# 4AM Club™ – ADHD Break the Chain

2026: The Year of Embodiment • Discipline Over Feelings

This worksheet is designed for ADHD minds inside the 4AM Club system. It helps you interrupt impulsive loops and return to the identity of the person you are becoming. You do not wait for motivation — you act from embodiment.

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| Trigger (What pulled you off track?) | |
| Body State (tired, overstimulated, bored, hungry?) | |
| ADHD Thought Loop | |
| Emotion Level (1–10) | |
| Impulse or Urge | |
| Action Taken (or almost taken) | |
| Short-Term Relief | |
| Long-Term Impact | |
| 4AM Identity Check (Who are you now?) | |
| Embodied 2026 Action | |

When your ADHD tries to pull you into old loops, you don’t fight it — you redirect it. Return to the man or woman you are embodying in 2026. Choose one aligned action. Then move.