

# ADHD Life Map: Circle Reflection Worksheet

The ADHD Clinic

## **ADHD Life Map Worksheet**

This life map is a visual way to explore how ADHD may be impacting different areas of your life. Each slice of the circle represents a domain of daily functioning. Shade each section to reflect how much ADHD gets in the way for you – from the center (a little) to the edge (a lot).

#### Instructions

- 1. Look at each life domain below.
- 2.On the circle diagram (print or draw your own), fill in each section from the center outward.
  - a.Center = minimal interference
  - b.Edge = maximum interference
- 3. Reflect on your results what areas feel most impacted? Where would you like support?
- 4. Use this worksheet in therapy to guide conversation and set goals.

### Life Domains

#### Life domains to reflect on:

- Work / School / Productivity
- Home Organization / Routines
- Finances / Bills / Planning
- Time Management / Scheduling
- Emotional Wellbeing / Mood Swings
- Relationships / Communication
- Sleep / Health Habits
- Self-Esteem / Confidence
- Social Life / Connection
- Focus / Mental Clarity

Instructions

Draw your own circle divided below into 10 slices and shade each one to represent how much ADHD impacts you in that domain.



Emotions & Self-Esteem

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