

ADHD Focus Strategies Worksheet

10 Proven Strategies to Build Focus, Beat Distraction & Unlock Your Potential

1

Pomodoro Technique

Work in short, focused bursts of 25 minutes followed by a 5-minute break. After 4 rounds, take a longer 15–30 minute break. This prevents burnout and gives your brain scheduled rest.

Try it: Set a timer right now for 25 min and commit to ONE task.

2

Body Doubling

Work alongside another person — a friend, classmate, or even someone on a virtual study stream. The presence of others naturally increases accountability and helps anchor your focus.

Try it: Schedule one 'study buddy' session this week.

3

Task Chunking

Break large assignments into the smallest possible steps. Instead of 'write essay,' write 'open document,' then 'write first sentence.' Tiny steps reduce overwhelm and make starting easier.

Try it: Take your next assignment and list 5 micro-steps below.

4

Eliminate Distractions Intentionally

Put your phone in another room, use website blockers (Cold Turkey, Freedom), and wear noise-cancelling headphones. Don't rely on willpower — design your environment for focus.

Try it: Identify your #1 distraction and remove it before your next study session.

5

External Rewards & Gamification

Give yourself a meaningful reward after completing a task — a snack, a YouTube video, or a walk. Use apps like Habitica to turn tasks into a game with points and achievements.

Try it: Choose a reward for finishing today's homework before you start.

6

Movement Breaks

Physical movement resets the ADHD brain. Stand up, do jumping jacks, stretch, or take a 5-minute walk between tasks. Movement boosts dopamine — the very chemical ADHD brains need.

Try it: Set a reminder every 30 min to stand up and move.

7

Visual Timers & Time Anchors

Abstract time is hard for ADHD brains. Use a visual timer (like Time Timer) so you can SEE time passing. Place clocks in your study space and use alarms as transition signals.

Try it: Use the Time Timer app or a sand hourglass for your next task.

8

Strategic Use of Music

Instrumental music, lo-fi beats, or white/brown noise can block distractions without adding new ones. Lyrics compete with reading and writing — stick to music without words during study.

Try it: Search 'lo-fi study music' or 'brown noise' on YouTube now.

9

Written To-Do Lists (Brain Dump)

Every morning, write down everything on your mind — tasks, worries, ideas. This clears mental clutter and lets your brain focus on doing instead of remembering. Keep it visible on paper.

Try it: Do a 2-minute brain dump right now on the lines below.

10

Identify Your Peak Focus Window

Everyone has a time of day when their focus is sharpest. Track when you feel most alert and do your hardest tasks then. Save easy tasks (email, organizing) for low-energy times.

Try it: Rate your energy 1–5 at 9am, 12pm, 3pm, and 6pm for 3 days.

My Focus Plan

Strategy I'll try first: _____

My biggest distraction is: _____

My peak focus time is: _____

My reward for completing tasks: _____

Remember: ADHD is a difference, not a deficit. These strategies work WITH your brain, not against it.

Worksheet for educational use | Printable & fillable