

Self-Help for Procrastination, Organization & ADHD

(Click icons to link to resources)

	In Class	School organization tool.	Free
 	Wunderlist	Organization tool with to-do-lists.	Free
	30/30	Time management technique tool.	Free
 	Coach.me	Get coaching to achieve goals	Varies
	Daily Tracker	All-in-one life organizer	\$19.99
	Stay Focused	Web extension for Google Chrome	Free
	<u>Taking Charge of Adult ADHD</u>	By Russel Barkley	Varies
	<u>Succeeding with Adult ADHD</u>	By Abigail Levrini	Varies
	<u>Productive Procrastination</u>	By Kerul Kassel	Varies
	Less Stuff, More Happiness	By Graham Hill	Free

KEY



App available for download from Google Play



App available for download from the Apple Store



YouTube video



Book



Ted Talk video



Website



MP3 file



Article can be downloaded as a PDF



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Please note that while every effort has been made by CAPS to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.