



7-Step ADHD

DECISION-MAKING ROADMAP

A SIMPLE MODEL TO REDUCE ADHD DECISION PARALYSIS

WEIGH THE ALTERNATIVE

*Compare choices.
Don't default to the
easy path.*



LIST DRIVERS + RESISTORS

*Write pros vs. fears.
Clarity reduces
overwhelm.*



THINK BEYOND COMFORT ZONE

*Growth = discomfort.
Focus on long-term peace.*



DECIDE + TAKE ACTION

*Choose. Commit. Do.
Even one tiny step counts.*



READ FULL POST:
[SANESPACES.COM/2023/07/11-
TIME-MANAGEMENT-SKILLS-
PRACTICE-PRODUCTIVITY/](https://sanespaces.com/2023/07/11-time-management-skills-practice-productivity/)

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1



2

CONSIDER THE OUTCOME

*Envision life after the
decision. Will it align
with your goals?*



3

4

LIMIT ADVICE

*Take fewer opinions.
Trust your gut + values.*



5

6

IDENTIFY WHAT YOU CONTROL

*Release what you
can't change. Act
where you can.*



7

TRUST YOURSELF



*Hard choices get
easier when you listen
to your inner voice.*

