

My ADHD Reflection Pack

A guide to understanding how my brain works.

ADHD means that my brain is busy, fast, and full of ideas. I can focus deeply on things that interest me and may find it harder to focus on things that don't. My ADHD brain can be creative, energetic, and spontaneous — and sometimes it needs extra strategies to stay organised and balanced.

This pack helps me explore what supports me best, how I use my energy, and how I can celebrate the way my brain works.

About Me

Things I'm interested in: _____

People who understand me: _____

What helps me get started on things: _____

What helps me keep going: _____

My Strengths

ADHD isn't just about challenges — my brain has strong points that help me learn, connect, and create.

I'm good at: _____

I enjoy: _____

People often say I'm great at: _____

I want to use my strengths to: _____

My Focus and Motivation

My attention can shift quickly, but I can also hyperfocus when I'm engaged.

I find it easy to focus when...	I find it hard to focus when...

Energy and Regulation

My body and brain work together. Noticing my energy helps me stay balanced.

Things that use my energy	Things that give me energy back

Organisation and Routines

Sometimes I need support to stay organised.

It helps me when: _____

Tools or reminders that work for me are: _____

People can support me by: _____

My Senses and Environment

My environment affects how I focus and feel.

Environments that help me focus: _____

Things that make it harder to concentrate: _____

What helps me feel calm and ready to learn: _____

Self-Advocacy

Understanding my ADHD helps me explain my needs to others.

I have ADHD, which means: _____

I do best when: _____

If I'm struggling, it helps when: _____

People can support me by: _____

My Reflections

Space to write or draw what I've noticed about myself or what I'd like others to understand about me.