

THE UNRAVEL SERIES · FREE STARTER

UNRAVEL

A Three-Step Reset for the ADHD Mind

Notice · Anchor · Release

SERONA PRESS · BLYTHE CARROW

STEP ONE

NOTICE

Right now, my focus is:

☐ Scattered ☐ Stuck ☐ Hyperfocused ☐ Drifting ☐ Present

What is my mind doing right now?

Is this thought about something happening right now?

☐ Yes ☐ No

Write one sentence to name what you notice:

You do not need to fix it. You only need to see it.

STEP TWO

ANCHOR

Name 3 things you can see right now:

1.

2.

3.

Name 2 things you can physically feel:

1.

2.

Take one slow breath. In through the nose. Out through the mouth.

One word for where you are right now:

You are here. That is enough to begin.

STEP THREE

RELEASE

Today I did not finish:

That is allowed. It does not define your effort.

But I did accomplish:

One intention I am carrying into tomorrow:

You do not need to start at the beginning.

You do not need to fill every line.

You do not need to be consistent.

Just open it. That is enough.