Start Here

You downloaded a thing. Now your ADHD brain wants to know: which thing do I actually open?

Where are you right now?

"I think I might have ADHD — or I just realized I do."

☐ Is This Your Brain Too?

No quiz. No score. Just a list of things that might sound familiar. If they do, you'll know.

"I already know I have ADHD. I want to understand what's actually going on in my brain."

☐ 7 Things Nobody Told You About Your ADHD Brain

The science behind the patterns — why you're cyclical, why time disappears, why 'just try harder' has never worked.

"I don't need more information. I need to DO something."

☐ Small Experiments for ADHD Brains

11 micro-experiments matched to your energy level. Check in with your brain, pick one, set a timer. Done.

"I need to process. My brain is loud and I need to get something out of my head."

☐ 20 Minutes of Honesty

Journal prompts for the stuff underneath. Pick one section. Set a timer for 5 minutes. That's it.

"I need someone else in my life to understand how my brain works."

☐ The ADHD Cheat Sheet for People Who Work With Me

A one-page guide you can hand to a coworker, boss, partner, or friend.

The short version

I need to...	Start with...
Figure out if this is me	Is This Your Brain Too?
Understand my brain	7 Things Nobody Told You

The ADHD Diary Project · adhddiaryproject.com · Not therapy. Not medical advice. Just honesty.

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Take action today	Small Experiments
Process what I'm feeling	20 Minutes of Honesty
Help someone understand me	The ADHD Cheat Sheet

How these connect

These aren't five separate PDFs. They're one ecosystem. Every resource points to the others when it makes sense — so wherever you start, you'll find your way to whatever you need next. You don't have to read them all. You don't have to read them in order. Start with the one that matches your energy right now and follow the threads.

If you want support beyond these resources:

Your brain does its best work with a thinking partner — someone who gets the wiring and helps you build around it instead of against it. That's what coaching is.

You showed up. You downloaded the thing. Now pick one and start. That counts.