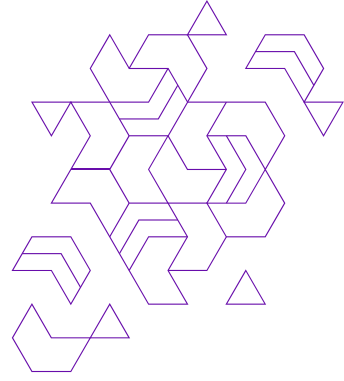


ADHD & ANXIETY AT WORK: WORKBOOK

HELLO
MY NAME IS



**RIGHT
MEOW**
THE ADHD
WOMEN IN BUSINESS
NETWORK



ADHD & Anxiety Workbook

Worksheet 1: Understanding Your Insecurity

Title: Uncovering the Root of Your Insecurity

Purpose: To help you identify the sources of your insecurity and understand the underlying factors that may be contributing to your worries and self-doubt.

Instructions:

Reflect on the questions below. Write down any thoughts or feelings that come to mind. The goal is to gain insight, not perfection.

When do I feel most insecure or worried?

Write down specific moments or situations where you feel insecure.

What triggers my insecurities?

Is it certain people, situations, or tasks? Do I experience these feelings more in personal or professional settings?

What are the core beliefs that drive these insecurities?

Do I feel like I'm not good enough, or that I'll fail? Write down any negative thoughts that cross your mind.

How do I react when I feel insecure?

Do I try to overcompensate, shut down, or avoid tasks entirely? What coping mechanisms do I use when these feelings arise?

How would I speak to a friend who feels insecure about these same things?

Imagine you're supporting a friend with the same concerns. How would you reassure them and help them see things from a different perspective?

Reflection: Review your answers. What patterns do you notice? Are there common triggers or themes that stand out?

How can you use this information to build a healthier narrative about yourself?

Worksheet 2: Managing Anxiety and Self-Doubt

Title: Calming Your Mind and Reframing Self-Doubt

Purpose: To help you develop strategies to manage anxious thoughts and practice self-compassion.

Instructions:

Use the questions and prompts below to guide you through a process of calming your mind and reframing negative thoughts.

List your most common anxious thoughts or worries:

Write down any repetitive thoughts you have that make you anxious. These might be future-oriented fears or doubts about your abilities.

What evidence do I have to challenge these thoughts?

Look at each anxious thought and ask yourself, "Is this thought based on facts or assumptions?" Write down evidence that contradicts the anxious belief.

Anxious Thought: _____

Challenging Evidence: _____

Anxious Thought: _____

Challenging Evidence: _____

What is a kinder, more compassionate way to view this situation?

Reframe the anxious thought into a more supportive, grounded one. For example, instead of "I'm going to fail," try "I may not have all the answers, but I am capable of figuring things out."

Original Anxious Thought: _____

Kinder Reframed Thought: _____

What grounding techniques can I use when anxiety hits?

Make a list of activities or techniques that help you ground yourself when feeling anxious. (e.g., deep breathing, taking a walk, journaling, talking to a trusted friend)

- _____
- _____
- _____
- _____
- _____

Write a short affirmation or mantra to combat self-doubt:

Create a positive affirmation or mantra that you can turn to when doubt creeps in. For example: "I am doing my best, and that's enough," or "My worth is not defined by my productivity."

Reflection:

Use this worksheet regularly to help shift your mindset when anxiety or self-doubt feels overwhelming. Remember that challenging your thoughts takes practice.

Worksheet 3: Building Self-Care and Self-Love Practices

Title: Nurturing Your Inner Strength and Resilience

Purpose: To guide you in developing self-care practices that support your mental and emotional well-being.

Instructions:

Reflect on the following prompts to create a self-care plan that feels supportive and nurturing to you.

What self-care practices make me feel the most grounded and at peace?

List activities that make you feel relaxed, refreshed, and recharged. These can be physical, mental, or emotional activities.

- _____
- _____
- _____
- _____
- _____

How can I incorporate more of these practices into my daily routine?

Brainstorm practical ways to include self-care into your day-to-day life, even if it's just for 10-15 minutes. (e.g., morning meditation, a walk in nature, creative hobbies)

- **Morning Routine:** _____
- **Afternoon Breaks:** _____
- **Evening Routine:** _____
- **Weekly Rituals:** _____

What barriers stop me from practicing self-care?

Identify any obstacles that get in the way of prioritizing self-care (time, guilt, perfectionism). Write down strategies to overcome these barriers.

Barrier: _____

Strategy: _____

Barrier: _____

Strategy: _____

How can I be kinder to myself when I don't have the energy for self-care?

Think about how you can practice compassion for yourself on days when self-care feels like too much. Write down a short reminder or mantra for those days.

What does self-love look like for me?

Define what self-love means to you. This could include giving yourself permission to rest, honoring your needs, or celebrating your small wins.

Reflection:

How can you make self-care a non-negotiable part of your life? Consider writing a small self-care goal for the week ahead and checking in on it regularly.

Worksheet 4: Creating a Success Mindset for ADHD Women in Business

Title: Embracing Your Strengths and Navigating Challenges

Purpose: To help women with ADHD in business feel empowered to harness their unique strengths while navigating potential challenges.

Instructions:

Use the prompts to identify your strengths, acknowledge your challenges, and develop strategies to create a sustainable and supportive work-life flow.

What strengths do I bring to my work because of my ADHD?

List specific ways your ADHD has been an asset to your career (e.g., creativity, quick problem-solving, multitasking).

- _____
- _____
- _____
- _____
- _____

What challenges do I face in business because of ADHD?

Acknowledge any difficulties you encounter (e.g., focus issues, overwhelm, disorganization), but also think about strategies or tools that can help mitigate these challenges.

Challenge: _____

Potential Strategy: _____

Challenge: _____

Potential Strategy: _____

What accommodations or systems can I put in place to set myself up for success?

Brainstorm practical solutions, such as digital tools, time-blocking, accountability partners, or organizational strategies that help you work with your brain instead of against it.

- _____
- _____

What does success look like for me, and how can I measure it without comparing myself to others?

Define what success means to you in your professional life. How will you recognize it on your own terms?

What will I do to celebrate my successes—big or small?

Think of ways you can celebrate your achievements, whether it's taking a moment to acknowledge your progress or treating yourself to something special.

Reflection:

Review your answers regularly and make adjustments as needed. Remember, success doesn't always look the same for everyone—and it's okay to define it for yourself.

Worksheet 5: Self-Care Blueprint

For ADHD Women in Business

Your brain is your superpower. Let's nurture it with self-care practices that work for you! 🐾💖

Section 1: Current Self-Care Practices

What self-care activities do you currently engage in?

(Check off the ones that you do regularly, or jot down any others you practice.)

- ☐ Meditation
 - ☐ Exercise (e.g., yoga, walking, gym)
 - ☐ Journaling
 - ☐ Creative hobbies (e.g., painting, writing, crafting)
 - ☐ Nature walks
 - ☐ Mindfulness or breathing exercises
 - ☐ Time with loved ones
 - ☐ Other:
-

Section 2: Desired Self-Care Practices

What self-care activities would you like to incorporate into your routine?

(Don't stress—think small steps. You can always start with one and build!)

- ☐ Meditation
 - ☐ Journaling or creative writing
 - ☐ Digital detox (e.g., no screens for an hour)
 - ☐ Reading a book for pleasure
 - ☐ Listening to music or podcasts that calm me
 - ☐ Restorative sleep practices (e.g., bedtime routine, naps)
 - ☐ Other:
-

Section 3: Make It Happen - Your Self-Care Plan

How can you realistically integrate these practices into your daily routine?

(Be specific about when, where, and how you'll make it happen.)

Morning Routine: _____

Afternoon Breaks: _____

Evening Routine: _____

Weekly Rituals (e.g., Sunday self-care day): _____

Section 4: Overcoming Barriers

What might prevent you from engaging in these self-care practices, and how can you overcome them?

(Think about time constraints, guilt, or perfectionism. Let's problem-solve!)

Barrier: _____

Solution: _____

Barrier: _____

Solution: _____

Section 5: Celebrate Your Efforts!

How can you celebrate yourself when you successfully practice self-care?

(Whether it's big or small, it's important to acknowledge progress!)

- ☐ Take a moment to reflect and say, "I did this!"
- ☐ Treat myself to something enjoyable (e.g., a favorite snack, a nice bath)
- ☐ Share my success with a friend or loved one
- ☐ Other: _____

Reflection: How do you feel about your self-care routine now that you've mapped it out?

Is there anything you would adjust after looking at your plan?

***Note to Self:** You are doing the best you can, and that's enough. Embrace these self-care practices at your own pace. You will thank yourself for this! 🧘💖*

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