

THE PATH  
OF ADHD  
MANAGING



ADHD LIFE SYNC

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 **UNDERSTANDING YOUR ADHD**  
Learn about your ADHD and how it affects your life.
- 02 **MANAGING YOUR ADHD**  
Discover strategies to manage your ADHD symptoms.
- 03 **IMPROVING YOUR PRODUCTIVITY**  
Learn how to stay focused and organized.
- 04 **IMPROVING YOUR RELATIONSHIPS**  
Discover ways to communicate effectively.
- 05 **IMPROVING YOUR WELL-BEING**  
Learn how to take care of your mental and physical health.

# Self Help Toolkit

**K Payea**



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