

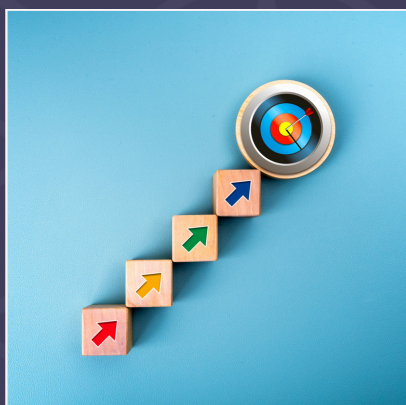
5 ADHD Accountability Strategies That Actually Work

Simple habits that improve focus, motivation, and follow-through.



1 Choose the Right Partner

Find a partner who is encouraging, dependable, and understands your goals.



2 Set One Specific Goal

Instead of: "I'll work on my project"
Try: "Write for 30 minutes."



3 Schedule Regular Check-Ins

Set up daily, weekly, or milestone check-ins consistently. Small, consistent steps create lasting progress.



4 Celebrate Progress

Celebrating small wins builds momentum and keeps motivation alive.



5 Be Honest About Challenges

Share what's getting in the way so your partner can help you problem-solve, not judge.

Accountability isn't about someone watching you.

It's about having someone who helps you keep moving forward.

