



# ADHD SYMPTOMS CHECKLIST

## INATTENTION

- Difficulties staying focused on tasks
- Forgetful of tasks & appointments
- Misses small details
- Makes careless mistakes
- Avoids mentally demanding tasks
- May seem to not listen when spoken to
- Often loses or misplaces things

## HYPERACTIVITY & IMPULSIVITY

- Constantly moving or 'on the go'
- Has difficulty sitting still
- Excessively talkative
- Struggles with 'quiet' tasks
- Often speaks out of turn/interrupts



Take a moment to read through some common symptoms of ADHD. You may recognise yourself in some and not others. This is normal, and it is not unusual that ADHD looks very different from person to person.

Knowing your symptoms and 'warning signs' can help you better understand them and allow you to put actions in place sooner to manage your symptoms where needed.