## The Reflection Worksheet

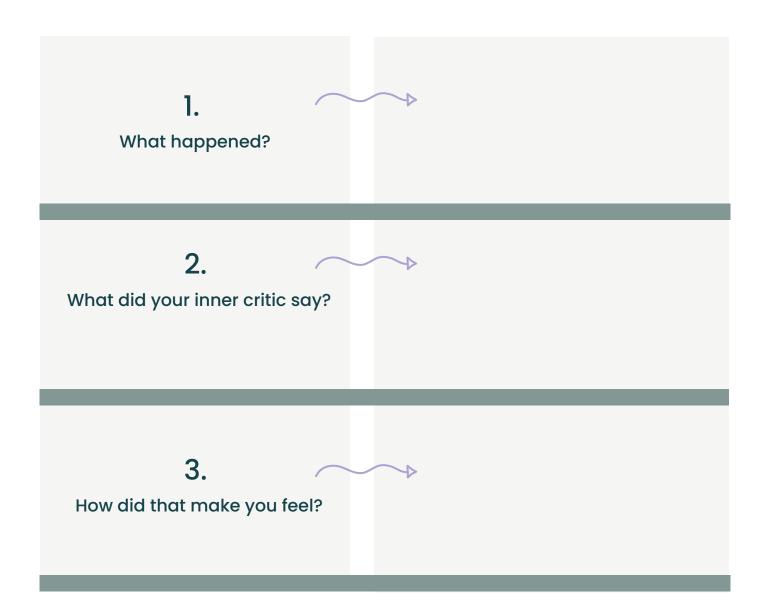


## **ADHD Reflection Worksheet**

Use this reflection tool to challenge your inner critic with compassion and clarity.

Each prompt invites you to pause, notice the voice of self-doubt, and respond with a kinder, more realistic perspective. With practice, this worksheet can help you build a more supportive inner dialogue and respond to challenges with greater self-awareness. This is a takeaway tool you can return to whenever you need a reminder of your strenaths and values.





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