RVOSTUDIO

FREE ADHD PRINTABLE

Today's One Thing

On a hard day, a to-do list is a threat. So today has exactly one job — and a few tiny wins that count double.

THE ONE THING — IF I DO NOTHING ELSE TODAY

Three tiny wins

Small counts. Small is the point.

- [ ]
- [ ]
- [ ]

Survival-day wins

On the really hard days, these are a full day. Tick what's true.

- [ ] Drank some water
- [ ] Took my meds / vitamins
- [ ] Ate something
- [ ] Went outside, even briefly
- [ ] Got dressed
- [ ] Was kind to myself