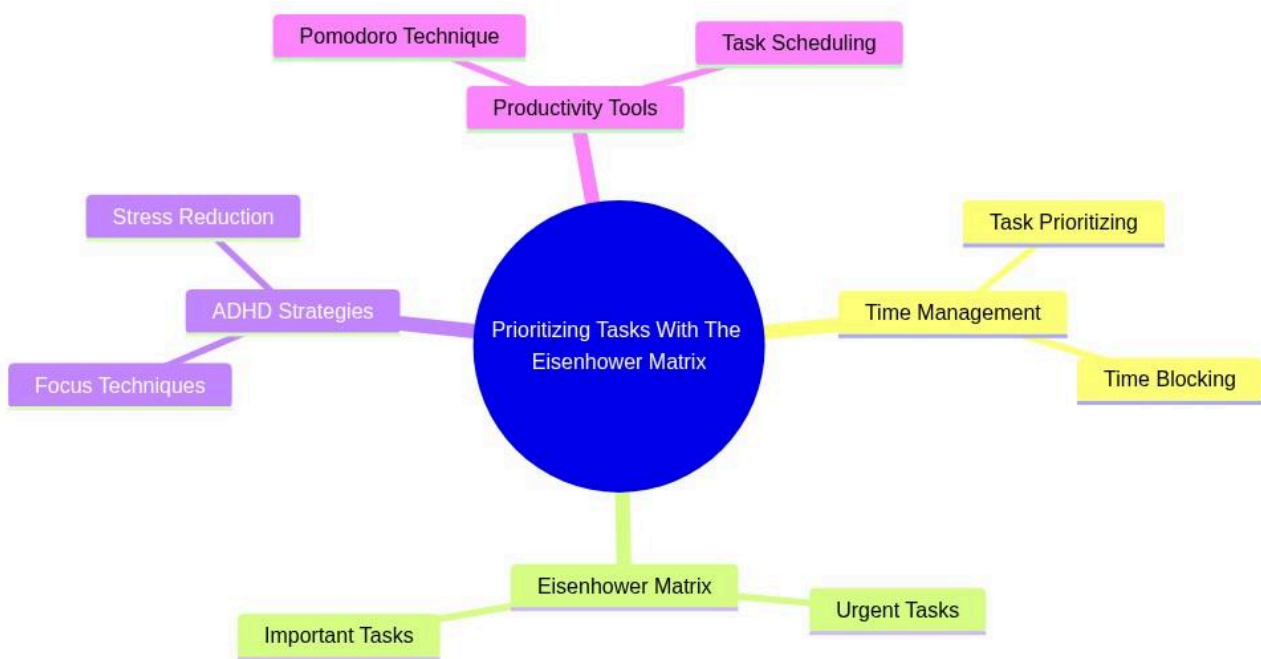


ADHD Time Management Strategies

## Prioritizing Tasks With The Eisenhower Matrix



mindmap

```

  root((Prioritizing Tasks With The Eisenhower Matrix))
    Time Management
      Task Prioritizing
      Time Blocking
    Eisenhower Matrix
      Urgent Tasks
      Important Tasks
    ADHD Strategies
      Focus Techniques
      Stress Reduction
    Productivity Tools
      Pomodoro Technique
      Task Scheduling
  
```