

ALL ABOUT ME



# ADHD Edition

What I Wish You Knew

A guided journal for understanding me better

This Journal is all about:

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Gift Me Right

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# ALL ABOUT ME

What I Wish You Knew

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ADHD Edition

# How to Use This Journal

This journal is an invitation to understand me better.

There is no right or wrong way to fill it out.

Take your time.

Skip what doesn't fit.

Return to pages whenever you need to.

Some questions may feel easy.

Others may take longer.

This journal isn't meant to be perfect.

It's meant *to be honest*.

Let this be a space where you can be real.

# About Me

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The **basics** of who I am, in my own words.

My full name is:

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I prefer to be called:

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My pronouns are:

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My date of birth is:

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My zodiac sign is:

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I currently live in:

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Where I grew up:

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Languages I speak or understand:

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Age (at the time of filling this out):

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A picture of me  
when I was a baby

A picture of me  
now (current)

My height is:

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My shoe size is:

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My shirt size is:

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My pants or skirt size is:

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My jacket or coat size is:

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My ring size is:

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My favorite fit is (oversized, fitted, relaxed):

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My favorite ice cream flavors include:

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My best friends are:

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Comfort or style preference:

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Hat size (if applicable):

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Introvert or extrovert?

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My favorite color(s):

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My least favorite color(s):

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My favorite scent family is:

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My metal preference is:

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My favorite season is:

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I am more of a morning person or night owl:

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Dietary preferences:

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Food allergies or sensitivities:

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Foods I love:

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Foods I avoid:

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Favorite snack:

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Favorite sweet treat:

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Favorite drink:

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Caffeine preference:

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Alcohol preference (or none):

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Tea preferences:

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Quotes that I live by:

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Someday, I want to:

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Things that physically comfort me:

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Things that physically overwhelm me:

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Preferred way to relax my body:

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Preferred way to relax my mind:

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My ethnicity, race, and origin:

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My religion and how important it is to me:

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# About Me

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let's Go More In Depth

My hobbies and interests:

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How I recharge:

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What drains my energy:

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How I spend most of my time:

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What motivates me lately:

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What feels most important to me right now:

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When I'm upset what I usually need is:

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What doesn't help when I'm overwhelmed:

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How I prefer to communicate during conflict:

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How I prefer to receive support:

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How I show appreciation:

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How I tend to shut down or open up:

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Things I don't always say out loud:

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Things I'm afraid to ask for:

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Things I wish I were better at expressing:

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What makes me feel deeply understood:

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What makes me feel distant or misunderstood:

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What I hope you never forget about me:

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Ways I show love or care:

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Ways I like to receive love or care:

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What makes me feel safe:

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What makes me feel valued:

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What makes me feel appreciated:

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What makes me feel emotionally close to someone: \_\_\_\_\_

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What I've learned about myself so far:

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What I want more of in my life:

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What I want less of in my life:

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Who I am becoming:

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What I am working on within myself:

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What I hope the people in my life understand about me:

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A message from me to you:

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What I hope this journal helps you understand:

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What I want remembered about me in this season of life: \_\_\_\_\_

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What I am grateful for right now:

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What I am still figuring out:

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What I want to carry forward:

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# About Me

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And my beautiful ADHD mind

How my attention naturally moves throughout the day: \_\_\_\_\_

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What helps me stay engaged once I start something: \_\_\_\_\_

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What pulls my focus away the fastest:

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How I experience time passing:

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What helps me transition between tasks:

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What makes starting tasks feel easier for me:

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What my brain does when I'm overwhelmed:

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What sensory input affects me the most:

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What helps calm my nervous system:

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How hyperfocus shows up for me:

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What people often misunderstand about my focus: \_\_\_\_\_

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What support actually feels helpful for my ADHD: \_\_\_\_\_

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What strengths my ADHD gives me:

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What environments help me function best:

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What drains my mental energy quickly:

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What routines work for me (even if they're imperfect):

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What helps me recover after burnout or overload:

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What I want others to know about how my brain works:

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About Me: ADHD

Any further notes I have:

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I can't read your mind, and you can't read mine.  
I hope this helps us communicate better and  
supports us in being better humans to each  
other.

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By signing this, we promise to be the best  
humans we can be to one another.

X \_\_\_\_\_ Date: \_\_\_\_\_

X \_\_\_\_\_ Date: \_\_\_\_\_

GMR



2026

# gift me right

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