

The ADHD Life Wheel



Organization

Completing tasks

Motivation/
Incentive

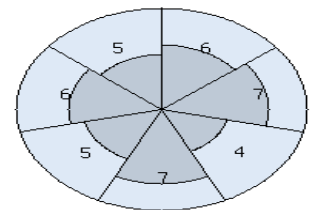
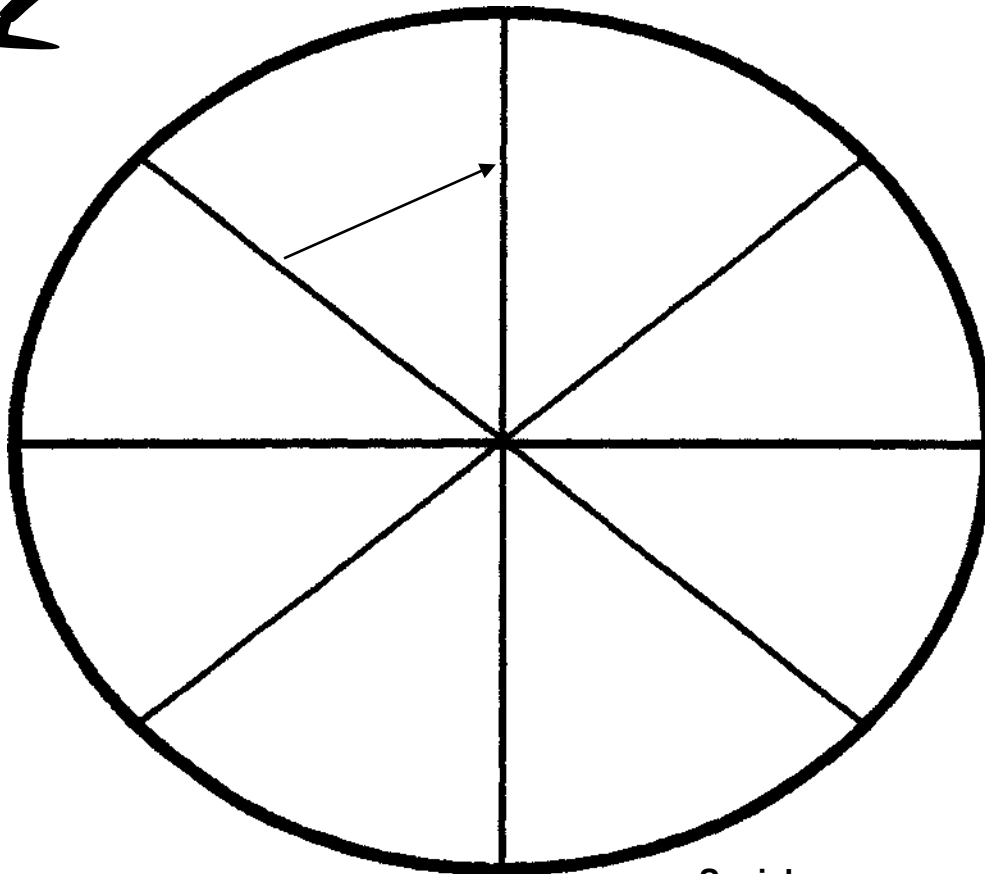
Paying
Attention

Time
management

Impulsivity

Memory

Social
skills/relationships



Directions: Rate yourself in each category on a scale of 1-10 depending on how easy or difficult the area is for you in your life. 1 is the lowest at the wheel's center, meaning that this area is easy for you. This part of the wheel is not challenging for you. 10 is the highest, at the outer edge, meaning this area is very challenging for you. A "10" would mean that you don't feel very successful in that area or experience great challenges with that part of your life. Write the number 1-10 in that "pie piece" and draw a line across from spoke to spoke in each at the number value you indicated.