

ADHD 2.0

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Run a daily 2-minute activation ritual**

Before starting hard work, do two minutes of movement plus one written target. Enter the task through body state, not debate.

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⁰² **Build a one-task workspace**

Use one-tab mode, visible timer, and a short checklist. Remove optional inputs before beginning each focus block.

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⁰³ **Use body doubling three times a week**

Schedule co-working sessions with a partner or virtual room. External presence improves start latency and completion rates.

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⁰⁴ **Anchor work to interest**

Rewrite each important task with a meaningful why, a clear win condition, and a visible reward at completion.

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⁰⁵ **Track friction, not failure**

At the end of day, note one friction source and one design tweak for tomorrow. Treat setbacks as system feedback.