

# Adding a Little Structure: ADHD Job Change

Changing jobs or careers as an ADHD person can feel exciting but also overwhelming, especially when impulsivity takes over. This worksheet is designed to help you stay grounded and use structure to approach your career pivot with clarity and confidence.

## 1. Clarify Your Goals

Start by identifying what you want in your next job or career. Knowing your "why" can help you make decisions that align with your values and goals.

### A. My Big Picture Goal

What is the primary goal of this career change? (e.g., more flexibility, better pay, work aligned with my passions)

**Write your answer**

here: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### B. Tools to Clarify Goals

- **Vision Board:** Imagine your ideal job or career.
  - What images or ideas would you include on a vision board?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  - You can make an actual vision board with images you cut out or draw or use a tool like Pinterest to inspire you.
- **Pros-and-Cons List:** Think of one potential career or job. List at least three pros and three cons.

Pros	Cons
1.	1.
2.	2.
3.	3.

## 2. Make a Plan

Breaking big decisions into smaller steps can make the process manageable. Could you write out your next steps and set clear deadlines?

### A. My Steps for Changing Careers:

1. **Step 1:** \_\_\_\_\_ (Deadline: \_\_\_\_\_)
2. **Step 2:** \_\_\_\_\_ (Deadline: \_\_\_\_\_)
3. **Step 3:** \_\_\_\_\_ (Deadline: \_\_\_\_\_)
4. **Step 4:** \_\_\_\_\_ (Deadline: \_\_\_\_\_)

## 3. Track Your Progress

Consistency can be tricky with ADHD, but small, steady actions add up over time. You can find tools that work for your brain to track your journey.

### A. Tools I Can Use to Stay on Track

- [Trello](#) or [Notion](#): This is for organizing tasks and seeing your progress.
- Alarms or Calendar Reminders: To revisit your plan weekly or monthly.
- Accountability Partner: A friend or coach who checks in on your progress.

### B. My Tracking Plan

- **Check-In Frequency:** \_\_\_\_\_  
(e.g., daily, weekly, every two weeks)
- **How I Will Celebrate Small Wins:** \_\_\_\_\_  
(e.g., treating myself to my favorite snack, taking a self-care day)

## 4. Reflection Questions

Take a moment to reflect on what works best for you and how you can adapt your plan as needed.

1. How do I feel about my career pivot plan right now?

2. What obstacles might come up, and how can I prepare for them?
3. What would my future self thank me for doing today?

**Remember:**

You don't have to have it all figured out at once. Focus on small, intentional actions that align with your values. Adjust your plan as needed and give yourself grace—career changes are a process, not a race.

You've got this! 🌟