

[Adult ADHD: Everyday Supports | Explore](#)

Build a Task Launch Pad

Adults | 8 to 10 minutes | Worksheet

Specify one visible first action, the required materials, and a useful stopping point.

Choose a task you want to approach, rather than one selected only to satisfy someone else. We are designing an easier start. The plan can be small enough that it feels almost incomplete.

How to use this page

Describe one task and answer the three prompts. Use a task with no urgent safety consequences. If the task involves legal, financial, or medical decisions, use this page only to organize a question or appointment.

Name the next physical action

What would someone see you do first? Try "open the email draft" or "put the laundry basket by the door." If the action still contains several choices, make it smaller. You can ask another person to help identify a start.

Prepare the conditions

List only the materials and information needed for that action. Notice what is missing. Choose a location with tolerable sound, lighting, and interruptions. A shared room, limited equipment, or caring responsibility may require a different plan; these are real constraints.

PK03-03 | continued

Decide when enough is enough

Choose a brief trial and a clear finish, such as finding one number or sorting five items. At the stopping point, decide whether to continue, pause, or seek help. Add a cue for returning so a pause does not require remembering everything from scratch.

1. The task that matters to me and the first visible action**2. Materials, information, and environmental support I need****3. My stopping point and a cue for returning**

PK03-03 | continued**Facilitator notes and adaptation**

Keep the page collaborative and avoid rigid productivity targets. A launch plan is not suitable for replacing assessment of severe functional decline, acute distress, or inability to meet basic needs.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PA05 | National Institute of Mental Health | ADHD in Adults: 4 Things to Know

<https://www.nimh.nih.gov/health/publications/adhd-what-you-need-to-know>