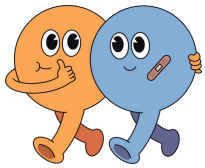
ADHD Women & Accountability Buddy System Worksheet



This worksheet is designed to help women with ADHD structure an effective accountability buddy system. Understanding the importance of accountability can greatly enhance task management and daily productivity.

1. External Structure
   - How often would you like to check in with your accountability buddy?
     - [ ] Daily
     - [ ] Weekly
     - [ ] Bi-weekly
     - [ ] Monthly
   - What goals will you set with your accountability buddy? List down three goals:
     1. _____
     2. _____
     3. _____
   - How will you monitor progress?
     - [ ] Shared online document
     - [ ] Physical progress tracker
     - [ ] Regular verbal updates

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2. Motivation Boost:
   - What tasks or goals would you feel more motivated to do if someone was watching or knew about them?
     - _____
     - _____
     - _____
   - How would you like your buddy to remind or motivate you?
     - [ ] Gentle reminders
     - [ ] Encouraging messages
     - [ ] Direct check-ins

3. Understanding and Support:
   - Would you prefer your accountability buddy to:
     - [ ] Have ADHD
     - [ ] Understand ADHD
     - [ ] Either of the above
   - List down three challenges you face that you'd like your buddy to understand and support you with:
     1. _____
     2. _____
     3. _____

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2. Shared Experiences:
 - Are there any experiences or coping mechanisms you've found effective that you'd like to share with your buddy?
 - Experience 1: _____
 - Experience 2: _____
 - Ask your buddy: What experiences or strategies have worked for them that they can share with you?

Conclusion:

Remember, the partnership with an accountability buddy is dynamic. Regularly review your goals, strategies, and experiences with them. This system is a two-way street; ensure you're also offering support and understanding to your buddy. Together, you can navigate the challenges of ADHD and achieve a higher degree of productivity and personal growth.

Print this worksheet and fill it out together with your accountability buddy, or share it digitally for a remote collaboration. Adjust and refine as you progress in your journey.