



THE PATH
OF ADHD
MANAGING



3 Planners
4 Workbooks
3 Guides
300 Wallpapers
1 Coloring Book

ADHD SELF-HELP TOOLKIT

3 Planners
4 Workbooks
3 Guides
300 Wallpapers
1 Coloring Book

A JOURNEY FOR
LEARNING AND
MANAGING
ADHD
STRUCTURED FOR FOCUS,
BALANCE, AND
GROWTH



- 01 Understand ADHD
- 02 Manage your ADHD with ADHD Coaching
- 03 Identify, Explore, and Develop your ADHD Strengths
- 04 Build your ADHD Superpowers
- 05 Empower your ADHD Superpowers

Self Help Toolkit

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