



less load

THE 5-MINUTE ADHD RESET

RESET

One page. One next move.

Do not solve your whole life. Reduce the load enough to move for five minutes.

1

NAME THE STUCK THING

Write one sentence. Not the whole story.

What feels heaviest right now?

2

PICK WHAT MATTERS NOW

Choose one thing for the next 24 hours. Everything else can wait.

The one thing that matters most is:

3

FIND STEP ZERO

Make the task smaller than "start". Think: open, put, find, send, stand up.

My smallest visible first move is:

4

REMOVE ONE FRICTION

Make that first move easier: silence, open, prepare, move rooms.

One thing I can remove or prepare:

5

DO FIVE MINUTES

Set a 5-minute timer. Do only the first move. Then choose: stop or continue.

Start time: _____ After 5 minutes: stop / continue

Still stuck? Make the first move embarrassingly small.

Open the file. Put the shoes on. Write the subject line. Carry one thing. That counts.