



THE PATH  
OF ADHD  
MANAGING



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3 Planners  
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# ADHD SELF-HELP TOOLKIT

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1 Coloring Book

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



- 01 Understanding ADHD
- 02 Managing Time and Tasks
- 03 Setting Boundaries and Priorities
- 04 Building Habits and Routines
- 05 Seeking Support and Resources

# Self Help Toolkit

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Robinson, Lisa M. Schab, Kirk D.  
Strosahl**

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