



## Wondering if you may have ADHD?

This quiz highlights common ADHD symptoms in adults 18 years and older.

Answering “Yes” to a significant number of these questions may warrant further exploration.

**Note:** Only a trained and licensed mental health professional can accurately diagnose ADHD.

1. I have difficulty initiating projects.
2. I have difficulty transitioning from one task to another.
3. I have difficulty processing multi-part tasks.
4. I have difficulty maintaining a calendar and remembering appointments and commitments.
5. I have difficulty being on time.
6. I can easily focus on things that interest me but lack focus on things that do not interest me.
7. I often misplace things at home and at work.
8. I have difficulty with organization.
9. I have biological relatives who suffer from ADHD and other mental health conditions.
10. I have low self-esteem and tend toward negative self-talk.

If you struggle with a significant number of these common ADHD symptoms, you may benefit from the expertise of a trained coach and productivity professional.