



ADHD



# Mind Map Worksheet



The ADHD Clinic

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# ADHD Mind Map Worksheet

This mind map worksheet is designed to help you organize your thoughts, ideas, or tasks visually. It's great for brainstorming when your brain feels full or scattered. Start with one main topic in the center and branch outward with related thoughts, actions, or challenges.

## Instructions

1. Write your main topic or challenge in the center circle.
2. Use the surrounding branches to break down your thoughts.
3. Don't worry about order — let your ideas flow.
4. Use this tool for anything: planning, problem-solving, decision-making, or self-reflection.

## Prompts

Use prompts like these to get started:

- What's something I'm stuck on?
- What's taking up a lot of mental space right now?
- What steps would help me move forward?
- What support could help me?
- What's the outcome I'm hoping for?

## Mind Map

