My ADHD-Friendly Productivity Map

1. Take Stock

Which tools or apps do you use now to manage: *(You might find that some overlap. That's okay!)*

- Information & Ideas → _____
- Projects → _____
- Tasks → _____
- Routines → _____
- Schedules/Calendars → _____

2. Pit Crew Reflection

Who or what is in your "pit crew" that keeps you moving? *(People, supports, routines, or ?)*

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3. Reset Plan

When you hit a roadblock, how do you reset with self-compassion?

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4. This Week's Starting Line

What's ONE thing I want to test, tweak, or try?

5. My Momentum Boosters

Which do you need most right now? *(Rank 1-3)*

____ Automation

____ Progress Tracking

____ Accountability

6. Next Lap: Traction Tuesdays

- Monthly or weekly pit stops → build deeper systems
- Accountability + body doubling → create and maintain momentum
- ADHD-friendly community → working alongside your peers

  👉 Learn more: https://adhdroadmap.coach/traction-tuesdays-adhd-peer-accountability-group/