THE INNER LISTENER HUB

Where Was I?

A restart sheet for a task you have already started. Fill it in when you are pulled away, or as soon as you sit back down, so you can pick up where you stopped.

1 What was I working on?

Name the task in a few words.

2 Where exactly did I leave off?

The exact spot: a page, line, step or paragraph. Note what is done and what is not.

3 What's the first thing I'll do when I return?

One small action that is easy to begin.

4 What do I need open or within reach? OPTIONAL

Files, tabs, notes, tools. Leave blank if nothing is needed.

One sheet per task. Print as many copies as you need.

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If starting is the hard part, try The Small Start I Can Make, a 14-day ADHD-friendly planner: theinnerlistenerhub.com/digital-planners