

Driven to Distraction

by Edward M. Hallowell, John J. Ratey

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 **Get a proper evaluation if you haven't**

Hallowell insists: self-diagnosis is a start, not a destination. A proper evaluation with a knowledgeable clinician changes the precision of every strategy you apply after it - and reframes everything that came before.

MON TUE WED THU FRI SAT SUN

⁰² **Reduce the cognitive cost of task-switching**

ADHD brains pay high energy for transitions. Block similar tasks together, protect focus windows, and build visible buffers between context shifts. Structure is not a crutch - it is a cognitive prosthetic.

MON TUE WED THU FRI SAT SUN

⁰³ **Design for hyperfocus, not against it**

Stop fighting hyperfocus and start scheduling it. When it arrives, treat it as premium working time. Build your most important output around the states that already engage your brain - not around a generic productivity schedule.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Find an external accountability structure**

A coach, partner, or body-doubling relationship improves follow-through more than most internal techniques. Hallowell's clinical observation: people with ADHD need external scaffolding, not stronger resolve.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Rewrite your story about your past**

Many adults with ADHD carry years of shame about academic or career failures. Reinterpreting past struggles through an ADHD lens is often as therapeutic as medication - it ends the self-blame and opens up new strategies.