhelms you:

Additional sheets will be provided at the end of
this ebook.

**Step # 2 - Cross off all those you
cannot change.**

**For example: You can't please
everyone.**

You won't live forever.

**You can't control what someone else
thinks.**

**Remember, yesterday is over and
tomorrow hasn't happened, today is
where you should be.**

What I Need to Do to Make It Work

Examples:

Join a gym, have lunch each week with a friend, cut back on sweets.

Call mom every Sunday, take kids on more educational outings, take daily walk with hubby/partner to re-connect.

Get to work on time, tidy up desk daily before leaving, offer more input at weekly meetings.

Add yours below:

Additional Worksheets



