

■ ADHD-Friendly Morning Checklist ■

A simple, realistic morning routine you can actually stick to.

Wake Up & Start Fresh

- Open curtains / get sunlight
- Drink a glass of water
- Quick stretch or movement

Ground Yourself

- Take medication (if needed)
- Coffee / tea ready
- Write down today's top 3 tasks

Boost Your Energy

- Quick breakfast (keep it simple)
- 5–10 min focus warm-up (reading, journaling, or music)
- Check schedule (but no doomscrolling!)

Get Going

- Start with 1 easy win
- Move into priority task
- Reward yourself with a break

Small steps count. You don't need perfect mornings—you just need a fresh start.