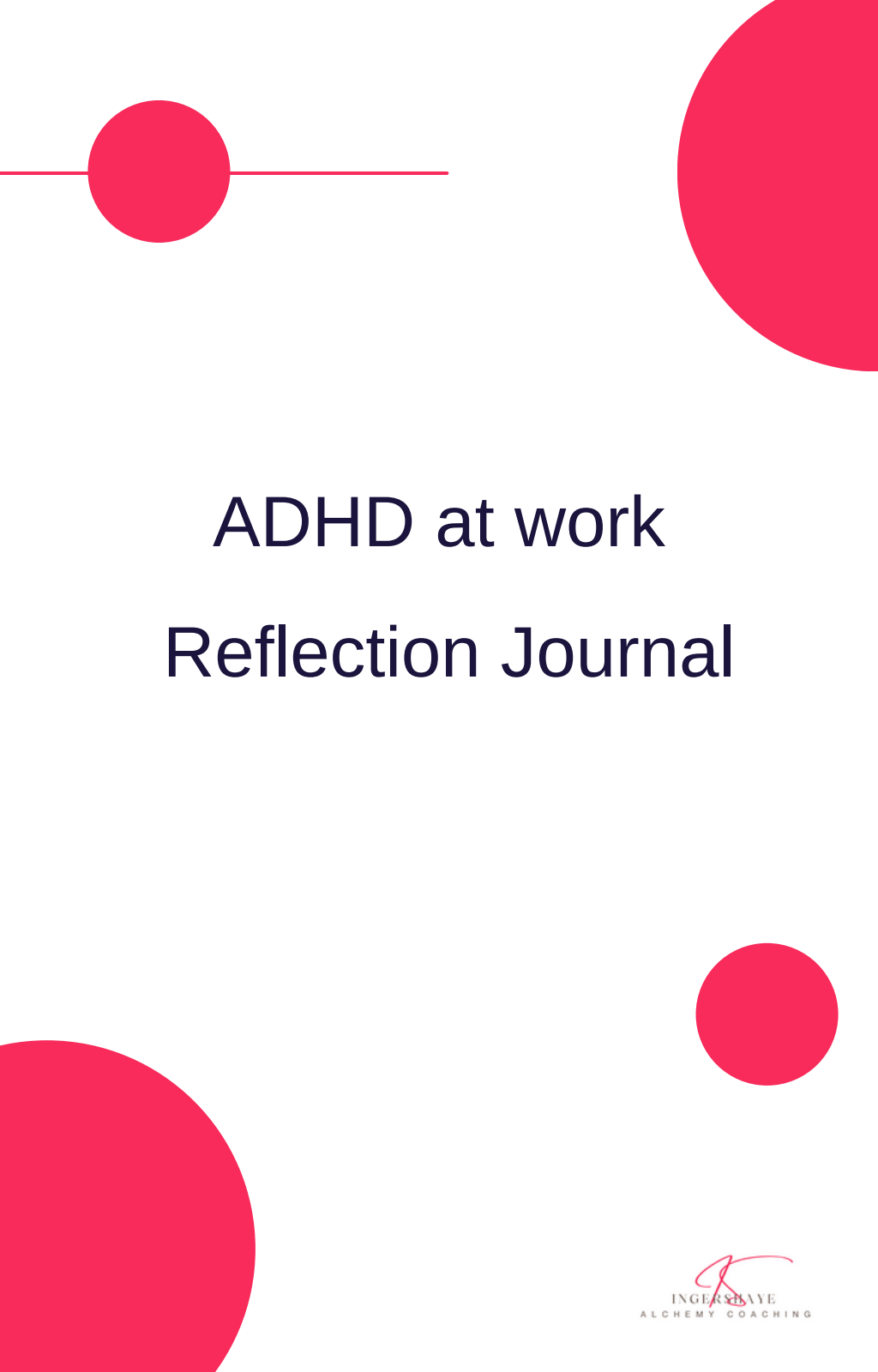


The cover features several large, solid red circles and a horizontal line. One circle is in the top left, another in the top right, a third in the bottom right, and a fourth in the bottom left. A horizontal red line extends from the left edge, passing through the top-left circle.

ADHD at work Reflection Journal

Use this journal as a tool to reflect on your past quarter at work.

There are no right or wrong answers - use it to help better understand how ADHD and your work life intersect, and then consider changes you could make and hopes you have for next quarter.

What were your top 3 moments at work this quarter?

What is something new you are glad you tried ?

What are some setbacks you had at work this year?

When / during what kind of projects did you feel most fulfilled at work?

List your 3 most challenging moments of the quarter:

What is the biggest lesson you learned?

What are some mistakes you made?

How did you grow from them?

How did your ADHD interfere or frustrate you?

How did your ADHD benefit or facilitate your (work) ?

How can you leverage your ADHD to move forward?

In what ways are you proud of the way you showed up at work this year?

How did work affect your mental health this year?

What new activities did you try to support your mental health?

What are some of the most memorable moments?

What changes do you want to make next quarter?

How did you practice self-care?

As you look ahead to the next quarter...

What is something you want to release or let go of and not bring forward into the new quarter?

What are you most excited about?

What goals do you have?

What practices or supports can you implement to achieve those goals?

HI I'M INGERSHAYE



Hi, I'm **IngerShaye Colzie** and I coach all kinds of people but I specialize in working with Black women with ADHD, because I am one too!

*ADHD is a real, diagnosable condition that affects every aspect of your life. First comes education, then awareness, then acceptance, which then creates resilience. **When you have awareness and can accept it, you can make better choices in your life and live the life you want.***

*I welcome you to reflect upon the questions above and then join me on **Instagram** to continue the learning .*

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