ADHD ESSENTIALS PODCAST

How To Use This Document

The “Five Ps of Reflection" can be used to reflect on your whole day, a single event in your day, your overall week, or even a project that you’ve been working on. Anything, really!

The Five Ps of Reflection

Peak What was the best part of the day? How might you recreate this event in the future?

Pit What was something about the day that bogged you down, or just plain stunk? How did you (or could you) move past it?

Proud What made you proud of yourself or someone else? Have you let that person (yourself included) know that you’re proud of them?

Push What did you do that was hard? What required extra work or effort? How did you feel about yourself afterward?

Plan What do you need to get clear on for the future? What’s the best first step to get started?

A few more notes on the use of the “Five Ps of Reflection” tool:

1. Print out 10 copies of page 2. It takes at least that many uses to get the rhythm of it.

2. Sometimes your five Ps will be totally disconnected. Your ***peak*** will have nothing to do with your ***proud***, and your ***pit*** will be completely disconnected from your ***plan***. And your ***push*** will be floating out all alone in space.

3. Other times, the five Ps will tell a story - your ***peak*** might be the result of the ***push*** through your ***pit***, which might be the thing you’re ***proud*** of, and you might have to ***plan*** to continue that process in the future.

4. Ideally, the five Ps will help you frame your day. You might find yourself looking for reasons to be proud of people. Or you might begin to find ways to push yourself so you can fill in that space. That’s not cheating. Those kinds of intentional outcomes are great! (Just don’t go out of your way to find a pit. That’s not healthy.)

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The Five Ps of Reflection

Use this page to reflect on your day. Fill in each section with a sentence or two describing what happened, your reflection on the experience, and why it suits the given category - Peak, Pit, Push, Proud, Plan. Or use this frame in your own way that better suits your needs! I'm not your boss.

Peak

What was the best part of the day? How might you recreate this event in the future?

Pit

What was something about the day that bogged you down, or just plain stunk? How did you (or could you) move past it?

Proud

What made you proud of yourself or someone else? Have you let that person (yourself included) know that you're proud of them?

Push

What did you do that was hard? What required extra work or effort? How did you feel about yourself afterward?

Plan

What do you need to get clear on for the future? What's the best first step to get started?