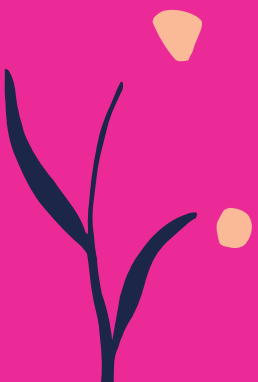


Neurodivergent Affirming Habit Stacking for ADHD Women

A mini workbook to help
you be your best self



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Habit Stacking for ADHD women Worksheet Pack

Reminder

This worksheet pack is here to support you—you may find it helpful or it might not be a strategy that works out for you.

Your brain just deserves routines that feel doable, kind, and sensory-friendly. Some brains need more flexibility . If you are trying to build a habit that's important to you, habit stacking might be a thing to try. Be kind to yourself if you have setbacks. If something is important to you keep trying.

Use whats helpful to you and discard what isn't.

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Worksheet 1- Why Habit Stacking can Work for ADHD Brains

Habit stacking reduces decision fatigue and builds structure into what you're already doing.

Instead of trying to create entirely new routines from scratch, you gently *add tiny, supportive habits* onto existing ones — a method that works with your brain *instead of against it*.

This approach supports:

Less executive functioning overload

Fewer choices to make = less stress

Clear, sensory cues that your brain can actually follow

Tiny wins that build confidence and momentum

How to Habit Stack

Step 1: Find Your Anchor Habit

Pick something you already do most days—something consistent. This becomes your "anchor."

Examples:

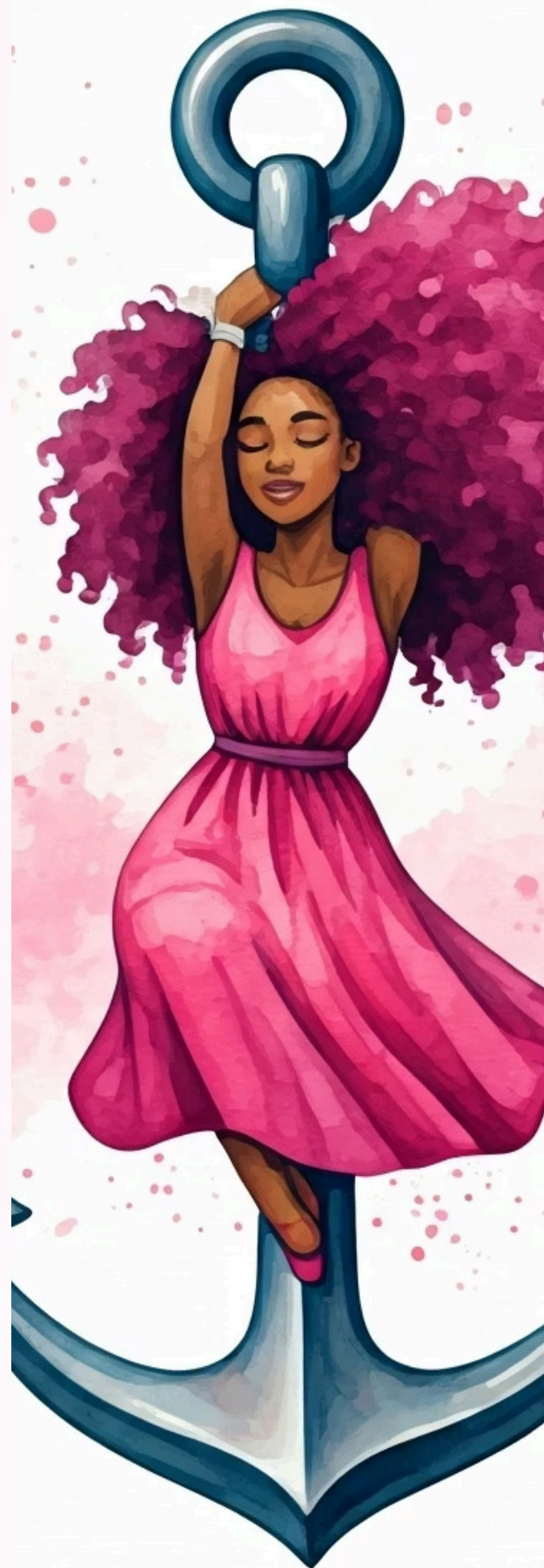
- Brushing your teeth
- Making coffee
- Logging into work
- Taking off your shoes
- Turning off the light
- Getting out of bed

Fill in:

- ☒ Something I already do each day:

-  When I usually do this:

-  Why this feels like a good anchor:



Step 2: Choose a Supportive Micro-Habit

Now choose your tiny, supportive habit. It should feel kind and very doable—not a big life overhaul.

Ideas to inspire you:

-  Do a 30-second body scan
-  Name an emotion
-  Use a sensory cue (splash water, apply lotion, hold texture)
-  Write your top 3 priorities
-  Say something kind to yourself

Fill in:

A micro-habit I want to try stacking:

Why this is so important to me (It helps me be a better parent, I deserve kindness, I want to be more regulated, I want to feel happier):

Step 3: Stack It Together

Use this structure to create your own supportive pair:

After I [existing habit], I will [new micro-habit]

Because it helps me [what is helps you move towards that's important or feel good about.]

After I brush my teeth I will go for a five minute walk in sun because it helps me feel rejuvenated and energized.



Habit Stack Builder

(Fill in 1 of Your Own)

✓ After I...

[Write your anchor habit here]

+ I will...

[Write your micro-habit here]

💡 Because it helps me or I want to...

[Write your motivation here]

Here are some ideas to help you with your choice.

These are here to help you reflect with curiosity and self-trust—not judgment.

1. One thing I always *want* to do but forget:

2. A routine I do without thinking that could be my anchor:

3. A habit that would help me feel less stress, not more:

Flourish Reframes For ADHD women to Support Habit Stacking

Read them aloud or pick one to write in your planner or mirror.

Self-Accommodation: My brain thrives when routines are easy, visual, and work for me, what would make things that way?

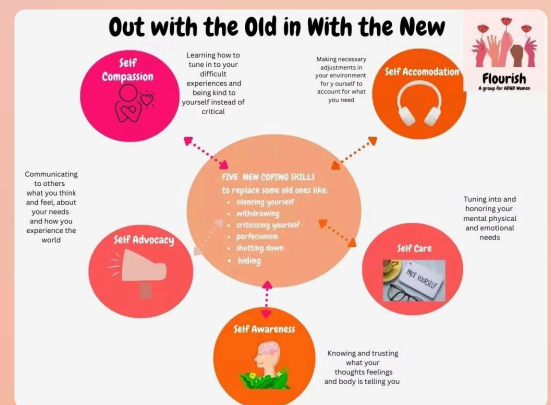
Self-Awareness: I can learn by being curious and kind.

Self-Care: Rest and nourishment help me be the best version of myself.

Self-Compassion: I don't need willpower—I have a different brain, it deserves love, kindness, and different support.

Self Advocacy: I have a right to ask for what I need and receive it

Today's Reframe for Me:



Worksheet 2- Morning Routine Habit Stack Builder

Goal: Reduce overwhelm and decision fatigue by anchoring supportive habits to what you already do each morning.

Use the prompts and table below to design your morning supports.

Reflect:

What part of my morning feels the most rushed?

What's something small that could help me feel more grounded?

✔ Existing Morning Habit	+ Stack With	✨ Why This Helps
After I wake up	Name one emotion I feel	Builds emotional awareness and presence
After brushing my teeth	Splash cold water	Adds sensory alertness and a dopamine boost
After making coffee or tea	Open blinds or step outside for sunlight	Supports energy and circadian rhythm



Morning Habit Stack Template



Create Your Own

✓ After I

[Write your morning anchor habit]

+ I will

[Write your morning micro-habit]

✓ After I

[Write your morning anchor habit]



Because it helps me

[Write your morning motivation]

Reflect:

What's one tiny thing that could help buffer your hardest moment in the morning? (15 seconds or less is enough.)

Worksheet 3- Workday Focus Habit Stack Builder

Goal: Use natural transitions to reduce procrastination, reset energy, and create microstructure that supports executive functioning.

This section helps you transform small workday moments into supportive cues—no rigid schedules needed.

Reflect:

What part of my workday feels the most draining or scattered?

When do I tend to lose focus or spiral into overwhelm?

✓ Existing Work Habit	+ Stack With	✨ Why This Helps
After opening my laptop	Write top 3 tasks on a sticky note	Clarifies priorities and shrinks task overload
After sending an email	Stretch, stim, or take a deep breath	Supports nervous system regulation and focus
After finishing a task	Check it off or update tracker	Creates dopamine reward and a sense of momentum
After a meeting	Jot down one reflection or feeling	Helps with emotional clarity and processing

Workday Habit Stack Template

✓ After I

[Write your workday anchor habit]_____

+ I will

[Write your workday micro-habit]_____



Because it helps me

[Write your workday motivation]_____



Create Your Own

Worksheet 4- Bedtime Wind-Down Habit Stack Builder

Goal: Support your transition into rest with gentle cues that reduce stimulation, soften stress, and make space for decompression—without needing a rigid bedtime routine.

This is about kindness and support, not perfection.

Reflect:

What tends to make winding down at night hard for me?

What's one tiny action that helps me feel safe or calm?

✔ Existing Evening Habit	+ Stack With	✨ Why This Helps
After turning off the lights	Put phone on do-not-disturb	Reduces external stimulation and sleep disruption
After brushing my teeth	Rub lotion on hands or feet	Soothing tactile cue for nervous system calming
After putting on pajamas	Lay out clothes for tomorrow	Lowers decision load and supports next-day ease
After getting into bed	Name 3 things I felt today	Builds emotional literacy and gentle self-check-in

Bedtime Habit Stack Template

✓ After I

[Write your evening anchor habit]_____

+ I will

[Write your evening micro-habit]_____

💡 Because it helps me

[Write your evening motivation]_____



Create Your Own

Reflect:

What would help your brain feel safe and ready for rest-
without needing you to "do more"?

Worksheet 5- Habit Stacking by Sensory System

Use Your Senses to Create Reliable, Soothing Cues

For ADHD brains, habits often "stick" better when they're linked to sensory input. This helps bypass working memory and taps into your body's natural rhythms.

Here's how to create stacks using your senses:

Visual

- ☐ **Anchor Habit:** After turning on a light
- ☐ **Stackable Habit:** Look at your visual task list or a calming image
- ☐ **Why It Helps:** Creates visual structure for memory and mental direction

Tactile

- ☐ **Anchor Habit:** After washing your hands or applying lotion
- ☐ **Stackable Habit:** Touch a grounding object (e.g., fuzzy fabric, smooth stone)
- ☐ **Why It Helps:** Provides calming, regulating feedback to the nervous system

Interoception (Inner Body Sensations)

- ☐ **Anchor Habit:** After noticing hunger, thirst, or tension
- ☐ **Stackable Habit:** Drink water or do a 30-second body scan
- ☐ **Why It Helps:** Builds self-attunement and trust in your body's signals

Auditory

- ☐ **Anchor Habit:** After hearing a timer or notification
- ☐ **Stackable Habit:** Play calming music or a focus chime
- ☐ **Why It Helps:** Engages your brain's rhythm system for smoother transitions

Movement / Proprioception

- ☐ **Anchor Habit:** After standing up or walking into a new space
- ☐ **Stackable Habit:** Stretch arms, shoulder roll, or bounce on toes
- ☐ **Why It Helps:** Activates energy flow and brings body awareness

Sensory Stack Builder

✓ Anchor Habit	+ Stackable Habit	☞ Why This Helps

Reflect:



Which sensory cue (sight, sound, touch, movement, or inner signals) tends to "wake up" your awareness?

Could it become a consistent support?

Worksheet 6: One-Habit Weekly Tracker

One anchor. One habit. One gentle rhythm.

✨ Why This Helps

When you live with ADHD, consistency often falls apart *not* because you're not trying—but because routines aren't designed to work with your brain. This tracker focuses on building trust and momentum through **one supportive habit**, stacked onto a natural routine you already do.

This isn't about adding pressure — it's about offering support. Like all of our habit worksheets, this tool isn't meant to make you more productive or more "neurotypical." It's here to help you support your brain and body in ways that feel good — so you can move through your days as a calmer, happier version of yourself.

🕒 A Quick Reminder: Whats an Anchor + Habit?



- 📌 **Anchor:** A small routine or moment that already happens in your day.
- Habit:** A supportive action you want to build — linked to that anchor.

Example:

*After I pour my coffee,
I will do a 30-second body scan,
Because it helps me check in before the day runs away from me.*

This structure helps your new habit feel natural — not forced.

My Habit Stack This Week

✓ Anchor	+ Supportive Habit	💡 Why This Helps Me
After I...	I will...	Because...

Daily Rhythm Log

Use a checkmark (✓), emoji, or one word about how the habit felt—there is *no judgment or right answer here*. It's also okay if you don't know.

Day	Did I Try It?	How It Felt (emoji/word)	Notes or Insight
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Weekly Wrap-Up

One moment the habit really helped me:

One thing I noticed or learned:

Some kind words I can say to myself about trying this:

Remember: This is about progress, not perfection. Every attempt at building supportive habits is a step toward working with your brain instead of against it.