



ADHD Goal Breakdown Planner for Long-Term Projects

Break big dreams into actionable steps

17 Date: _____

17 Review By: _____

🌟 MY BIG GOAL

? Why This Matters

Two empty rectangular boxes for writing.

🚧 Obstacles

Three horizontal lines, each starting with a small circle, for listing obstacles.



📅 Action Steps (Break It Down)

#	Action Step	Deadline	Done
1			<input type="checkbox"/>
2			<input type="checkbox"/>
3			<input type="checkbox"/>
4			<input type="checkbox"/>
5			<input type="checkbox"/>
6			<input type="checkbox"/>
7			<input type="checkbox"/>
8			<input type="checkbox"/>

17 30-DAY CHECK

____ / 10

17 60-DAY CHECK

____ / 10

17 90-DAY CHECK

____ / 10

 **How I'll Celebrate**