

ALIGN WITH CLARITY ADHD COACHING

THE ADHD *workbook*

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Hello!

I'm so glad you made it here. This Workbook is designed for YOU! You might have struggled with your ADHD symptoms for too long without knowing where to start and what to do.

This is why I created this free guide to help you understand your ADHD and take action steps forward. From diagnosis all the way to aligning your life with CLARITY..! This workbook will guide you through it all.

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PART 1

Learn More
About your
ADHD

About ADHD

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that primarily affects children, although it persists into adulthood. It is characterized by persistent inattention, impulsivity, and hyperactivity patterns that can significantly impair daily functioning. Individuals with ADHD may have difficulty focusing on tasks, following instructions, and organizing their thoughts and activities. They often exhibit impulsive behaviors, making it challenging to control their impulses or think through the consequences of their actions. Additionally, hyperactivity in ADHD can manifest as restlessness, fidgeting, and difficulty staying seated in situations where it is expected.

YOUR THOUGHTS:

ADHD Checklist

- ☐ Learn About Your ADHD
- ☐ Educate Yourself
- ☐ Seek A Professional Diagnosis
- ☐ Examine Medications
- ☐ Build Coping Strategies
- ☐ Experience ADHD Coaching



Which of the following steps you already took? What has worked for you? What didn't work?

Let's Dive In!!

ADHD Questionnaire (ASRS-v1.1)

1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?

☐

Never

☐

Often

☐

Rarely

☐

Very often

☐

Sometimes

2. How often do you have difficulty getting things in order when you have to do a task that requires organization?

☐

Never

☐

Often

☐

Rarely

☐

Very often

☐

Sometimes

3. How often do you have problems remembering appointments or obligations?

☐

Never

☐

Often

☐

Rarely

☐

Very often

☐

Sometimes

4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?

☐

Never

☐

Often

☐

Rarely

☐

Very often

☐

Sometimes

ADHD Questionnaire (ASRS-v1.1)

5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?

- | | |
|---------------------------------|----------------------------------|
| ☐ Never | ☐ Often |
| ☐ Rarely | ☐ Very often |
| ☐ Sometimes | |

6. How often do you feel overly active and compelled to do things, like you were driven by a motor?

- | | |
|---------------------------------|----------------------------------|
| ☐ Never | ☐ Often |
| ☐ Rarely | ☐ Very often |
| ☐ Sometimes | |

7. How often do you make careless mistakes when you have to work on a boring or difficult project?

- | | |
|---------------------------------|----------------------------------|
| ☐ Never | ☐ Often |
| ☐ Rarely | ☐ Very often |
| ☐ Sometimes | |

8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?

- | | |
|---------------------------------|----------------------------------|
| ☐ Never | ☐ Often |
| ☐ Rarely | ☐ Very often |
| ☐ Sometimes | |

ADHD Questionnaire (ASRS-v1.1)

9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?

- | | |
|---------------------------------|----------------------------------|
| ☐ Never | ☐ Often |
| ☐ Rarely | ☐ Very often |
| ☐ Sometimes | |

10. How often do you misplace or have difficulty finding things at home or at work?

- | | |
|---------------------------------|----------------------------------|
| ☐ Never | ☐ Often |
| ☐ Rarely | ☐ Very often |
| ☐ Sometimes | |

11. How often are you distracted by activity or noise around you?

- | | |
|---------------------------------|----------------------------------|
| ☐ Never | ☐ Often |
| ☐ Rarely | ☐ Very often |
| ☐ Sometimes | |

12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?

- | | |
|---------------------------------|----------------------------------|
| ☐ Never | ☐ Often |
| ☐ Rarely | ☐ Very often |
| ☐ Sometimes | |

ADHD Questionnaire (ASRS-v1.1)

13. How often do you feel restless or fidgety?

☐

Never

☐

Often

☐

Rarely

☐

Very often

☐

Sometimes

14. How often do you have difficulty unwinding and relaxing when you have time to yourself?

☐

Never

☐

Often

☐

Rarely

☐

Very often

☐

Sometimes

15. How often do you find yourself talking too much when you are in social situations?

☐

Never

☐

Often

☐

Rarely

☐

Very often

☐

Sometimes

16. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves?

☐

Never

☐

Often

☐

Rarely

☐

Very often

☐

Sometimes

ADHD Questionnaire (ASRS-v1.1)

17. How often do you have difficulty waiting your turn in situations when turn taking is required?

- | | |
|---------------------------------|----------------------------------|
| ☐ Never | ☐ Often |
| ☐ Rarely | ☐ Very often |
| ☐ Sometimes | |

18. How often do you interrupt others when they are busy?

- | | |
|---------------------------------|----------------------------------|
| ☐ Never | ☐ Often |
| ☐ Rarely | ☐ Very often |
| ☐ Sometimes | |

The Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist was developed in conjunction with the World Health Organization (WHO), and the Workgroup on Adult ADHD that included the following team of psychiatrists and researchers:

• Lenard Adler, MD

Associate Professor of Psychiatry and Neurology
New York University Medical School

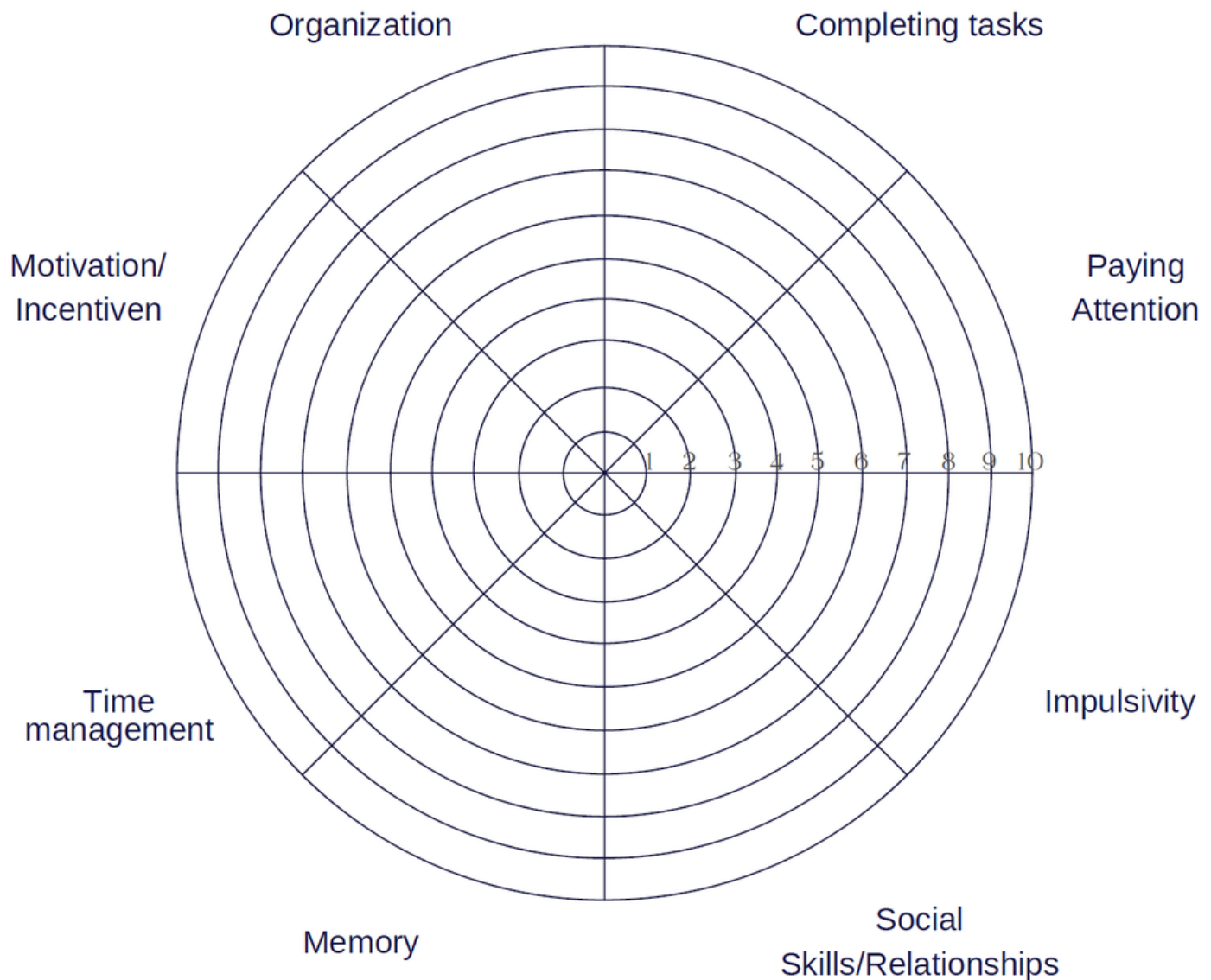
• Ronald C. Kessler, PhD

Professor, Department of Health Care Policy
Harvard Medical School

• Thomas Spencer, MD

Associate Professor of Psychiatry

The ADHD Wheel



Rate yourself in each category on a scale of 1-10, depending on how easy or difficult the area is for you. The number "1" at the wheel's center means that this area is challenging for you, and you are not satisfied with this area of your life. A "10" is the highest number at the outer edge of the wheel. A "10" would mean you are satisfied with this area and it is easy for you. Complete the wheel, writing the numbers 1-10 in each section. Draw a line across each section from spoke to spoke at the number you indicated.

How Do You Want Your Life To Be?

Take some time to describe what your life looks like at the current time and write that down in the first column. Then, describe how your desired life would look like in the second column.

N O W

T H E N

V S

MOTIVATIONS

Write down what could motivate you to reach the life that you desire

1	
2	
3	
4	
5	

OBSTACLES

List four obstacles that could stop you from reaching your desired life, and what you're learning from them.

	OBSTACLES	WHAT I AM LEARNING
1		
2		
3		
4		

PART 2

Take Action *Steps*



Action Step

1

Now that you've learned
about your ADHD, it is time
to take the next step.

See below a list of resources that would help you explore that
more!

YOUR GO TO

RESOURCE LIST

CHADD

CHADD IS A LEADING NONPROFIT ORGANIZATION THAT PROVIDES SUPPORT, EDUCATION, AND ADVOCACY FOR INDIVIDUALS WITH ADHD. THEIR WEBSITE OFFERS A WEALTH OF INFORMATION, RESOURCES, AND LOCAL SUPPORT GROUP DIRECTORIES.



ADDITUDE MAGAZINE

ADDITUDE IS A TRUSTED SOURCE OF INFORMATION ON ADHD AND RELATED CONDITIONS. THEY PROVIDE ARTICLES, WEBINARS, BLOGS, AND AN ONLINE COMMUNITY FOR INDIVIDUALS AND FAMILIES AFFECTED BY ADHD.

ADDITUDE

NATIONAL INSTITUTE OF MENTAL HEALTH

THIS IS OUR GO TO WEBSITE FOR LOTS OF THINGS. THIS IS OUR GO TO WEBSITE FOR LOTS OF THINGS. THIS IS OUR GO TO WEBSITE FOR LOTS OF THINGS. THIS IS OUR GO TO WEBSITE FOR LOTS OF THINGS.



ATTENTION DEFICIT DISORDER ASSOCIATION

THIS IS OUR GO TO WEBSITE FOR LOTS OF THINGS. THIS IS OUR GO TO WEBSITE FOR LOTS OF THINGS. THIS IS OUR GO TO WEBSITE FOR LOTS OF THINGS. THIS IS OUR GO TO WEBSITE FOR LOTS OF THINGS.



Additional Resources

Russell Barkley –
“Taking Charge of
ADHD”

Thomas Brown – “A
New Understanding
of ADHD in Children
and Adults”

Sari Solden –
“Women and ADHD”

Thomas Brown –
“Smart but Stuck”

Kathleen Nadeau
and Ellen Littman –
“Understanding Girls
with ADHD, How
They Feel and Why
They Do What They
Do “

Kathleen M. Nadeau
and Patricia O. Quinn
– “Understanding
Women With
AD/HD”

Dale Archer MD –
“The ADHD
Advantage: What
You Thought Was a
Diagnosis May Be
Your Greatest
Strength “

Judith Kolberg and
Kathleen Nadeau –
“ADD-Friendly Ways
to Organize Your
Life”

Lidia Zylowska –
“The Mindfulness
Prescription for
Adult ADHD: An 8-
Step Program for
Strengthening
Attention, Managing
Emotions, and
Achieving Your
Goals”

For more resources check out our
website alignwithclarity.com



Action Step

2

Did you look at the
resources above?
where they helpful?
Now it's time for step
two which is seeking a
professional diagnosis.

Schedule an appointment. Use the below tracker to help you out!

[illegible]



Action Step

3

How was your journey
with diagnosis and
treatment? Were you
prescribed any
medications?

Use the below medicine tracker to examine how they are working
for you

MEDICINE TRACKER

	MON	TUE	WED	THU	FRI	SAT	SUN
Name of medication: Dose of medication							
Number of tablets:							
Time(s) you are taking the med:							
Time medication wears off?							
How of sleep did you got last night?							
Your Mood today 1 (bad) or 10 (great)							
Your ability to Concentrate today 1 (a little) or 10 (a lot)							
Your Memory for today 1 (a little) or 10 (a lot)							
Your ability to complete tasks? 1 (a little) or 10 (a lot)							
Your Appetite 1 (a little) or 10 (a lot)							
Other? Nausea? Headache? Tics?							





Action Step

4

Now is the time for you to use all what you've learned about your ADHD and put it together to help you learn how to cope with it and manage your symptoms.

Use the tools below to set goals and reach them

ACTION BRAINSTORMING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE
HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY GOAL:

STOP
DOING

DO
LESS OF

KEEP
DOING

DO
MORE OF

START
DOING





Every moment is an
opportunity to change
your perspective.

Monthly Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Notes:

Weekly Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7 DAY HABIT TRACKER

KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS. FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF: _____

HABIT / SELF-CARE STEP

01

02

03

04

05

06

07

08

09

10

11

12

(S)

(M)

(T)

(W)

(T)

(F)

(S)

☐☐

REFLECTION NOTES



PART 3

Explore ADHD *Life Coaching*

Your dream life is calling



ADHD coaching is a specialized form of coaching designed to help individuals with Attention Deficit Hyperactivity Disorder (ADHD) develop strategies, skills, and habits to better manage their symptoms and achieve their personal and professional goals.

[BOOK A FREE
CONSULTATION](#)

Are you still stuck? I am here to help you design the life that you desire. With a coaching plan designed uniquely for your unique challenges and needs you can reach clarity and fulfillment.

Zeinab Mokdad

ADHD Life Coach
alignwithclarity.com



"Rising Together from the Darkness of Confusion"

3 STEP PROCESS

STEP ONE

BOOK YOUR FREE INITIAL CONSULTATION!
WE WILL HAVE A 30 MINS CALL TO DISCUSS
YOUR CHALLENGES AND GIVE AN OVERVIEW
ABOUT ADHD COACHING AND WHAT TO
EXPECT FROM IT

STEP TWO

BOOK A STRATEGY AND PLANNING SESSION
IN THIS 90-MINUTE SESSION WE DIVE IN
MORE IN YOUR MOST STRESSFUL SYMPTOMS,
EXPLORE THE TOOLS THAT YOU ALREADY
USED, AND SET UP THE GOALS OF THE
COACHING PARTNERSHIP.

STEP THREE

CHOOSE A PACKAGE
VISIT OUR WEBSITE
WWW.ALIGNWITHCLARITY.COM AND FIND
THE PACKAGE THAT WOULD WORK THE BEST
FOR YOU AND EXPLORE THE MAGIC OF
COACHING!



Coaching Goals



Date: / /

This section will make it easier for you to identify the core problem and chart a way forward. Write down the goal you'd want to achieve and write why is it important for you. Write the measurable outcome would mean you've succeeded or that you're on the right path?

Goal 1 :	Why it's important :
	Measurable Outcome :
Goal 2 :	Why it's important :
	Measurable Outcome :
Goal 3 :	Why it's important :
	Measurable Outcome :

Escaping Comfort Zone



Date: / /

Why do you avoid going out of your comfort zone? What are your biggest fears about the things that are out of your comfort zone?

How can you reframe/overcome the fears and obstacles you outlines in the previous question?

What new things can you try to solve your problems/achieve your goals?

What kind of things will you be missing out on if you only stay in your comfort & fear zone? How will your life look like in 1/3/10 years' time?

How will your life look like in 1/3/10 years' time when you decide to venture out in the learning and growth zone?

WEEKLY SUCCESS *Planner*

Date:

My Top 3 Priorities

My Quarterly Goals

What I Must Remember

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Obstacles:

Distractions:

Action Steps:

Productivity Accelerators



WEEKLY REVIEW

What have I achieved this week?

What have I learned this week?

What could I do differently next week?

Thank-you!

I'm so excited to continue working with you,
please reach out to learn more.

Contact:

alignwithclarity.com

info@alignwithclarity.com

